

**FREEDIVING INSTRUCTOR TRAINING COURSE
CROSSOVER FREEDIVING INSTRUCTOR**

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F R E E D I V E RTM



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« Freediving is not a sport, it's a lifestyle.

And it makes people happy! »

You're a passionate freediver who spends a lot of time freediving, thinking about it and sharing your adventures. You're hooked and you've already adopted the freediving lifestyle: becoming a Freediving Instructor could be the crowning achievement of your career or a real professional opportunity.

There has never been a better time to develop freediving and your activities. The Freediving Instructor course will allow you to take your passion to the next level, for the simple and justified satisfaction of reaching the top of the ladder, or to transform your passion into a career with a bright future.

If you want to make this your profession, FITC will reward you with a diploma that is recognised and sought after throughout the world. You'll be joining a very select club of people who earn a living while transforming the lives of others. And most often in places that are a dream for ordinary divers.

You'll find all the information you need here, but don't hesitate to ask us for advice.

We look forward to welcoming you and sharing our passion with you!



PREPARATION

Your preparation is a key to success, both when you teach and when you are a candidate, so please make sure you understand and complete the following before the beginning of Freediver Instructor Training Course.

- ➔ You need to read and complete exams for Freediver and Advanced Freediver levels – they should write any questions as they prepare.
 - ➔ You will need an updated copy of the Freediver Instructor Guide (70345), including standard changes implemented since the original publication, and a set of Freediver Cue cards (60404), which are only available in English. (If needed, I'll provide a pdf copy of the Instructor Guide, but the paper version is a mandatory material).
 - ➔ You will need to be familiar ahead of time with the Freediver course and the Freediver Instructor Guide.
 - ➔ The Instructor exam will be in English and it is an open book exam, just like Standards at the IE, so there's no need to memorise everything in the IM ;)
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YOUR TRAINER

Of Greek origin, I discovered the sea as a child and developed a never-ending passion for this environment. However, after studying in Switzerland, my career path led me first to work as a musician for a few years, before turning to nature sports in the late 80s, and more particularly vertical activities, to become a world pioneer in bungee jumping.

I went on to set up a company in Nepal in the early 90s, while at the same time developing my professional skills as a recreational, tec and free diver -jobs that allowed me to live truly immersed in the real and figurative world on every continent. For more than 10 years, underwater photography became my main activity, propelling me to become a figure in the press, notably through original features on diving techniques, spectacular stories and permanent columns. I used my multilingualism to work with numerous European magazines and turned out to be one of the most widely published specialist author-photographers in Europe.

Co-author of the books "Zoom sur la photo sous-marine", "Apnoe", "Apnoe & Meditation", "The Water & The Breath" and "L'Apnée, Techniques, secrets et philosophie de la plongée libre", Course Director, Tec and Freediving Instructor Trainer, Yoga and Pranayama teacher, I now devote most of my time to teaching and coaching, through the diving and freediving school I set up in Villeneuve in 2016 and the Conscious Lung Practices method I developed for Clinique La Prairie.

As a result of my experience, I'm also regularly in demand as a corporate speaker and in the diving world.

I have the privilege to be supported by C4 Carbon, Patagonia and Seacam.

PROGRAM DAY 1 – MONDAY JUNE 10

MORNING : ADVANCED FREEDIVER CONFINED WATER

Static Apnea Performance Requirements

- Demonstrate correct pre-dive warm-up, stretching and relaxation before freediving.
- Perform at least three correctly executed static apnea attempts, with one attempt at least 2 minutes, 30 seconds (2 minutes for students younger than 18 years).
- Demonstrate correct procedures as the buddy of another freediver performing a static apnea attempt.

AFTERNOON : INSTRUCTOR ORIENTATION COURSE PERFORMANCE REQUIREMENTS

- a. Course Orientation
- b. PADI Freediver Course – Overview and Standards

PROGRAM DAY 2 - TUESDAY JUNE 11

MORNING : ADVANCED FREEDIVER CONFINED WATER

Dynamic Apnea Performance Requirements

- As part of dynamic apnea technique development, correctly perform the following skills:
 - Proper breathing technique before, during and after each attempt.
 - Flutter kick with proper body position while swimming supine (face up).
- Prepare, warm-up and complete at least three correctly executed dynamic apnea. One dynamic apnea must be at least 50 metres/165 feet (40 metres/130 feet for students younger than 18 years).
- Demonstrate correct procedures as the buddy of another freediver performing dynamic apnea.
- Remove one fin and swim underwater for 20 metres/65 feet wearing a single fin.
- Swim underwater at least 18 metres/60 feet, without a mask/goggles and nose clip for at least the last 6 metres/20 feet.
- Correctly rescue a simulated blacked out diver from underwater, including surfacing the diver, providing support, calling for help, checking for normal breathing, performing simulated rescue breaths and (with help permitted) removing the diver from the water.

