



IDC Poc Na Isla Mujeres

PADI 5 STAR

INSTRUCTOR DEVELOPMENT CENTER



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IDC Poc Na Isla Mujeres @ SELINA HOSTEL



Welcome to IDC Poc Na, Isla Mujeres. Our 5-star IDC center located within the tropical surroundings of our eco-friendly Selina hostel.

With our up to date classroom facilities, rapid internet and swimming pool designed with SCUBA in mind, we have the ability to offer you the best in dive training

Isla Mujeres boasts one of the best dive conditions for SCUBA training in the world.

Manchones has shallow waters ideal for presenting in-water training, with crystal turquoise water and visibility that is up to 25mt / 80ft. The lack of current helps comfort levels for the new divers and experienced divers alike and assists in the ability to concentrate on learning new skills in an environment that is stress free.

For the more adventurous, we have our deep dives, wreck dives, drift, and night dives. Every season also brings around a new sight. We have Whale sharks, Eagle ray and loggerhead



Our dive center encourages eLearning and each course is presented in this manner. This means that you can study nearly all of your courses on your own phone, tablet, or computer without even leaving your house. You may study various courses ahead of arrival if you have booked packages and save time and stress when you arrive to the island, or you may study while you are on the island, but in the comfort of a place of your choosing like the beach, beside the pool or your hotel room. Selina has co work areas with rapid internet, conducive to studying and preparing the presentations required of the professional courses.

This convenient, interactive eLearning study option allows you to learn anytime and anywhere you have an internet connection.

PADI eLearning lets you:

Learn by watching, listening, reading, and interacting with a dynamic instructional program.

Access the material for one year, plus gain unlimited access to an online version of the course manual.

Contact our dive center anytime you have a question about what you're learning.

Get in the water quickly – applying what you've learned – when you meet with your PADI Instructor.





Equipment required by dive professionals

Would you feel comfortable if a mechanic asked to borrow your tools or a Dr used old and out of date surgical tools? Whether you purchase it before or after you come a professional diver, having your own equipment is an essential part of working as a Divemaster or Instructor. You have a better chance of getting a job if you have your own equipment, and it's good to have equipment that is well maintained, not modified and that you could navigate your way around with your eyes shut.

While we will include dive equipment for all recreational courses, we expect dive professionals to have their own gear. If you do not have your own gear, you can rent from the center for a small monthly amount.

For reasons of hygiene and comfort, the first piece of equipment you should buy would be your own mask and snorkel, wetsuit, and fins.

Snorkel

Flexible, non-purge, freediving snorkels are best for multiuse in diving and tend to not be bulky or easily entangled in your equipment (so avoid those with purge valves). They are great for teaching because they have low volume and drag. A bright colour can also help to distinguish an instructor from the group and is easy to see at the surface.



Mask

When choosing a mask, beside comfort and vision, an instructor needs one that makes demonstrating the mask skill (one of the most important skills and sometime the most difficult to learn for many students) easily understandable and repeatable. You should consider a mask that has no purge valve and is not low profile as this can make it difficult for students with higher volume masks to copy your teachings. A mask with a soft, black skirting (less internal glare) is recommended for comfort and using a padded strap will stop your hair becoming entangled in the strap.

A good way to test the fit of a mask on land is to inhale through the nose. The mask should stick to your face without the use of the strap.



Fins

There are two main types of fins. The full foot and the open heel.

Full foot - Are lighter to travel with and cost less but unless they are the perfect fit, you may need to use some type of thick thermal socks, which can also be handy when it comes to preventing abrasions and blisters. As a student you probably would have used shop rental full foot fins. While these were good to learn to dive and are good for warm water diving and boat entries, for a professional they lack strength in the water.

Open heel fins – Used with booties, this kind of fin also provides better insulation from colder waters. Open-heel (adjustable) fins are also best for those who will be doing a fair bit of shore diving, as the booties will provide protection when entering and exiting the water.

Adjustable fins for scuba diving are quite rigid and this makes them less comfortable, but very easy to put on. They are both more durable and stronger so perform

far better in currents and offer better propulsion. They will cost more due to the stronger and stiffer material and the additional dive booties, and they weigh slightly more, but open-heel fins also offer far more versatility for traveling divers and are recommended for the dive professional. Be sure to carry a spare strap as breakage can be a common problem

Split fins or blades - Certain split fins increase propulsion through the water, which makes them ideal in currents. They can save exertion and extend air consumption, and are easier on the leg muscles, which may reduce the chance of leg cramps. However, some divers feel that split fins offer less stability and control, so for dive pros who spend time at the surface with students and change positions in-water quite frequently, these may not be ideal. Technical divers also tend to prefer blades, as they allow better control and movement when carrying multiple tanks.

Booties - should have a good sole and be zippered, preferably 5mm.





Wetsuit

We are fortunate that we dive in a tropical paradise and most people are comfortable in just a 5mm shorty. However, as a professional, you will be in the water every day, regardless of the season. Therefore, it is best to buy a wetsuit that will suit you in all weather conditions, all year round. Diving everyday lowers your core body temperature and you feel the cold faster than recreational divers. A long 5mm wetsuit gives you the versatility a professional needs while protecting you from any stings, cuts, and abrasions you might inadvertently sustain while diving.

Regulator

Unbalanced (standard regulator) - An unbalanced regulator produces an increase in breathing resistance for the user as the diver descends deeper or the tank pressure drops. Some divers might consider this noticeable restriction as an early warning sign that the tank pressure is low. Generally, most recreational divers will not notice any difference between balanced and unbalanced regulators when diving 20mt and less. Pocna Dive Center uses Scuba Pro Mk 2 as they are reliable, proven workhorses, capable of multiple dives daily and are easy and cheap to maintain. As an instructor, if you will be working with the same regulator on a daily basis, the less working parts it has, and the cheaper and easier to maintain, the better.

Balanced - Balanced regulators design and manufacture means they maintain easy breathing for the diver even at depth or with low cylinder pressures. However, the additional design complications and first stage parts of balanced regulators tend to be more expensive to produce and more likely to break. Servicing, maintenance, and replacement costs are also generally higher than unbalanced regulators. A balanced regulator

might be more of a benefit if you are not so active as an instructor or doing a lot of deep or technical diving.

BCD

Your BCD needs are different as a working professional diver than they are for a recreational diver and is one of the most important pieces of equipment in relation to your comfort and ability in the water.

Travel BCDs should be avoided as a working professional. They're light, they are space efficient and they dry quickly but they are light because their materials are thinner, and these are not durable enough to handle the rigors of daily diving. Go for a BCD with thicker material and sturdier pockets.

Jacket versus wings. Wings are great for under the water but for a working professional, who spends a lot of time at the surface, all the flotation is on the back so they tend to push your face into the water. We would recommend a jacket style BCD that you can lay back easily in and that has pockets large enough to carry all the extra weights you need, a small slate 4" by 6" and diving accessories.

The lift. When you're picking a BCD, make sure to check what the lift capacity of the BCD is. The more lift, the better, since a lot of times you're going to be diving overweighted and you need to be able to comfortably sit on the surface without struggling to keep your head above water. A good BCD should have an additional 15-30 pounds of lift beyond what would be recommended for your body type, and most BCD's have a label that states how much lift they provide. If you're in between two sizes, like Small and Medium, the bigger size normally has more lift, so as long as it fits you comfortably you'll want to err on the larger end.

Computer

A dive computer can be a big investment so you need to weigh up all the options that you might wish included. There are a wide and varied number of dive computer so do your homework.

A dive computer can cost anywhere from \$150USD to upwards of \$1500USD. The more expensive models tend to have air integrated. As a dive professional I avoid these as the students can break them and it is another failure point for your equipment. Demonstrating air management is simplified if you do not use air integrated.

Below are some very basic features to consider but there are obviously many more depending on model, such as integrated compasses and computer integrated dive profiling amongst others.

Batteries

Depending on where you will be working, you need to consider what will happen when the batteries get low. Can you change them yourself or need to send to a service/repair facility? Is it easy to get your computer serviced?

Enriched Air

This is another important feature as a lot of divers use this nowadays and is also one of the most popular specialties.

Backlight

A back light is a very helpful feature on a computer to be able to monitor your profiles at all times

Alarms

Alarms are a great feature to alert you when you need, as even the most attentive diver occasionally forgets to check their computer. You may also be able to program deep stops (look below) and slower, safer ascent rates.

