

Intro to Scuba Syllabus (Day Courses)



Instructor	Introduction to Scuba Diving (Limited Certification)
Dive Leader Specialist Instructor / ITDA OW Instructor	Also, for Day Course Standards relating to Introduction to Scuba as an e-certification. Credit valid for up to 2years to upgrade.
Overview	<p>The ITDA® Day Course Programs and Introduction to Scuba Diving are entry level scuba certifications with limitations. 1. Supervised Diving Only by diving professionals. 2. Valid for 2 years from Cert Date. (Upgrade to Open Water Diver at any time within the period). 3. Maximum depth of 12m/40ft.</p> <p>Text Required / Presentation(s) Required or ITDA Academy Online (FREE!)</p>
Textbook .PDF	Introduction to Scuba Diving or ITDA Day Course Presentation <i>ITDA Publications /</i>
Training Location	<i>Training Materials as directed by ITDA HQ/Regional or Web</i>
Dive Centre/Shop	Course materials / Supervision
Training Time	As these are limited e-certifications, course materials are a minimum requirement. Online programs cover all requirements. In addition:
Intro to Scuba 3-4hrs.	<ul style="list-style-type: none">• Day Course and Or Intro to Scuba Quiz MUST be passed/assessed
Day course 6 hours.	<ul style="list-style-type: none">• ITDA Dive Leader with Direct Instructor Supervision May Co-Certify
	Time / Skills Requirement
	For the Scuba Introduction program, a minimum of 3-4 hours is required.
	<ul style="list-style-type: none">• For the Day Course 6 Hours Minimum is required. (For Certification)• Snorkel - Basic Scuba Skills: Regulator / Mask / Swimming and Buoyancy
	Course Program (Shallow water Comfort Skills, in water deep enough to stand up). 1.5m / 4-5ft.

Skills	Subject	Practice Problems
Position for Comfort	Correct Weighting	Overweight / Underweight
Regulator 1.	Removal & Recovery / Clear	Breath Holding
Regulator 2.	Recover & clearing	Water in Mouth / Breath Hold



Skills	Subject	Practice Problems
Mask Skills	Partial Flood & Clear	Breath Holding / Water in Mask Nose Space.

Skills Training / Drills

After the above skills are completed, students may move to deeper water 3m./9ft. - Max 6m./18ft.

Repeat Regulator and Mask Skills, Drills Adjusting Buoyancy for depth.

Instructor / Supervisor will control initial buoyancy with BCD adjustments

When students are comfortable. A short Experience Dive will follow to enjoy the new marine world.

Ascend following reef, sand bank or in pool from deep to shallow / Inflate BCD on surface / exit

Critical Care Procedures / Supervision

Dive Students must be closely observed to ensure maximum comfort and safety and assisted as required with skills. A Dive Leader maybe used as a certified assistant and skills demonstrations / Supervisor but only under the direct in-water supervision of an Instructor (Certified any agency) ... ITDA Dive Leaders may take our Leadership Upgrade to Entry Level Instructor.

Risks Include: Choking on water / Aspiration of Water, Breath Holding, Rapid Ascent with breath holding / Marine Life Injuries / Lost Diver / Stress / Not paying attention to instructor or staff...

Certification Procedures

The instructor / leader may certify with ITDA HQ or direct the student(s) to the ITDA Website to register their certification, the E-Cert is free / included if the workbook is purchased, e-certificate is included with materials cost. Plus, shipping at cost or downloadable an e-version .PDF or Flipbook.

See ITDA® Website for latest information at: <https://www.itda-ihmp.agency>

Next Steps – Follow on program is:



ITDA® Scuba Open Water Diver

First level for full Scuba Diving Certification that is Internationally recognised as a formal license / Certificate to Dive unsupervised in Open water environments. *Based on 10 dives experience and environmental factor limitations.*