AFTERNOON : INSTRUCTOR ORIENTATION COURSE PERFORMANCE REQUIREMENTS

- c. Physiology and Psychology
- d. Safety and Risk Management

PROGRAM DAY 3 - WEDNESDAY JUNE 12

MORNING : ADVANCED FREEDIVER OPEN WATER 1

Performance Requirements

- Demonstrate proper pre-dive warm-up, stretching, breathing and relaxation.
- Demonstrate correct weighting for open water freediving to the planned depth.
- Correctly execute three or more constant weight freedives that are progressively deeper (workup dives) to a deepest dive of 16 metres/55 feet or less, including :
 - Waiting for buddy recovery before starting breathe-up.
 - Proper breathing before, during and after the dive.
 - Efficient duck dive and remaining oriented to line.
 - Using the safety lanyard (optional)
 - Removing the snorkel (if used) from the mouth upon beginning descent.
 - Streamlined body position along the line.
 - Using the glide to descend and ascend after passing neutral buoyancy depth (if proper weighting allows).
 - Using the drop line to assist the turn back to the surface.
 - Securing support (float or line) immediately upon surfacing.

AFTERNOON: ADVANCED FREEDIVER OPEN WATER 2

Performance Requirements

- As a buddy, correctly supervise a freediver who is making constant weight freedives, including:
 - Watching the diver for problems during the dive and for a reasonable interval after surfacing.
 - Escorting the diver the last third of the ascent.
 - At a depth of 10 metres/30 feet or deeper, remove the mask and ascend to the surface.
 - Demonstrate the rescue of a diver simulating LMC at the surface.

PROGRAM DAY 4 - THURSDAY JUNE 13

MORNING : INSTRUCTOR ORIENTATION COURSE PERFORMANCE REQUIREMENTS

- a. Instructor Exam
- b. Organising and Marketing Freediving

AFTERNOON :

Make-ups if any required



FREQUENTLY ASKED QUESTIONS

1) Do I have to do any independent preparation?

We recommend that you take the time to read and familiarize yourself with all the student and instructor manuals.

2) What are the performance requirements for the FITC, can I fail?

For the full FITC, a static apnea of at least 2'30, a dynamic apnea of at least 50 m, a constant weight dive to at least 20 m and the rescue of a syncopated freediver from a depth of 15 m.

For the Crossover, these performances are not required as the candidate is already an instructor and has therefore already validated similar tests.

All FITC and Crossover candidates must pass the final exam with at least 75% correct answers; if they fail, the exam can be retaken.

3) What equipment do I need?

In principle, at the level you are at, you already have everything you need. The standards state that you should have: mask, fins, snorkel specific to freediving; suitable thermal protection; weights in small increments; freediving lanyard; freediving computer; whistle or other acoustic means of attracting attention. Buoys, pulleys and cables are provided by the Dive Center.

4) Can I hire equipment?

Please contact your Dive Center for any rental you may need.

5) What do I need for the theory classes?

A computer and/or tablet, note-takers and, if you wish, a voice recorder to record the presentations we make.

6) Is the EFR Instructor qualification compulsory?

Not anymore since 2023, but you need a valid EFR (or equivalent) certification (less than 2 years old at time of applying).

7) Do you offer the EFR course?

Not during the FITC, so if needed please contact your Dive Center to complete this course before the FITC starts.

8) I am a 2nd or 3rd level freediving instructor in my organisation, what level will PADI give me after the Crossover course?

It depends on your level and the organisation. On the following pages you will find a table of equivalences between the most common organisations and the PADI Freediver levels. Please note that if you are an Instructor Trainer with another organisation, you will not be able to obtain more than Master Freediver Instructor at the end of the Crossover. The Freediving Instructor Trainer level cannot be obtained by equivalence.

9) What Freediving levels can I teach after the FITC or Crossover course?

A Freediving Instructor can teach the Basic Freediver and Freediver courses; an Advanced Freediving Instructor can teach the Advanced Freediver course; a Master Freediving Instructor can teach the Master Freediver course.

10) How do I qualify to teach at higher levels?

A Freediving Instructor becomes an Advanced Freediving Instructor after releasing 25 Freediver certifications; an Advanced Freediving Instructor becomes a Master Freediving Instructor after releasing 50 certifications, including at least 10 Advanced Freediver certifications.


The same rules apply to Crossover Instructors, but their initial PADI Freediving Instructor level depends on their level before the course.

11) Can you help me obtain professional level Freediving equipment ?

Lucky you, yes !

As I am a C4 Carbon ambassador, you may benefit of a pro deal with this great Italian based family company. Send me your résumé and a motivation letter, and I will gladly forward them to the people in charge!