Deep stop

These are becoming more popular and recommended for divers as they have noticeable benefits over the traditional safety stop

Wrist or console

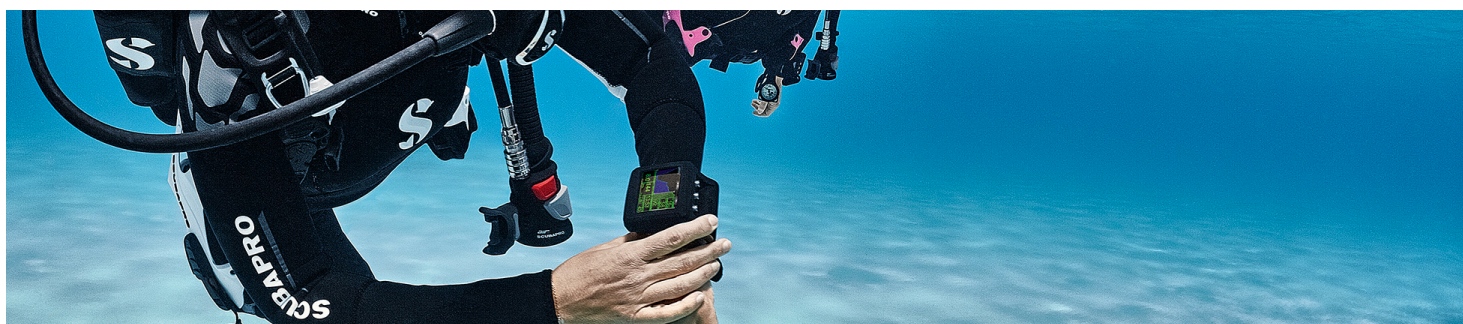
Many prefer wrist mounted as they are easier to find and read but many divers prefer mounted on their console for ease of donning equipment.

Basic features

They should show maximum depth, current depth, dive time, no fly/no stop time. Can you see everything you need? Is it easy to navigate? Does it make sense to you? Is it a good fit/ comfortable?

Stop watch

Some dive computers do not include a stop watch and for a dive professional, this is an extremely useful feature.



Other equipment (required)

Compass

Surface Marker Buoy and whistle

Knife (not permitted in Isla Mujeres National Park)

Timing device

Other equipment (recommended)

Night light

Slate and pencil

Pocket mask

Waterproof fish ID book



If you've always wanted to take scuba diving lessons, experience unparalleled adventure, and see the world beneath the waves, this is where it starts. Pocna Dive Center would like to invite you to live your dreams and get your scuba diving certification with the PADI Open Water Diver eLearning course – the world's most popular and widely recognized scuba course. Millions of people have learned to scuba dive and gone on to discover the wonders of the aquatic world through this course. All the while experiencing the beauty of our tiny island paradise, Isla Mujeres; diving in crystal clear Caribbean water; visiting the world's first Underwater Museum of Art MUSA. The PADI eLearning gives you access the material for one year, plus gain unlimited access to an online version of the course manual. This takes away from the need of a classroom and can be completed where you feel most comfortable, either while on vacation or before leaving home.

If you wish to have more free time while on vacation, the entire course can be done in just two days if the eLearning is completed before arrival.

Academics

The Open Water eLearning course consists of:

eLearning which consists of videos, audio, graphics and reading and can be completed before commencement of your vacation or while on vacation beside the beach. eLearning is done where you choose, on your own phone, tablet, or computer and without the need of a classroom

Complete Confined Water Dives 1-5.

Meet waterskills assessment requirements.

Complete Open Water Dives 1-4.



Your first half day - starts in the afternoon with orientation and some eLearning on the beach, beside the swimming pool or lazing about on a hammock (but you still have work to do). If you have already completed your eLearning, then you just need to complete a quick quiz

Day 1 – Your instructor will ensure that you have completed all required academics. THEN, it's time for you to take your first underwater breaths in your first confined water session. Life will never be the same again. The afternoon is for you to finish your viewing and studying of the remaining.

Day 2 – It's all starting to come together. Those knowledge reviews are making sense now you have experienced your first session underwater. Now we take you into your second confined water session where we complete the last of your skills and administer your 400 mt swim test (don't worry, we aren't timing your) and 10-minute float. We ensure you have completed all assignments and quizzes required and prepare you for your first open water dive in the afternoon.

Here we take you to our famous MUSA which is a perfect place to practice your buoyancy skills. You might feel a little like a fish out of water (pardon the pun) for a while but don't worry, you will get the hang of it before you know. The second dive we take you to Manchones reef and suddenly you will be flying like a natural under the water. Your mind will have processed all that information from the first dive while you are on your surface interval and the second dive will be so much more comfortable. Of course, there are a few skills on

the surface and under the water that we need to do, it's all part of the show, and we are right beside you every step of the way.

Day 3 – We confirm that you have completed all required academics and taken your exam. A 75% pass rate is required for all quizzes and exams and we are there to work through any questions you do not understand until you do understand. Then we plan your afternoon dive together.

The afternoon takes you back to our beautiful MUSA. This time you will really see it, as you will not be concentrating on only your breathing and your buoyancy. There are about 400 statues to be seen and now that you are comfortable in the water, you will get to see them so much better. We have a professional photographer that is available upon request to document your first diving course. The next dive takes you to another place in the Manchones National Park. There are many places to see there and so much marine life that you will never tire of it.

Evening – now after logging your dives you are free to celebrate beside Selinas pool bar and know that you can sleep in in the morning. You have just completed your first step in the PADI path, and your adventure is just beginning.

*part of the course will be donated to the Underwater Museum of Art MUSA

Includes 4 Open Water dives, Material, equipment rental, entrance to the national park and the Underwater Museum MUSA as well as the final certification.





Schedule for completing eLearning during course

If eLearning is to be completed during the course, then the minimum requisites for each part of the course must still be met. The minimum requisites are noted here for each in-water session but the further ahead you study, the more you can relax during the course.

	½ Day	Day 1	Day 2	Day 3
AM 8.00 - 11.30		Instructor verifies eLearning Take your first underwater breaths in confined water 1 (sessions 1-3)	Instructor verifies eLearning Confined water 2 (sessions 4-5) Float and swim test	Final exam RDP and eRDP Plan your afternoon dive
LUNCH				
PM 1.00 - 6.00	Start at 3pm with an orientation and paperwork. Then watching and completing eLearning chapters 1 and 2 and quizzes	View and study remaining eLearning chapters and complete knowledge reviews for chapters 3,4 and 5. and quizzes	Open water 1 and 2 Travel a short boat ride to see our world-famous MUSA and enjoy the diverse marine life in Manchones National Park	Open Water 3 and 4
EVE			Debrief and logbooks beside the pool bar	Debrief and logbooks while enjoying a few relaxing drinks at Selina's beach bar to celebrate

Schedule for having completed eLearning before arrival

	½ Day	Day 1	Day 2
AM 8.00 - 11.30		Confined water 1 (session 1-3)	Confined water 2 (sessions 4-5) Swim and float test Plan dives 3 and 4
LUNCH			
PM 1.00 - 6.00	Paperwork and orientation. eLearning quick quiz	Open water 1 and 2 Travel a short boat ride to see our world-famous MUSA and enjoy the diverse marine life in Manchones National Park	Open Water 3 and 4
EVE		Debrief and logbooks beside the pool bar	Debrief and logbooks while enjoying a few relaxing drinks at Selina's beach bar to celebrate



Ready to take the next step? To take the skills you learned in your open water dive course and apply those skills to new and challenging environments? Then the PADI Advanced Open Water Diver is the perfect way to enjoy some of the most spectacular dive sites in Isla Mujeres, learn new skills and get to the next level of scuba diving under the supervision of an experienced PADI instructor.

If you wish to have more free time while on vacation, the entire course academics can be completed by eLearning before arrival.

The PADI Advanced Open Water Diver course is about building your confidence and expanding your scuba diving skills through different adventure

dives. Under the supervision of your PADI instructor, you will try 5 adventure dives, learning new specialties, all the while trying out the amazing but diverse dives that Isla Mujeres has to offer.

Each adventure dive of your PADI Advanced Open Water Diver course may credit to the first dive of the corresponding PADI Speciality Diver course.

The scuba dive sites in Isla Mujeres offer the perfect variety for the PADI Advanced Open Water Diver course.



The 5 adventure dives take you to the best scuba diving sites that Isla Mujeres has to offer.

Two required dives:

During the **Deep Adventure Dive**, you learn how to plan dives to deal with the physiological effects and challenges of deeper scuba diving. This is generally held at one of our amazing shipwrecks

The **Underwater Navigation Adventure Dive** refines your compass navigation skills and helps you better navigate using kick-cycles, visual landmarks, and time and is generally completed at Manchones National Park

Optional adventure dives:

These depend upon the weather, availability, and logistics. We generally recommend

AWARE Fish ID Adventure Dive will help you with the basic fish identification for the most common families and species. Once you can determine what family a fish belongs to, you can more easily look up the local name or be able to describe in enough detail for a knowledgeable guide to help. Understanding what you see on a dive will bring you more in connection with your environment and encourage preservation of this incredible privilege.

