



I'm not robot



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This is the highest level of non-professional freediving. For the purpose of these standards, an SSI Dive Professional is defined as a person holding any professional-level rating with SSI, or any staff member of an SSI Dive Center/Resort. This will make your legs sink below the surface. To be able to freedive, you need to learn a set of skills, such as relaxing your body and getting closer to making your ultimate freediving goals a reality with the SSI Performance Freediver certification program. Freediving always happens in a group of at least two people – the buddy team. We would like to show you a description here but the site won't allow us. Freediving Level involves learning about safe ascent and descent speeds, the mammalian dive reflex, and proper breathing techniques. Some key risks include hypoxia from holding your breath too long, lung squeeze from pressure changes, and shallow water blackout from rapid ascents. Safety practices include buddy diving, controlled entries and exits, using dive ropes or belts, and SSI skill presentations to meet the needs of the students. This is the required part of the rule. During this entry-level program, you will learn how to freedive safely with a buddy in a pool/confined water up to a depth of five meters. You start the arm pull you should start equal. Online training is combined with in-water practice sessions to give you all the skills and knowledge you need. Standards and the applicable instructor manual. SSI Professionals must follow 100% of the SSI Total Teaching System, including all academic, pool/confined and open water requirements as outlined in the program-specific instructor manual. See your thighs. I. GENERAL STANDARDS These standards apply to all SSI programs unless otherwise specified in program-specific training standards. This entry-level program teaches you how to freedive safely with a buddy. It must follow 100% of diver training materials, the Classroom, Pool and Open Water sessions described in the SSI Instructor Manuals as well as the current SSI Training Standards AIDA Freediving Courses. II. RECOMMENDATIONS, NOTES AND EXAMPLES The SSI Basic Freediver course is your first step into the peaceful, exhilarating world of freediving. You will discover that freediving connects you with your buddy in a very intense way. Sign up now to get free access to SSI freediving basic, Snorkeling and Try scuba digital content. This course offers a basic knowledge of freediving and introductory skills such as relaxation of body and mind, finning techniques, duck dives and equalisation. If you're an avid freediver, becoming a PADI Freediver Instructor will take your passion for freediving to the next level and allow you to do what you enjoy as a The SSI Freediver program is the best first step to take and certifies you to freedive with a buddy in open water to a depth of five meters. Training Programs Freediving does not require superhuman abilities and is not a privilege of a chosen few. This course offers a basic knowledge of freediving and introductory skills such as relaxation of body and mind, finning techniques, duck dives and equalisation. By years of age or older (or years old with parent or guardian consent) Be able to swim at least 10m non-stop. Once your fins sink below the surface you. The SSI Flexibility Rule also means that SSI Professionals can develop their own teaching style and program to help your extended arms down towards your legs, using a breaststroke movement that ends on the outside. If you do not have time for our Freediver The Basic Freediver course is your first step into the exciting world of freediving.