PADI Freediving Program – Qualifying Certifications from other Organizations

 <p style="text-align: center;">These are guidelines; check with your PADI Regional Headquarters for specific requirements.</p>	This chart may be used to see where a Freediver with certification from another training organization fits into the PADI Freediving Program.									
	x	Diver Level: This certification qualifies the student Freediver to enroll in the next level of training above the one listed at the top of the column, provided all other prerequisites are met and after a preassessment of knowledge and skills. Instructor and Trainer Level: For the instructor and trainer ratings it indicates the corresponding PADI level they may apply for directly. The teaching experience requirements for the higher PADI level still apply.								
	(+)	Diver Level: This certification meets some, but not all of the requirements for the level listed at the top of the column. The instructor conducting the preassessment of knowledge and skills needs to verify that the Freediver can meet all PADI performance requirements set for this level before enrolling into the next higher course. Instructor and Trainer Level: To gain the PADI Freediver Instructor (or Trainer) rating, the individual needs to hold the PADI Master Freediver (or Instructor) rating or a qualifying certification.								
	NA	This certification does not qualify for any level.								
Organization	Program	BFD	FD	AFD	MFD	FD Inst	AFD Inst	MFD Inst	FD IT	
AIDA	1 Star Freediver - Discover Freediving	x								
	2 Star Freediver - Open Water Freediver	x	x							
	3 Star Freediver - Intermediate Freediver	x	x	x						
	4 Star Freediver - Advanced Freediver	x	x	x	x					
	Instructor					x				
	Master Instructor					x	x	x		
	Instructor Trainer					x	x	x	x	
Apnea Academy	Apnea Discovery	(+)								
	First Level	(+)	(+)							
	Second Level	(+)	(+)	(+)						
	Third Level	(+)	(+)	(+)	(+)					
	Assistant Instructor					NA				
	Freediving Instructor					x	x	x		
	Freediving Instructor Trainer					x	x	x	x	
Apnea Total	Freediver	(+)	(+)							
	Advanced Freediver	(+)	(+)	(+)						
	Master Freediver	(+)	(+)	(+)	(+)					
	Instructor					x				
CMAS	Intro Level	x								
	Level 1	x	(+)							
	Level 2	x	(+)	(+)						
	Level 3	x	(+)	(+)	(+)					
	Instructor Level 1					x				
	Instructor Level 2					x	x	x		
F.I.I.	Level 1	(+)	(+)							
	Level 2	(+)	(+)	(+)						
	Level 3	(+)	(+)	(+)	(+)					
	Assistant Instructor					NA				
	Instructor Level 1					x				
	Instructor Level 2					x	x			
	Instructor Level 3					x	x	x		
	Instructor Trainer					x	x	x	x	
IANTD	Open Water Free Diver	(+)	(+)							
	Advanced Free Diver	(+)	(+)	(+)						
	Master Free Diver	(+)	(+)	(+)	(+)					
	Open Water Free Diver Instructor*					x				
	Advanced Free Diver Instructor*					x	x			
	Master Free Diver Instructor*					x	x	x		

PADI Freediving Program – Qualifying Certifications from other Organizations

Organization	Program	BFD	FD	AFD	MFD	FD Inst	AFD Inst	MFD Inst	FD IT
IANTD (cont'd)	Open Water Free Diver Instructor Trainer*					x	x	x	(+)
	Advanced Free Diver Instructor Trainer*					x	x	x	(+)
	Master Free Diver Instructor Trainer*					x	x	x	x
	*IANTD Freediving Instructors must also submit proof of PADI Advanced Freediver, or higher, (or qualifying certification) when applying for PADI Freediver.								
PADI	PADI Free Diver Distinctive Specialty	x	x						
	PADI Free Diver Distinctive Specialty Instructor					x			
Performance Freediving	Freediver	(+)	(+)						
	Intermediate Freediver	(+)	(+)	(+)					
	Advanced Freediver	(+)	(+)	(+)	(+)				
	Assistant Instructor					(+)			
	Instructor					x	x	x	
RAID	WSF Basic Freediver	(+)							
	WSF Freediver	(+)	(+)						
	WSF Advanced Freediver	(+)	(+)	(+)					
	WSF Master Freediver	(+)	(+)	(+)	(+)				
	WSF Instructor					x			
	WSF Advanced Instructor					x	x		
	Instructor Level 3					x	x	x	
	Instructor Trainer					x	x	x	x
Russian Freediving Federation	Level 1	(+)							
	Level 2	x	x						
	Level 3	x	x	x					
	Level 4	x	x	x	(+)				
SSI	Freediving Basic (Pool)	x							
	Freediving Level 1	x	x						
	Freediving Level 2	x	x	x					
	Freediving Level 3	x	x	x	x				
	Assistant Instructor					NA			
	Freediving Instructor Level 1					x			
	Freediving Instructor Level 2					x	x		
	Freediving Instructor Level 3					x	x	x	
Freediving Instructor Trainer					x	x	x	x	