Drift Adventure Dive will teach you the diving techniques and procedures for drift diving including the use of floats, lines, and reels. You will be introduced to different entries and exits as well as practicing with buoyancy control, navigation, and communication.

The **Night Adventure Dive** will mean you enter the water as the sun goes down and as you experience the night dive portion of this dive we will teach entering, exiting and navigating in the dark. Communication techniques and light handling skills will be covered while experiencing the different behaviour of plants and animals at night.

Peak Performance Buoyancy will help you refine your diving skills by determining the exact amount of weight you need. How to adjust your trim to be perfectly balanced and how to be streamlined. You will learn to hover in various position and become more conscious of your extra body shape (tanks, fins). This dive is important to help reduce your air consumption, conserve energy and most of all, good buoyancy skills help you protect the environment by eliminating any accidental contact with the delicate marine environment.

The other knowledge and skills you get vary with your interest and the adventures you have – photography, enriched air diver, exploring wrecks and many more.

However, we can discuss the options with the instructor if these do not suit the divers' taste.

*part of the course will be donated to the Underwater Museum of Art MUSA

Includes 5 Open Water dives, Material, equipment rental, entrance to the national park and the Underwater Museum MUSA as well as the final certification.





eLearning may be completed during the course or before arrival to free up holiday time

	Day 1	Day 2
AM	Quick review and skill assessment if it has been a while since your last dive Complete knowledge reviews for afternoon dive	Dive 1 Deep dive at the shipwreck Dive 2 Drift dive Log dives
Lunch		
PM	Compass practise prior to dive Dive 1 Navigation Dive 2 Fish ID	
Evening	Log dives Study for next day's adventure dives	Night dive Log dives





PADI
SPECIALITIES



eLearning	Non eLearning
Boat Deep DPV Drift Dry suit Equipment Night Nitrox Photography PPB Search and Recovery Underwater navigation Wreck	Adaptive Support Diver Aware Fish ID Coral reef conservation Dive Against Debris Emergency Oxygen Provider Multilevel Project Aware Shark Conservation Sidemount Underwater Naturalist

Adaptive Techniques Diver

Provides PADI Professionals with practical techniques and approaches proven to be effective when teaching and assisting divers with physical or mental challenges. This requires taking the time to explore abilities with student divers and to discover together how each diver can comfortably enjoy scuba diving and/or free-diving using adaptive techniques. In addition, a subset of this course, the PADI Adaptive Support Diver, will interest divers who want to learn how to support dive buddies who would benefit from these techniques.

Boat

Boats allow you to explore spectacular dive sites not easily accessible from shore. Imagine no entries through surf, no long surface swims, no navigational wizardry to find the site, and no air gone from your cylinder to arrive at the reef you wanted to explore.

Deep

Another of PADI's most popular courses but one that can bring extra. In your training you will learn the necessary equipment needed to support deep diving activities, to discourage thrill seeker attitudes and encourage the proper deep diver behaviour of following appropriate limits, and to teach student divers a systematic, methodical approach to enjoying deep diving.

Digital Underwater Photography

The course helps instructors teach student divers develop the knowledge, skills and practical techniques necessary to obtain excellent photographs with a digital camera, even on their first photo dive. If photography is your passion, you may wish to continue your training with our advanced photography course and learn how to take and prepare photos like a professional.

Dive Against Debris

The course aims to equip students with the knowledge and skills to complete Dive Against Debris™ surveys including the removal of marine debris underwater and reporting the data to Project AWARE. Dive Against Debris™ surveys and the data submitted are essential to help drive change and inform policy. Completing regular Dive Against Debris™ surveys at the same location over time is the best way to build a comprehensive database and identify hotspot areas where waste management needs to be prioritised. Use this course to build a team of surveyors who regularly complete Dive Against Debris™ surveys.

DPV (coming soon)

To teach student divers a systematic, methodical approach to enjoying a DPV. Student divers will develop the techniques involved in diving with a DPV within recreational limits and while avoiding disturbing delicate marine life.

Drift

Expands student diver knowledge about drift dive planning, safety, potential problems, procedures and techniques. Student divers will learn how to plan and organize, and then implement a drift dive using techniques commonly used in the local drift diving environment.

Equipment

Learn how to manage basic repairs and adjustments. You'll also learn more about how your gear works, making you more comfortable with it and better prepared to take care of your investment. Be that diver that stands out, the one

that can find a solution for basic problems on a dive.

Emergency Oxygen Provider

The goal of this course to train all divers (PADI Junior Open Water Divers and above) and those in a position to help divers (boat captains, lifeguards, etc.) in the proper use of emergency oxygen. This entry-level emergency oxygen course also teaches the recognition of diving illnesses treatable by emergency oxygen, but the specific details of dive accident response and management are left to the PADI Rescue Diver course.



Fish ID

Teaching people what is beneath the waves is the first step to helping protect our ocean. The course introduces divers to the Fish Survey Project — a joint effort between the Reef Environmental Education Foundation (REEF) and The Nature Conservancy. Participants learn fish surveying techniques that allow them to provide valid scientific information to researchers and resource managers.

Night

Learn about night diving equipment, evaluating dive conditions at night, using and maintaining dive lights, night navigation techniques, and how to interact responsibly with the aquatic life they'll see while night diving.



Nitrox *

Enriched Air, also known as “nitrox”, is a form of breathing gas that allows divers to extend bottom time and reduce nitrogen loading. It is PADI’s most popular specialty course. PADI Enriched Air Diver Online can be completed in as little as an afternoon.

Sidemount*

One of PADI’s newest courses, you can learn the freedom, safety and comfort that comes with diving with sidemount. Be at the head of your game and learn this new but growing speciality.



Peak Performance Buoyancy

The Peak Performance Buoyancy Specialty Diver course philosophy is to polish a diver’s buoyancy control beyond the Open Water Diver level to be more efficient – saving air and energy – and help the diver avoid damage to the aquatic environment.

Search and Recovery

To teach student divers a systematic, methodical approach to the search and recovery of submerged objects. Student divers will Specialty Course Instructor Guide 5 Search and Recovery Diver 6 Specialty Course Instructor Guide Instructor Guide develop the techniques involved in locating and retrieving lost articles, large and small, within recreational limits and while avoiding disturbing delicate marine life. The mechanics of the search are truly an art; while the principles applied to the operation are firmly grounded in science.

Underwater Naturalist

To teach student divers to view the aquatic ecosystems scientifically, without biases based on

misconceptions and myths. Student divers learn basic organism groupings and identification, but the emphasis is placed on student diver understandings of the relationships between organisms, their environment and humans, as well as on the application of environmentally friendly dive techniques.

Underwater Navigation

To teach student divers a systematic, methodical approach to enjoying underwater navigation. Student divers will develop the techniques involved in navigating underwater within recreational limits and while avoiding disturbing delicate marine life.

Wreck

Held at our Gunboat C-58 wreck that was sunk specifically for diving. With many penetration points, it is ideal for learning the PADI wreck speciality. You will use equipment such as lights and complex line/reel use.



*This speciality course requires that the student level be held before the instructor level. If you do not already have this certification, you will need to attend the course (which may be combined with the instructor level) and pay an extra fee to cover the student manual and certification

**This does not include all Specialities that may be taken. If you see one not listed here, please enquire at the dive center.

***The first dive of this PADI Specialty Diver course may credit as an Adventure Dive toward your Advanced Open Water Diver certification and vice versa

****Five instructor specialities is a requirement for your MSDT rating



First aid and CPR skills are great skills for anyone to know, especially for those involved in sports, regardless of age. You also need these skills for every course above and including rescue.

EFR is a PADI affiliate that specializes in teaching these lifesaving skills, and they are not just for divers.

Discover simple to follow steps for emergency care. Emergency First Response training focuses on building confidence in lay rescuers and increasing their willingness to respond when faced with a medical emergency. Course participants learn simple-to-follow steps for emergency care and practice applying skills in a non-stressful learning environment. All courses are supported by self-

study manuals, videos, and quick reference cards to enhance learning and allow you start learning right away.

EFR courses meet the CPR and first aid training requirements for the PADI Rescue Diver course and all professional-level ratings. Most PADI Instructors are also Emergency First Response Instructors.

The following EFR courses are based on internationally recognized medical guidelines for emergency care.

If you do this course as part of your Rescue or Divemaster, then you will receive a Care for Children upgrade at no extra cost.



