

# TDA Diving Association (Thailand)



## *TDA/CMAS* *Confédération Mondiale des Activité* *Subaquatiques* *World Underwater Federation* **C.M.A.S. Diver TRAINING PROGRAM**

### **THE C.M.A.S. INTERNATIONAL DIVERS and TDA CERTIFICATES SYSTEM**

The C.M.A.S. has established standards which form the basis of a system of International Divers Certificates, which are recognised by all national federations and other bodies which are member of the C.M.A.S. Technical Committee.

The standards describe the knowledge and skills required in order for a diver to be granted the appropriate C.M.A.S. International Divers Certificate.

The certificates will be awarded as an equivalent to the TDA certificates held by the divers, or may be awarded directly by a C.M.A.S./TDA recognised Diving School or by a certain national federation.

The TDA/CMAS standards describe five grades of divers

- ◆ Basic Diver
- ◆ One Star Diver \*
- ◆ Two Stars Diver \*\*
- ◆ Three Stars Diver \*\*\*
- ◆ Four Stars Diver \*\*\*\*

Details of the standards will be found in the TDA/C.M.A.S. publication “ Standards and Requirements ”  
In most cases divers will be trained in accordance with the training programmes used by their national federation, and these will have been closely considered during the process of granting approval for International Certificate Equivalents.

The Diver Training Programmes outlined here are intended to:

1. Act as an example to TDA as a members of the C.M.A.S. Technical Committee, and aiming to issue divers certificates which will have equivalent C.M.A.S. International Divers Certificates.
  2. Indicate to TDA instructors the current standards of training considered necessary in order to reach the minimum levels of proficiency required for the award of C.M.A.S. International Divers Certificates
  3. Act as a basis for the training programmes to be adopted by C.M.A.S. recognised Diving Schools for courses resulting in the direct issue of C.M.A.S. International Divers Certificates.
- The programmes are described as a sequence of theoretical and practical lessons, wherever possible the practical lesson builds on theoretical knowledge already taught to the student. Suggestions are offered on the time each lesson can be expected to occupy in a normal programme.
- The lessons have been given codes to describe their place in the programmes. For example, “ 2T6 ” is a theoretical lesson ( T ) for two stars diver ( 2 ) and is the sixth in the sequence ( 6 ). 1P2 is therefore the second practical lesson in the one star diver programme.

## **TDA/CMAS BASIC DIVER**

### **TRAINING PROGRAM**

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area is ready to gain open water diving experience in the company of a team leader (TDA Diver 3 Star) or higher level.

Practical teaching sessions should take place in a swimming pool or confined water with swimming pool like conditions. The Basic Diver has to learn the same theoretical lessons as the One Star Diver, including the Exam.

He can get the BASIC DIVER Certification after he has done the practical teaching sessions in a swimming pool or confined water with swimming pool like conditions and 2 Open Water Divers with Basic SCUBA SKILLS.

**To earn the P1 Certification he can upgrade within one year doing the remaining practical skills in the open water.**

# TDA/CMAS ONE STAR DIVER

## TRAINING PROGRAM

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area is ready to gain open water diving experience in the company of an experienced diver. Practical teaching sessions should take place in a swimming pool or confined water with swimming pool like conditions.

## THEORY LESSONS PRACTICAL LESSONS

1T1 Course aims and administration 1P1 Introduction to equipment  
1T2 Introduction to equipment 1P2 SCUBA Skills 1  
1T3 Elementary signals 1P3 Snorkelling and SCUBA Skills 2  
1T4 Pressure/Volume relationships 1P4 SCUBA Skills 3  
1T5 Principles and use of SCUBA 1P5 SCUBA Skills 4  
1T6 Basic physiology 1P6 Rescue Skills  
1T7 Buoyancy devices 1P7 SCUBA Skills review  
1T8 Diving suits & other equipment 1P8 Skills assessment  
1T9 Equipment care 1P9 5 Open Water Dives  
1T10 Self Rescue & Buddy Rescue  
1T11 Safe Diving Practices  
1T12 Site selection, Conservation

## CONTENT OF THEORETICAL LESSONS

### 1 T 1 COURSE AIMS AND ADMINISTRATION

This introductory lesson should explain the purpose of the training programme and its position in the diver certification system, the relationship between the school/club/federation and C.M.A.S., and the basis of the

C.M.A.S. International Divers Certificate System. Administrative details concerning meeting times and location, timetable, equipment to be supplied or brought. Aims of the course, organisation of the school/club.

