

MINIMUM COURSE CONTENT

Divemaster, Level 4

RSTA

Recreational Scuba Training Agencies

www.rsta-international.org

ENTRY LEVEL

Application Requirements

- Being at least 18 years old.
- Being a diver for at least one year.
- Have at least 100 dives in total, including 20 at 40 metres.
- Being the holder of diver*** or a recognized equivalent certificate.
- Being in possession of a medical certificate of no-counter-indication to practise scuba diving issued within the last year.
- Having a first aid certificate.
- Having the depth specialisation.

THE COURSE

THEORETICAL KNOWLEDGE

- Problem solving with dive tables.
- Symptoms and immediate treatment of diving accidents.
- Physics applied to diving.
- Physiology applied to diving.
- Equipment.
- Rescue.
- Knots.
- Concepts of marine navigation.
- Organisation and planning a dive.

PROTECTED ENVIRONMENT

Carry out demonstration Diver* exercises.

Assist an instructor in the complete training of a diver*

NATURAL ENVIRONMENT

Carry out complete organisation for a dive.

PRACTICAL EXERCISES WITH THE AQUALUNG

- 800 metres free in less than 18 minutes
- 500 metres wearing breathing gear but breathing with snorkel. This test must be completed in a time less than 13 minutes.
- Return a teammate to the surface from 20 metres without using an inflatable, hold him/her for 2 minutes on the surface and remove his/her equipment in the water.
- Descend into the blue to 40 metres
- 40 metres: maintaining the level of immersion, remove the mask, perform at least two cycles of ventilation, replace the mask and empty it.
- At 40 metres, stabilise with the safety buoy and while maintaining the same immersion level, make, receive and interpret signals from the diving code. At the end of the test, on the sign from the instructor "I have no more air" the candidate must to pass his mouthpiece and initiate a recovery ascent with both divers using the same mouthpiece. The exercise will end with the sign "STOP" from the instructor.
- Assistance or rescue for a diver in difficulty at 30 metres with a vest or a buoy. Return, stop and stabilise at between 3 and 6 metres.

SEAMANSHIP

- Know how to perform common marine knots, use equipment for mooring and berthing a boat, basic safety rules and navigation at sea.