Academics

Primary Care (CPR) – This course teaches you the steps and techniques for handling life-threatening emergencies. You'll practice eight skills for aiding patients who aren't breathing, have no heartbeat, may have a spinal injury, may be in shock or who may have serious bleeding. You'll learn to how to perform CPR and continue to monitor the patient, so that you provide every possible chance of survival while waiting for emergency medical services to arrive.

Secondary Care (First Aid) – Because many medical conditions are not life-threatening and emergency medical services are sometimes delayed or unavailable, this course teaches you how to provide first aid that eases pain and reduces the risk of further harm. You'll learn to assess a variety of injuries and illnesses and practice bandaging and splinting.

Care for Children – This course allows participants to learn, practice and apply emergency care skills specific to helping infants and children with medical emergencies. It's designed for those who work with children or are likely to have to respond

to emergencies involving youngsters. This course is often integrated with Primary Care (CPR) and Secondary Care (First Aid) courses and extra fees apply.

CPR & AED – This course focuses on CPR training and teaching participants how to use an AED (automated external defibrillator). When workplace or governmental requirements specify this training, the CPR & AED course meets the need. This course is often integrated into First Aid at Work programs.

First Aid at Work – In some areas, such as Great Britain, Australia and Canada, governmental regulations call for enhanced CPR and first aid training for the workplace. First Aid at Work programs designed for these areas include additional topics and skills to meet requirements while following the easy to learn EFR approach to training.

EFR Refresher – It's a good idea to refresh your CPR and first aid skills every 24 months, and that's what the EFR Refresher course is designed to do. Focusing on key skills, the course allows you to stay up-to-date and ready to lend aid when needed.

Schedule

*please note that this is a rough schedule that may be adjusted depending upon number of people in course, previous first aid experience and course required

For EFR, AED and care for children

	Day 1	Day 2
AM	Scene assessment, Barrier use, Primary assessment, CPR, CPR with rescue breathing, AED	Secondary care Injury assessment, illness assessment, bandaging and splinting
LUNCH		
PM	Serious bleeding, shock management, spinal injury, choking, emergency oxygen	Scenario practice Final exam
EVENING	Scenario practice	



PADI RESCUE DIVER



The PADI Rescue Diver course is serious fun! One of the most challenging but also one of the most rewarding courses you will do. You learn to prevent and manage problems in the water both for yourself and for others. You will become a more confident diver, learning to recognize problems before they occur, improving your skills and knowing that you can help others if needed. You will practice problem solving skills until they become second nature, making you a better buddy. All under the supervision of our experienced PADI instructors.

And... What better place to become a more aware diver than in the beautiful crystal blue Caribbean waters of Isla Mujeres!

If you wish to have more free time while on vacation, the entire course can be done in just

three days if the eLearning is completed before arrival.

You will need an EFR® Primary and Secondary Care training within 24 months. Training may be completed along with rescue diver course.

Students that sign up for both the Rescue and the EFR course (Emergency First Response) will have a **free Care for Children upgrade** (\$55USD value) included in the costs.

The PADI Rescue Course consists of both theory (eLearning) and practical applications.

An Emergency Action Plan (EAP) needs to be completed before certification.

The EAP deals with how to get to help safely in the environment that you are diving in.



Learn

How to deal with minor & major dive emergencies

What to look for and how to respond

A variety of techniques

Practice

Rescue exercises

Knowledge and skills during rescue scenarios

Performance Requirements

Complete five knowledge development segments and exam.

Demonstrate skills from the Self-Rescue Review either in confined or open water.

Demonstrate skills from Rescue Exercises 1-10 in open water.

Participate in Rescue Scenarios 1 and 2 in open water.

Prepare an emergency assistance plan for a dive site.

Rescue Exercises

Self-Rescue Review

Exercise 1 – Tired Diver

Exercise 2 – Panicked Diver

Exercise 3 – Response from Shore, Boat or Dock

Exercise 4 – Distressed Diver Underwater

Exercise 5 – Missing Diver

Exercise 6 – Surfacing the Unresponsive Diver

Exercise 7 – Unresponsive Diver at the Surface

Exercise 8 – Exiting the Unresponsive Diver

Exercise 9 – First Aid for Pressure-related Injuries and Oxygen Administration (or PADI Emergency Oxygen Provider course skill development)

Exercise 10 – Response from Shore/Boat Unresponsive Diver Rescue

Rescue Scenario 1 – Unresponsive Diver Underwater

Scenario 2 – Unresponsive Diver at the Surface

Emergency Assistance Plan – Review diver's completed plan



Schedule

This schedule may be adapted for eLearning students that have completed all studies prior to arrival and students that have already completed an EFR/First Aid course before commencement.

	½ day	Day 1	Day 2	Day 3	Day 4
AM		Emergency First Responder And Oxygen Provider	<ul style="list-style-type: none"> • Self-Rescue • Exercise 1 – Tired Diver • Exercise 2 – Panicked Diver • Exercise 3 – Response from Shore, Boat or Dock • Exercise 4 – Distressed Diver Underwater • Exercise 6 – Surfacing the Unresponsive Diver 	Revise chapters 4 and 5 <ul style="list-style-type: none"> • Exercise 5 – Missing Diver • Exercise 7 – Unresponsive Diver at the Surface • Exercise 8 – Exiting the Unresponsive Diver • Exercise 9 – First Aid for Pressure-related Injuries and Oxygen Administration (or PADI Emergency Oxygen Provider course skill development) • Exercise 10 – Response from Shore/Boat Unresponsive Diver Rescue 	Final Open Water Scenarios
Lunch					
PM	Paperwork and orientation Commence chapter study for 1,2 and 3 eLearning For those that have COMPLETED eLearning, you will just need to complete a quick quiz		Complete Emergency Assistance Plan Prep for eLearning chapters 4 and 5	Exam	Log dives and sit back and congratulate yourself on an amazing achievement of becoming a rescue diver. You will sleep well tonight



PADI Divemaster is the first level of your professional training. You will work closely with your PADI instructors who will guide you to fine tune your dive skills, refine your rescue skills and motivate you to learn and protect the environment that we are privileged to dive in. You will gain knowledge, experience, management, and supervision abilities that will guide you as you become a role model to other divers. We will also teach you how to interact with the environment with good diving practices and a knowledge of the variety of marine life that takes the dive to the next level.

As a PADI Divemaster, you will lead others as you supervise diving activities, assist with diver training and with a little more training after you finish your course, be able to teach new divers their first skills as a DSD leader before the instructor takes them on their first dive. Whether you decide to travel to faraway tropical islands or work in your local dive shop close to home, adventure awaits you.

Divemasters are respected dive professionals of the world's largest and most respected dive organization – PADI

Fast track: You already have a minimum of 50 dives, you have done the theory at home, now you just want to finish the course. This course can be completed in two weeks if you have fulfilled the above requirements.

Normal: The standard divemaster program that can be completed over a period of 4 weeks and will cover all program requirements

Extended: Need some extra time to complete the required dives or just wish to take some more time and gain experience guiding divers? With this option you have an extra two weeks to take the pressure off you and let you enjoy more of the island and its wonders.

*This does not cover any extra accommodation or food expenses.



As a five-star resort we receive a lot of job applications every day, so we know exactly what is needed to become successful in this industry. This is what we would like to impart with you and help you to become a successful divemaster. This is done in a fun, relaxed atmosphere with our knowledgeable and helpful staff. We want you to finish this course as a dive professional that we are proud to call our own

Prerequisites

To enrol in the PADI divemaster course you must have

18 years old

40 dives to begin (we can help you get to this number)

PADI rescue diver or equivalent

CPR/1st aid within the last 24 months

Medically evaluated and cleared for diving by a physician within the last 12 months

Any non PADI certifications we need a photocopy of each certification

Requisites

At time of certification, the divemaster needs:

Logged at least 60 scuba dives including experience in night diving, deep diving, and underwater navigation.

Completed EFR Primary and Secondary Care training within 24 months.

Read and agreed to the PADI Membership and License Agreements.

Required materials

PADI Divemaster Manual (eLearning)

PADI Instructor Manual

RDP — Table and eRDPml including associated Instructions for Use booklets

The Encyclopedia of Recreational Diving

Divemaster Slates

Log book Divemaster candidates must view the PADI Divemaster Video

Recommended materials

PADI's Guide to Teaching

Diving Knowledge Workbook or Dive Theory Online

PADI Skill Practice and Dive Planning slate



Professional courses and required materials are listed separately. eLearning assists in advanced preparation for all courses and codes will be assigned upon payment. Pre-payment is required for all purchase and shipping of materials and crew packs. Please allow enough time for shipping of products to be available upon your arrival

The knowledge development may be completed, through Divemaster eLearning, either before arrival to allow you the luxury of more time and flexibility, or during the course

For those who do not pre study using eLearning before arrival, candidates are advised to use their evenings for reading and study. A workplace agreement is in place to ensure that both students and instructors comply with what is required of this course.