Logbook and qualification records.

(Time: 20 minutes )

### 1 T 2 INTRODUCTION TO DIVING EQUIPMENT

The selection, purpose and function of the mask, fins, snorkel and weight belt.

Mask, fins, snorkel: construction, features, fitting, maintenance, testing, suitability

Weight belt: features, fitting, release operation, importance of neutral buoyancy

Brief description of SCUBA elements

Equipment to be used on the course

Warnings about breath-holding, squeeze

( Time: 30 minutes )

### **1 T 3 ELEMENTARY SIGNALS**

Reasons for using hand signals underwater and at the surface.  
Importance of using the C.M.A.S. International Code of Underwater Signals.  
Diver to diver signals  
Diver to surface party signals  
Signals to be used during course  
Importance of response to signals  
( Time: 25 minutes )

### **1 T 4 PRESSURE/VOLUME RELATIONSHIP**

The basic physics affecting diving  
Atmospheric pressure and hydrostatic pressure, absolute pressure.  
Relationship between pressure and volume ( Boyles laws ).  
Gases under pressure, composition of air.  
Effects of pressure on body air spaces, changes in pressure.  
Compression problems: mask squeeze, ear and sinuses under pressure, equalisation.  
Expansion problems, breathe holding..  
Buoyancy factors and adjustment  
( Time: 40 minutes )

### **1 T 5 PRINCIPLES AND USE OF SCUBA**

The function of SCUBA, in principle only. Reduction of air pressure from high to ambient. Ability to carry large amount of air with the diver..  
The air cylinder, its charging and care  
The regulator, its function and care  
Pressure gauges and other ancillary equipment  
Using SCUBA, preparation and fitting.  
( Time: 30 minutes )

### **1 T 6 BASIC PHYSIOLOGY**

The human life support system, the respiratory system, the metabolic process.  
The gas exchange within the lungs, the role of each gas.  
Exhaustion, drowning, hypoxia, hypothermia, prevention.  
( Time: 40 minutes )

### **1 T 7 BUOYANCY DEVICES**

Importance of wearing a buoyancy compensator for comfort during the dive and for use in an emergency, at the surface or underwater.  
Essential features of different types.  
Suitability for different types of diving.  
Dangers of rapid ascent, controlling ascent  
Use for buoyancy adjustment, recommended procedure  
Methods of inflation, MP air, HP air, oral, CO2, advantages / disadvantages  
Preparation, fitting, care  
( Time: 30 minutes )

## **1 T 8 DIVING SUITS AND ANCILLARY EQUIPMENT**

Need for protection in all but warmest waters, abrasion and marine life protection. Equipment to be used on

course. Advantages / Disadvantages of different types.

et / dry suits.

Selecting a suit, type.

Fitting and care.

Instrumentation, depth gauge, watch, compass, HP gauge, combinations, decompression computers.

Lamp, knife, buoys, lines, bag, slate.

Time: 30 minutes )

## **1 T 9 EQUIPMENT CARE**

Importance of a proper maintenance procedure for all diving equipment.

Pre-dive preparation, after-dive care.

Value of fresh water rinse and general cleanliness

Special care for perishable items, rubber, suits.

Prevention of corrosion to metal parts.

Protection for damage in transport.

Regular testing and servicing.

Storage, off-season.

( Time: 30 minutes )

## **1 T 1 0 SELF RESCUE AND BUDDY RESCUE**

Accident prevention through careful planning.

Recognise the signs and take early action.

Assess the required action and select, correct course of action.

Self-help and self-rescue techniques.

Correct techniques for shared ascent, buoyant ascent, and free ascent.

Expired air resuscitation, on the surface and in the water.

Towing and landing a victim.

Summoning and using help.

( Time: 40 minutes )

## **1 T 1 1 SAFE DIVING PRACTICES**

The correct conduct for open water diving practice.

The dive leader, his role in the dive.

Dive planning, to identify and avoid problem areas.

The buddy system and essential elements in dive safety.

Pre-dive preparation, equipment checks, briefing.