For the candidates enrolled in the two-week fast track option, completing all eLearning academics before arrival is a requirement

You may also purchase at discount, and it is highly recommended, online dive theory upon request through the dive center. This is an eLearning product and a code will be assigned upon payment.

The course consists of three sections:

1. Knowledge Development

This consists of 9 academic topics that are to be completed by e-learning either prior to arrival on the island, which is ideal if you plan to complete the fast-track 2 week DM option or just wish to have some more free time while on this beautiful island; or during the duration of the course

2. Water skills

Stamina exercises, rescue assessment, problem solving and skills development

3. Practical Application

Five practical skills workshops

- Dive site set up and management
- Mapping project
- Dive briefing
- Search and recovery scenario
- Deep dive scenario

Five Dive-master conducted programs

- Reactivate program
- Skin diver course and snorkelling supervision
- DSD program in confined water
- DSD program OW dive
- Discover local diving in OW

Four practical assessments

- Open Water divers in confined water
- Open Water divers in open water
- Continuing education divers in open water
- Certified divers in open water





Welcome to week 1

We will push you hard in the first week so that you have a solid foundation for comfortably progressing through the remainder of your course and have time to relax and enjoy some fun dives while you do.

The course is designed to start every Monday although we recommend that students arrive a couple of days early to settle in and become acquainted with the dive center and staff

The knowledge development is to be completed in the evening. eLearning covers various academic presentations and the farther ahead you have studied your eLearning, the more time you will have to relax

- ▶ Roles and characteristics of a dive master
- ▶ Supervising diving activities
- ▶ Assisting with student divers
- ▶ Dive safety and risk management
- ▶ Divemaster conducted programs
- ▶ Specialised skills and activities
- ▶ Business of diving and your career

You will then be able to complete your first exam of your DM course if you have not already done so.

This week brings a stamina course consisting of an 800mt snorkel swim, 400mt swim, 100mt tow and a tread water for 15 min. You will exchange equipment underwater while sharing air from a single regulator. We will also evaluate your rescue

skills and work on making this demonstration quality.

We will conduct a training skills circuit and start working with you to develop your own demonstration quality skills. Our instructors will demonstrate the 24 skills and you will be given time to practice before we evaluate you. This will be done over 2 training sessions

You will be guided on how to put together your mapping project and Emergency Assistance Action Plan that must be completed independently over the duration of the course and handed in before certification

You will also be given several workshops and skills sessions

- ▶ Dive site set up and management which we will combine with a boat workshop so that you will be able to comfortably assist and know your way around our boat and center
- ▶ Learn how to conduct a reactivate program and demonstrate skills
- ▶ Conduct a skin diving or snorkelling tour
- ▶ Give an effective briefing and guide certified divers in a Discover Local Diving experience and deploy a DSMB at the end of the dive
- ▶ How to conduct a role model DSD in confined water, presenting the skills and then leading participants in Open Water

This intensive week will set the ground work for the rest of your divemaster course.

Week 2

We start conducting the practical assessment of the course which means that you will be working with instructors on their courses and guiding divers at a dive site.

For the divers on the Fast-track option we can simulate these 4 exercises in around 4-7 days and administer the second part of the DM exam.

** Please remember that for this option, the candidate must start with a minimum of 50 dives and have completed eLearning assignments.*

You will continue to develop your academic progress with eLearning, studying:

- ▶ Awareness and the environment
- ▶ Dive theory

We will also help polish those final demonstration skills that still might need some assistance

Week 3

Will be completing your academic understanding and administering your final theory exam

Continuing training with dive instructors on their courses and gaining experience helping to set up the boats, giving briefings and guiding divers

Working on your EAP and mapping project

Week 4

This is where it all comes together. This is where you hand in your independent projects such as the mapping and EAP. You might assist on another class, lead another certified diver and just dive, dive, dive...

You also have the option to enrol in some discount speciality courses such as Deep, Search and Recovery, Nitrox, Equipment, Night, Wreck, or a variety of others, if you have not already done so.

You also have the option of the two-week extension, free of charge (not including accommodation) If you have a freer timeframe, need a bit more time to complete the dive master or wish to build up your dive numbers needed for your instructor course.





Schedule

This is an example only and can be changed at the discretion of the instructor depending upon weather, student preparedness and / or ability and other factors.

Pre-dive week (either pre or post week to catch up on prerequisite or requisite dives and / or specialities)

eLearning may either be completed during the course or before arrival. The further ahead you study, the freer time becomes available for you during your course.

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM		Fun dive	Deep spec	Deep spec		Deep spec	
PM	orientation	S&R spec			S&R spec		S&R spec
EVE							Meet with mentor

Week 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM			Water skills 1 & 2 Skills circuit pt 1 Rescue assessment	Water skills 3&4 Skills circuit pt 2	Water skills 5 Finish skills circuit Workshop 1 reactivate	Workshop 2 Snork and SD supervision	Workshop 3 DSD in confined
PM	Orientation Video KR1	Skills circuit video Skills circuit skills 1 & 2	Fun dive	Practical skill 1 Dive site set up and management Boat workshop	Fun dive	Prep workshop 3, 4 and 5 Practical skill 3	Workshop 4 DSD in open water Pract skill 3 Briefing Workshop 5 DLD in open water
EVE	eLearning chp 2 & 3	chp 4 Prep EAP Prep map	chp 5	chp 6 Prep workshop 1	chp 7 Prep workshop 2		DM Exam 1 Meet with mentor



Week 3

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM	Prac assess 4 Certified divers in open water	DM exam pt 2	Catch up on any skills, courses, or theory				
PM	Fun dive / speciality	Fun dive / speciality	Fun dive / speciality	Fun dive / speciality	Fun dive / speciality	Fun dive / speciality	
EVE							Meet with mentor



2 week fast-track course option

For candidates who have completed 50+ dives AND completed all study by either eLearning or pre purchase of course manuals ahead of time and arrival.

Week 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM		Mapping project EAP	Skills circuit	Waterskills stamina exercise	DSD in confined water	Snorkel and SD workshop	Rescue assessment Equipment exchange
PM	Orientation Video Chp 1	Skills circuit video and first 2 skills	Reactivate	Dive site management and set up Boat workshop	DSD in Open Water Briefing DLD in open water	Exam 1	Deep dive Search and recovery
EVE						Knots Lift bag Search patterns	

Week 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
AM	Cert divers in ow	Open Water in confined water	Open Water in Confined water			Con Ed in open water	
PM			Open Water in open water	Open Water in open water	Exam pt 2		
EVE						Con Ed night dive	



If you want to have one of the best jobs in the world, call the ocean your office and work in some of the most beautiful places on earth, then becoming a dive instructor is an amazing way of living your dream.

If you have a passion for diving and like people, then being an instructor allows you to share this love of the aquatic world with others while doing what you enjoy most, being in and around water.

PADI professionals are the most sought after in the world because they have completed a program that sets the standard for training dive professionals. Achieving an instructor rating is a lot of hard work and commitment and one that you *earn*, but the reward is that you get to share this life of adventure with others, transforming their

lives. No one ever forgets their first dive nor the instructor that taught them.

You also have the bonus of doing your course in one of the most beautiful places on earth. One that boasts such seasonal pleasures as Whale sharks, Eagle rays at the shipwreck and Logger head turtle mating dives. Isla Mujeres has one of the top 5 most beautiful beaches in the world and its international culinary delights are just a short walk away.

Our IDC training center, located within Selina, offers a comfortable, professional environment, conducive to studying and learning. All within the tropical, beautiful hotel that is Selina, with access to a swimming pool designed with the IDC in mind and located on its own beach close to the famous North Beach.



The instructor course follows three basic paths, all of which apply the same IDC instructional system and performance requirements

You may complete the IDC as a single program (AI and OWSI)

You may take the Assistant Instructor course, which consists of key IDC components and then complete the Open Water Scuba Instructor (OWSI) which includes the remaining IDC components

An instructor from another dive organisation may cross-over to become a PADI instructor by completing the OWSI program

The 2 components of the IDC:

1 - PADI Assistant Instructor

2 - PADI Open Water Scuba Instructor

Attending the two parts together is what we call Full IDC training.

This course also includes three extra modules:

1 - PADI IDC prep course (2 days and scheduled before the commencement of the full IDC). This is included free of charge.

We highly recommend purchasing the dive theory online and commence study before beginning the course. (enquire about our store discount)

2 - PADI EFR Instructor (1 1/2 days and included during the course) This is mandatory and is paid separately

3 - Free PADI oxygen provider instructor speciality course to be completed alongside the EFRI course (PADI certification fee paid separately)

A free day of diving or whale sharks is included during the course free of charge and depending upon the season.

After completion of you PADI IDC you will be independently assessed by a PADI examiner over 2 ½ days. This is your PADI Instructor Examination (IE).



The Assistant Instructor

This course builds upon what you have learnt in your divemaster training and introduces you to the role as an instructional assistant in academic teaching and confined and open water training. This 5-day program can be taken as a stand-alone course or as part of the PADI IDC and allows you to gain experience before deciding to commit to the IDC

The PADI Assistant Instructor course takes PADI Divemaster training a step further by teaching certified assistants how to introduce new knowledge and skills independently, or with minimal supervision. The course enhances abilities as an instructional assistant and provides candidates with practical experience in teaching knowledge and skill development portions of various PADI courses. Candidates also learn to conduct open water dives for the courses they can teach, such as the Peak Performance Buoyancy

specialty. The course familiarizes candidates with PADI Standards, administrative requirements and certification procedures and prepares them for additional PADI Instructor training.

Becoming a PADI Assistant Instructor is a good option for PADI Divemasters who want to gain additional knowledge and skills before taking an IDC, or who must delay attending a complete IDC. Some individuals may find it helpful to become familiar with the PADI System through the assistant instructor course before going on to an OWSI program. Some assistant instructors may not become instructors for a variety of economical, educational, and personal reasons, but still may work as dive professionals and hold key positions within the dive industry. They can provide many instructional and noninstructional services for dive centers and resorts, which allows instructors to concentrate on teaching core programs.



The Open Water Scuba Instructor (OWSI)

This program is the final step in your journey to becoming a PADI instructor. During this final phase you will learn to use and adapt the PADI System of Diver Education to suit individual student needs. A wide variety of PADI educational material supports a comprehensive training.

During the OWSI program you will complete your academic teaching presentations as well as confined and open water training in addition to other related topics

The Open Water Scuba Instructor (OWSI) Program allows dive professionals to continue training to become PADI Instructors or to regain status as a PADI Instructor. There are different program options based three types of candidates:

1. PADI Assistant Instructors enrol to complete remaining IDC components in preparation for attending a PADI Instructor Examination (IE).

2. Scuba instructors from other recreational diver training organizations enrol to learn about the PADI System of diver education and prepare to attend an IE.

3. PADI Instructors who want to regain Teaching status due to lapse in membership or a required reorientation to PADI Standards (formerly called a Status Update) complete a customized program. PADI Course Directors are directed by the PADI Regional Headquarters to conduct a prescriptive OWSI program based on the instructor candidate's needs. These instructors may or may not be required to attend an IE to regain their PADI Instructor rating.

Any additional training will be provided for those who have difficulty meeting performance requirements or just feel unsure about their abilities. Additional IDC curriculum presentations and assistance may be provided to bolster dive theory knowledge.



PADI IDC Crossover

Instructors from other certifying agencies that wish to become a PADI instructor need only complete the OWSI section of the IDC. It is, however, highly recommended to attend the entire program and cross over candidates are invited to attend the extracurricular, free of charge.



The IE

All candidates must attend an Instructor Examination (IE) which is an independent examination to test the instructors teaching abilities, dive theory knowledge, skill level, understanding of the PADI system, and attitude and professionalism. These standardized examinations are conducted by specially trained PADI Instructor Examiners. Those who meet the IE performance requirements earn the PADI instructor certifications.

(There is a fee for attending an IE)

The IDC is held in Selina's own co-worker area. An area that provides a low stress, relaxed, professional, and fun environment. Areas are available for quiet study time, assignment preparation, private discussion, and any remedial assistance. Our general program hours are 8 hours a day, but the dive center is open 14 hours and if extra assistance is required after those hours, our staff are available.



Pre requisites

1. PADI Divemaster or:
2. An instructor member in good standing (renewed or eligible to renew) with another recognized recreational diver training organization.*
3. Have a leadership-level certification in good standing (renewed or eligible to renew) with another recognized recreational diver training organization; * 60 logged dives; documented experience in night diving, deep diving, and underwater navigation.
4. 18 years old
5. Medical clearance attesting to dive fitness signed by a physician within the previous 12 months and have had no medical condition changes.
6. Certified diver for at least six months.
7. Completed the EFR Primary and Secondary Care course, or other qualifying training, within the last 24 months. Note: Emergency First Response Instructor (or qualifying rating) is required for Open Water Scuba Instructor certification.

8. If not a PADI Divemaster, successfully complete the PADI Divemaster course diver rescue skills assessment.

9. Documentation of any non-PADI qualifying entry level, advanced, rescue and leadership level certifications* as required.

*Contact your PADI Regional Headquarters with questions about eligibility or for more information.

Paper work requirements

1. If possible, bring all previous certification information. (dates of courses, instructor names, training agency name). Any non-PADI certifications, please bring a copy of each certification
2. Your medical statement stating that you are fit for diving and signed within the last 12 months. If you have not already done so before arrival, these can be obtained in Isla for an extra fee
3. 2 passport sized photos
4. Log books with 60 dives and 100 to attend the IE



Materials (required)

- ▶ PADI Instructor Manual
- ▶ PADI's Guide to Teaching
- ▶ PADI IDC eLearning
- ▶ PADI Peak Performance Buoyancy, Coral Reef Conservation and Project AWARE Specialty Course Instructor Guides
- ▶ PADI Open Water Diver Manual or eLearning
- ▶ Recreational Dive Planner – RDP Table and eRDPml, including Instructions for Use booklets
- ▶ PADI Skill Practice and Dive Planning Slate
- ▶ Open Water Diver Quizzes and Exam booklet
- ▶ PADI Advanced Open Water Diver Manual or eLearning
- ▶ PADI Rescue Diver Manual or eLearning • Rescue Diver Final Exams booklet
- ▶ PADI Divemaster Manual or eLearning
- ▶ Divemaster Final Exams booklet
- ▶ Aquatic Cue Cards for Open Water Diver, Advanced Open Water Diver, Rescue Diver, Divemaster and Discover Scuba Diving
- ▶ Skill Development Preparation slate
- ▶ The Encyclopedia of Recreational Diving
- ▶ Diving Knowledge Workbook or eRecord for Dive Theory Online

All other recommended materials will be supplied by the dive center for the duration of the course

- ▶ [IDC Online](#) – PADI's eLearning lets you study independently at your own pace before class. There are 16 interactive knowledge development sections. Pre study online saves classroom time, which allows more time for practicing the skills that distinguish you as a PADI Instructor.
- ▶ Candidates may complete all independent eLearning prior to beginning the IDC, or they can start the IDC (or AI course/OWSI program) and complete prerequisite independent study assignments before staff-led presentations and

workshops. We recommend, however, starting as early as possible to give you the greatest advantage.

- ▶ An IDC crew pack is mandatory
- ▶ Also, sign up for [Dive Theory Online](#), if you haven't already completed it or it's been more than a year since you went through it. The program is a straightforward review of dive physics, physiology, skills, equipment, and environment, plus using the Recreational Dive Planner (RDP). By successfully completing Dive Theory Online, you can get credit for the dive theory exam requirement during your IDC. This is highly recommended and may be purchased separately at a reduced price for the IDC through the dive center.
- ▶ The digital crew pack is available for instructors at a special IDC pricing. This is a package deal that includes all eLearning core course subject products. It is highly recommended that candidates purchase and study these guides before and during the course to become familiar with their use. They will be referred to continuously throughout the course and in your real-life training. It is extremely useful to have this at your disposal when you enter the world of dive instructors and need to reference the eLearning courses to teach these products. These may be purchased through the dive center upon request. The package includes
 - ▶ Open Water
 - ▶ Advanced Open Water
 - ▶ Rescue
 - ▶ Enriched Air
 - ▶ Free diver
 - ▶ Equipment
 - ▶ Reactivate

It is a worldwide standard that all instructors have all the required materials



Course Requirements

IDC Performance Requirements

1. Complete 16 IDC eLearning curriculum components

2. Participate in the following IDC curriculum components:

- Orientation
- Dive Theory Workshop
- PADI System Workshop
- Learning and Teaching Workshop
- Discover Scuba Diving Workshop
- Open Water Dive Course Scheduling and Set Up Workshop
- Risk Management and Licensing Workshop
- Knowledge Development Presentation Workshop and Candidate Knowledge Development Presentations
- Skill Development Workshop
- Confined Water Training Workshop and Candidate Confined Water Teaching Presentations
- Open Water Training Workshop and Candidate Open Water Teaching Presentations
- Continuing Education Workshop
- Advanced Open Water Diver Course Workshop
- Rescue Diver Course Workshop
- Sales Techniques Workshop
- Course Close

3. Present at least three knowledge development teaching presentations, scoring a minimum of 3.4 on at least two

4. Present at least four confined water teaching presentations (wet), scoring a minimum of 3.4 on at least two.

5. Present at least two integrated (two skills) open water teaching presentations (wet), scoring a minimum of 3.4 on each skill for one presentation

6. Perform all 24 dive skills in the Skill Evaluation, scoring a minimum of 82 total points, with no individual score below 3 and with at least one underwater skill to a 5.