Entry, buoyancy check, descent, conduct of the dive, ascent, surfacing, leaving the water.

Emergency procedures, separation.

The International Diving Code.

International Code of Signals.

( Time: 40 minutes )

## **1 T 1 2 SITE SELECTION AND CONSERVATION**

How to choose a dive site.

What features to look for and what to avoid.

The effect of weather and tides.

Marine and aquatic life, what to look for, how to recognise it.

Attitude to marine life and the environment, importance of conservation.

Reasons to dive and things to do.

Dangerous marine life, avoidance, treatment.

( Time: 30 minutes )

## **CONTENT OF PRACTICAL LESSONS**

### **1 P 1 INTRODUCTION TO EQUIPMENT**

In this course the student will be introduced in mask, fins and snorkel and their use, an will gain an appreciation of the effects of mask squeeze and ear clearing in shallow water. The buddy system will be employed from the first opportunity.

Fitting the mask, adjustment, demisting, ear clearing.

Fitting the snorkel, surface breathing, clearing by blowing and displacement.

Fitting the fins, adjustment, correct fining action, practice period.

Surface swimming, surface dives, and surfacing technique using mask, fins and snorkel.

Treading water, vertical fining, surface support stroke.

Brief introduction to SCUBA, fitting, breathing and swimming.

Adjusting buoyancy.

( Time: 60 minutes )

### **1 P 2 SCUBA SKILLS 1**

Assembling the SCUBA set, fitting and checking the regulator, air supply, fit of harness, buoyancy/weight equipment.

Entering the water, breathing from the aqualung in different attitudes, checking and adjusting buoyancy.

Fining and moving while wearing SCUBA.

Remove, replace and clear mouthpiece.

Remove, replace and clear mask.

Breathe from alternative air supply.

Static sharing SCUBA.

Surfacing and leaving water.

( Time: 60 minutes )

### **1 P 3 SNORKELLING AND SCUBA SKILLS 2**

Snorkelling skills, entering the water, leaving the water.

Feet first descent.

Surface dives while swimming.

Longer breath-hold dives.

Removing and recovering basic equipment.

Using and fitting a weight belt.

Repeat mask and snorkel clearing

SCUBA skills, entering and leaving the water.

Improve mouthpiece clearing and mask clearing technique.

Improve fining technique.

Demonstrate buoyancy control.

Share SCUBA following " out of air " simulation.

Remove SCUBA at surface.

( Time: 60 minutes )

### **1 P 4 SCUBA SKILLS 3**

Further entry techniques.

Improve basic techniques, mask clearing, fining.

Mobility exercises, rolls, buoyancy control.

Remove and replace weight belt underwater.

Remove and replace SCUBA underwater.

Surface, fit snorkel and swim on surface using snorkel while wearing SCUBA, replace SCUBA mouthpiece and descend.

Exit from water via ladder from deep water.

( Time: 60 minutes )

### **1 P 5 SCUBA SKILLS 4**

Improve familiarity with buoyancy device or life-jacket.

Inflate for surface support.

Control buoyancy at bottom and in mid water.

Control rate of ascent by release of air, demonstrate ability to stop.

Use of buoyancy for lift in an emergency, controlled buoyancy lift.

Rapid dumping of air, use of alternative inflation systems.

( Time: 60 minutes )

### **1 P 6 RESCUE SKILLS**

Controlled buoyancy lift of victim to surface.

Surface support and towing.

Correct position for expired air resuscitation at surface, importance of neck extension.

Calling and signalling for help.

( Time: 60 minutes )

### **1 P 7 SCUBA SKILLS REVIEW**

In this lesson, all the equipment which will be used on open water dives, including suit, is introduced and the

skills already learned are practised while fully equipped.

Exercises are carried out in the full depth of sheltered water available and the opportunity is taken for final improvement of any techniques still required.

( Time: 60 minutes )

### **1 P 8 SKILLS ASSESSMENT**

All skills learned so far are checked and assessed to ensure that they can be performed at the required standard. The combination of exercises is performed in sequence will also provide a measure of the student's

fitness and stamina.

It must be remembered that, after this lesson, suitable students are considered ready to continue their training in

open water.

( Time: 60 minutes )

On completion of each lesson the instructor should assess the student's ability and ensure that they have adequately

acquired the skills included in each lesson. It is particularly important that this assessment is made during lessons 1P4

and 1P6.