7. Score 75 percent on the PADI Systems, Standards and Procedures Exam

8. Score 75 percent on all sections of the Dive Theory

9. Perform a 400 metre/yard continuous swim, without swimming aids and using any stroke or combination of strokes.

10. Perform a 10-minute tread, drown-proof, bob, or float using no aids and wearing only a swimsuit.

11. In confined or open water, demonstrate with role-model quality the rescue of a simulated panicked diver at the surface.

12. In open water, demonstrate with role-model quality the rescue of a simulated unresponsive, nonbreathing diver at the surface.

13. In open water, participate in a scenario including:

- Surfacing a simulated unresponsive non-breathing diver
- Providing aid at the surface
- Exiting
- First aid on boat/shore including rescue breathing for and administering oxygen to the victim using a rescue breathing mask.

Schedules & logistics

For those certified as a divemaster before arrival to the island you may begin your study early

1. The dive theory online is a review of physics, physiology, skills, equipment, and the environment plus using the Recreational Dive Planner (RDP). Completion of the theory online will give you credit for the dive theory exam requirement of your IDC (This is not included in your course and is paid separately) *

2. Access to a digital package suite has been made available to all IDC candidates and it is highly recommended for use during the IDC and for real life application after as an instructor. This is available upon request to the dive center. (This is not included in your course and is paid separately)*

3. A two-day PADI IDC prep course is included free of charge before the commencement of the course

4. PADI's eLearning allows you to study independently before class. This saves on classroom time, allowing more time to focus on your instructor skills. We recommend starting as early as possible to give you the greatest advantage. (This is included in your IDC crew pack that is mandatory)

5. Your Emergency First Responder Instructor (EFRI) course is mandatory, and allowance has been made to complete this during the course. Extra fees apply*

6. A PADI oxygen provider instructor course will be included free of charge during the presentation of the EFRI course (candidate only pays PADI certification fee) *

6. A day off to go diving or see the whale sharks is included in the costs and depends upon which season the candidate is completing the IDC

***please refer to our pricing page on our website for up to date costs and fees**





The IDC officially starts on a Wednesday and is held over 14 days. The final 2 days are a mock IE to help prepare and test you for the IE. The Emergency First Responder Instructor course (EFR I) is scheduled mid-way through the course along with the free Oxygen Provider Instructor course. A free day is taken into account to allow candidates to destress and enjoy some of the seasonal delights of Isla Mujeres, be it diving with the mating logger head turtles, doing a wreck dive with the schools of eagle rays or going to snorkel with the whale sharks (depending on the season). Maybe you might just to catch up on some extra study.

On the last Friday, we travel to Playa del Carmen to begin preparations for the IE beginning with the orientation at 5pm, followed by your theory exams. The next two days will then be dedicated to the Instructor Examination that is held by an independent examiner who will assess all

candidates by PADI standards. You will have several opportunities during your IDC to practice these assignments and participate in the mock IE before the real PADI IE. Those who meet the IE performance requirements will receive their instructor rating.

A normal day runs between 8am until 5pm with the evening to prepare assignments and study theory or online presentations (although you can do these in advanced and save yourself a lot of time and stress), but if you require assistance outside of these hours, our staff are here to help with our facility open from 7.30 until 9.30 at night.

After the IE, you have the opportunity to immediately begin your next level of Instructor Continuing Education programs and partake in an internship with our dive center and learn from experienced instructors, working alongside them. Please refer to Master Scuba Diver Trainer for more



Schedule

An example of an IDC schedule is below. This is an example schedule only and is subject to change without notice.

Week 1

TIME	WED	THURS	FRI	SAT	SUN	MON	TUES
7.30				Skill develop & swim/tread		Confined presentation 2	
8.00			orientation				exams
8.30					Knowledge develop presentations 1		
9.00	theory	Skills circuit / rescue assessment	PADI system workshop	Confined presentation 1			
9.30							
10.00							
10.30							
11.00					O.W. scheduling & set up	Confined 3	Con ed workshop
11.30			Dive theory workshop	DSD workshop			
12.00	lunch	lunch			lunch		lunch
12.30				lunch		lunch	
13.00			lunch		Open water training workshop		Advanced open water workshop
13.30			Confined water workshop	Learning & teaching workshop			
14.00						Open water presentation 1	
14.30		theory			Open water teaching presentation dry		
15.00	theory		Confined presentation dry	Knowledge development workshop			Rescue workshop
15.30				Risk management & licencing	Standards and theory exams	DSD workshop 2	
16.00		exams	Standards exams				
16.30							
17.00							

Week 2

TIME	WED	THURS	FRI	SAT	SUN	MON	TUES	
7.30	KD 2			EFRI / O2 provider	Open water presentations 3			
8.00								
8.30								
9.00								
9.30								
10.00								
10.30		Free diving day	EFRI			Mock IE	Mock IE	
11.00	Sales techniques							
11.30								
12.00	lunch							
12.30								
13.00								
13.30	Open water presentations 2			lunch	Knowledge presentations 3			
14.00								
14.30								
15.00								
15.30								
16.00								
16.30								
17.00								





CPR and first aids skills are lifesaving skills that are important to everyone, not just scuba divers. Over the years, demand for trained professionals has increased dramatically and now most employers require a number of staff to be trained in CPR/ First aid. The Care for Children compliments the EFR and is essential to all childcare workers.

The Emergency First Responder Instructor course focuses on giving additional training to already qualified first responders and is based on internationally recognised emergency care guidelines. This hands-on approach, through independent study, classroom sessions and teaching assignments, prepares instructors to structure and organise, market, promote and teach

the Emergency First Responder courses to both divers and non-divers. EFR courses make learning easy by providing students a comfortable environment to practice their emergency care skills and leave feeling confident and ready to help someone in need.

Whether it is to continue your education, save time when you do your IDC or to make yourself more appealing to future employers, you will find this course invaluable.

This course is run in conjunction with every IDC program and as an Emergency First Response Instructor you can teach Emergency First Response Primary and Secondary Care as well as Care for Children.

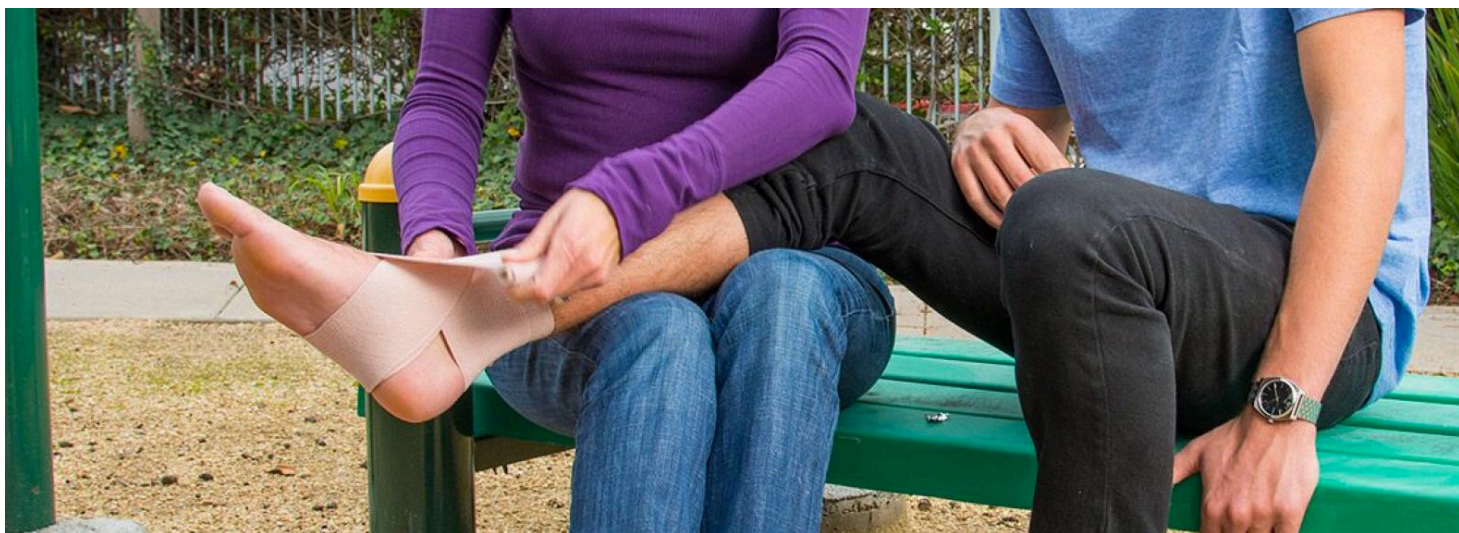


The EFR certificate is a pre requisite for all courses beyond Advanced Open Water course and a the EFR instructor certification is a mandatory requirement for your PADI Instructor qualification. Allowance has been made, during the IDC, for completion of the course. PADI Divemasters may enrol and attend this course.

If you do this course as part of your IDC, then you will also receive a **FREE PADI emergency Oxygen Provider Instructor** speciality (PADI application fee paid separately)

Your role as an EFR Instructor is to be a coach that creates a positive learning environment. During the course, you will learn how to organise and structure EFR courses and practice:

- Presenting course content.
- Encouraging self-discovery in students.
- Evaluating student understanding and skill mastery during hands-on skills practice.
- Managing effective scenario-based learning experiences.
- CPR for adults, children, and infants
- First aid for adults, children, and infants
- Automated External Defibrillator training (AED)
- Emergency Oxygen Provider



Schedule

*please note that this is a rough schedule that may be adjusted depending upon number of people in course, previous first aid experience and course required

For EFR, AED and care for children

	Day 1	Day 2
AM	Scene assessment, Barrier use, Primary assessment, CPR, CPR with rescue breathing, AED	Secondary care Injury assessment, illness assessment, bandaging and splinting
LUNCH		
PM	Serious bleeding, shock management, spinal injury, choking, emergency oxygen	Scenario practice Final exam
EVENING	Scenario practice	



Do you want to be able to train your students to the highest PADI recreational level? Then completing your Master Scuba Diver Trainer is what you need. Not only will this make your professional career that much more diverse and enjoyable as you open up so many areas in which to teach, you will also be able to take your students on the coolest adventure dives and follow the types of diving that most interests you as an instructor.

This course is the next step in advancing your career beyond teaching the standard PADI courses and will set you apart as an instructor. You will be that much more attractive as a potential employee as many dive resorts will employ MSDTS for the variety of courses that may be added to the center by the range of specialties that they may teach.

If you have just finished your IE, you generally have about 10 working days before your credentials

come through so why not use that time wisely and train for your MSDT, the next step up the professional ladder and a prerequisite for PADI Staff Instructor and Tec 50 Instructor.

We offer many different kind of Instructor level continuing education programs and the MSDT is the first step to a whole new level of teaching. When you complete this course you will understand, through our Course Director, the standards for each particular speciality course taken, its components and have hands on experience in how to teach each one. While some specialties are easy to teach, others may require more advanced training and in-depth theory. Taking these courses with your Course Director will clarify how to teach these courses and make you feel more comfortable training others in them. You will then have the opportunity to participate in a 3-week internship with our dive center.



The following specialities have been chosen depending upon regional logistics, what is most beneficial for you as an instructor and what will make you more desirable for future employers.

Recommended for MSDT	Included free in your IDC
Deep Wreck Nitrox Equipment Night	Coral Reef Conservation Peak Performance Buoyancy Project Aware Dive Against Debris * Emergency Oxygen Provider *

*PADI fees apply

See our specialities section of this document for more information on available specialities

- Adaptive Techniques Diver
- Aware Fish ID
- **Boat**
- Cavern (coming soon)
- Coral reef conservation (free with instructor course)
- **Deep**
- **Digital Underwater Photography**
- Dive Against Debris (free with Pocna IDC, PADI fees apply)
- **Diver Propulsion Vehicle (Available soon)**
- **Drift**
- Emergency Oxygen Provider (free with EFRI, PADI fees apply)
- **Enriched air nitrox**
- **Equipment specialist**
- **Night**
- Peak Performance Buoyancy (free with instructor course)
- Project Aware (free with instructor course)
- **Search & Recovery**
- Shark Conservation
- Sidemount
- Underwater Naturalist
- **Underwater Navigator**
- **Wreck**

Those in **bold** are taught by eLearning.

Orange is included with the instructor course.

Blue are free with Pocna Dive Center IDC but does not include PADI speciality instructor application fee.



Pre requisites

To Start the MSDT program, you need to be a PADI Instructor

To apply for your MSDT certification you need

1. Five PADI Specialty Instructor ratings

Note: Excludes PADI Peak Performance Buoyancy, Project AWARE and Coral Conservation Specialty Instructor ratings. One PADI Freediver Instructor rating may credit.

2. Certified 25 PADI Divers

- ▶ No more than five from courses without dives
- ▶ No more than five from PADI Seal Team or Master Seal Team registrations

Materials

Speciality instructor Outlines Manual.

Schedule and Logistics

The MSDT prep program is taught over 4 – 5 days, right after your IE, and is a package of 5 speciality instructor training courses. Once you reach teaching status in each speciality, you will be able to teach these alongside the standard PADI courses. After you have certified 25 students in any PADI course, you may apply for your MSDT rating.

If you complete your IDC with us and take the MSDT prep program, you will have the opportunity to complete a 3 week internship with our dive center and team teach with our knowledgeable and experienced instructors; to learn from them how to conduct your own PADI courses, putting into practice in real life what you learnt in your IDC



As a PADI Staff Instructor you will assist with instructor training and share your wisdom and experience with new PADI professionals. Just as scuba divers look up to Divemasters, so do instructor candidates respect IDC Staff Instructors. A PADI Staff Instructor course prepares you to be able to independently conduct PADI Assistant Instructor courses and staff IDCs, helping to shape the new generation of dive professionals and making you an invaluable asset to any 5-star resort or center.

Training furthers teaching abilities and develops your evaluation and counselling skills through classroom sessions, guided evaluation training and an internship.

Your IDC staff instructor duties will include:

Independently teach and certify PADI Assistant Instructors at dive centers or resorts that are at a minimum PADI Five Star Dive Centers or Resorts.

Conduct IDC training segments while a PADI Course Director is present, in control and available on premises for consultation.

Evaluate and critique instructor candidate knowledge development, confined water, and open water teaching presentations.

Provide counselling and remedial training for instructor candidates and IDC Staff Instructor candidates.

Assist with instructor-level continuing education programs, such as PADI Specialty Instructor Training courses.

Observe the orientation and closing sessions of PADI Instructor Examinations.



Prerequisites

1. Teaching status PADI Instructor.
2. PADI Master Scuba Diver Trainer.
3. Emergency First Response Instructor.
4. Agree to conduct all levels of diver training consistent with the standards and philosophy outlined in the PADI Instructor Manual, PADI's Guide to Teaching and the PADI Course Director Manual.
5. Agree to use the PADI System and its components in their entirety

Materials (required)

- All materials required of IDC candidates
- PADI Course Director Manual
- Knowledge Development Evaluation Form
- Confined and Open Water Evaluation Slate

Materials (recommended)

All materials recommended for IDC candidates (this will be supplied for the duration of your course).

Performance requirements

1. 80% on Dive Theory exams
 - 80% on PADI Systems, Standards and Procedures exam
 - Perform all 24 skills, scoring 96 total with no score beneath 3
 - Score at least 4 on a knowledge development teaching presentation
 - Score at least 4 on a confined water teaching presentation
2. Attend 4 IDC Staff Instructor Course Knowledge Development presentations

- a. Course Orientation
- b. Instructor Development Standards, Procedures and Curriculum
- c. How to Organize and Conduct the PADI Assistant Instructor Course
- d. The Psychology of Evaluation and Counselling

3. Meet evaluation scoring parameters

- ▶ Match the control score on three out of five knowledge development evaluation criteria sections for two out of three teaching presentations.
 - ▶ Match the control score on three out of the five confined water evaluation criteria sections for two out of three teaching presentations.
 - ▶ Match the control score on three out of four (no demonstration) or three out of five (demonstration required) open water evaluation criteria sections for two out of three teaching presentations.
4. Audit a complete IDC by observing all required IDC curriculum sections, OR present all components from the Assistant Instructor course, scoring at least a 3.4 on each presentation.

Schedule

Candidates complete Pre-assessment, Knowledge Development and Evaluation Training before auditing an entire IDC or presenting all Assistant Instructor course components.

Costs

Please refer to our pricing and fees.



For more information or to talk with one of our staff, visit our website, email or call us
(office hours 8am-8pm EST)

Or come visit us at our office in Selina Hostel, Av. Matamoros 15, Isla Mujeres 77400, Q. Roo, Mexico

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