## **1 P 9 5 OPEN WATER DIVES**

# **TDA/CMAS TWO STAR DIVER**

## **TRAINING PROGRAM**

The two star diver is a diver who has gained some open water diving experience and is considered ready to take part in dives partnered by a diver of at least the same or a higher grade. The two star diver may dive with a One Star Diver in sheltered shallow water .

The course must be conducted by qualified instructors and supervised by an instructor of at least one star grade. The early practical teaching sessions should take place in sheltered open water, following which the diver should gain experience in a broad range of varying water conditions.

## **THEORY LESSONS PRACTICAL LESSONS**

**2T1 Diving related illnesses 2P1 Open water diving procedures**  
**2T2 First aid and rescue procedures 2P2 Rescue skills**  
**2T3 Calculating air requirements 2P3 SCUBA skills – open water practice**  
**2T4 Nitrogen absorption 2P4 Unterwater Navigation**  
**2T5 Deep diving**  
**2T6 Decompression tables Dives 1 -20**  
**2T7 Dive planning and organisation**  
**2T8 Unterwater Navigation**  
**Knowledge Assessment Skills Assessment**

## **CONTENT OF THEORETICAL LESSONS**

### **2 T 1 DIVING RELATED ILLNESSES**

Revision of effects of pressure on the body, gas laws, partial pressures.  
Ear and sinus disorders: causes, prevention, treatment  
Burst lung ( Pneumothorax, Emphysema ), symptoms, causes, first aid, treatment.  
Hypoxia: causes, treatment.  
Decompression sickness ( basic introduction only ).  
Nitrogen narcosis: causes, symptoms, treatment.  
Carbon monoxide poisoning: causes, symptoms, treatment.  
Carbon dioxide poisoning: causes, symptoms, treatment.  
Oxygen poisoning: causes, symptoms, treatment.  
Exhaustion, hypothermia, hyperthermia.  
Drowning: causes, first aid, treatment.  
( Time: 60 minutes )

## **2 T 2 FIRST AID AND RESCUE PROCEDURES**

Expand on lesson 1T10, and prepare for lesson 2P2.

Analysis of the accident.

Whether to assist or rescue.

Assess, plan, act

Reaching the victim, recovering the victim.

Towing methods.

Landing the victim, on a beach, on a boat.

Techniques to be employed and why.

Expired air resuscitation

External cardiac compression.

Aftercare.

( Time: 40 minutes )

## **2 T 3 CALCULATING AIR REQUIREMENTS**

Importance of pre-dive planning.

Identifying stages of dive: descent, main dive, ascent, stops, reserve.

Air consumption rates.

Cylinder sizes and pressures.

Calculating air available for the dive.

Calculating air needed for the dive.

Practice calculations.

( Time: 40 minutes )

## **2 T 4 NITROGEN ABSORPTION**

Absorption of gases in liquids, absorption of air into body tissues.

Toxic effects of gases.

Physiological problems; narcosis.

Decompression sickness, mild forms, severe forms.

First aid and treatment for decompression sickness.

Avoidance of decompression sickness.

( Time: 40 minutes )

## **2 T 5 DEEP DIVING**

The problems related to deep diving.

Reasons for and against deep diving.

Physiological problems, narcosis, decompression.

Depth limitations.

Physical problems, buoyancy, thermal isolation, air density and purity.

Equipment considerations.

Planning requirements.

Response to emergencies.

( Time : 30 minutes )

## **2 T 6 DECOMPRESSION TABLES**

Used to avoid decompression sickness and related problems.  
Principle of operation, review of nitrogen absorption.  
The form and layout of the tables.  
Using tables for no-stop diving.  
Single dives.  
Multiple dives.  
Diving at altitude.  
Flying after diving.  
Keeping records, log-books.  
Instrumentation used.  
Importance of planning.  
Practice in decompression table use.  
( Time: 90 minutes )

## **2 T 7 DIVE LANNING AND ORGANISATION**

Planning is an essential element of diving safety.  
Avoid the predictable problems.  
Make allowance for all predictable needs and for emergencies.  
Planning your own dives.  
Site selection, objectives, timing, personnel, weather, tides.  
Pre-dive preparation.  
On-site organisation.  
( Time: 90 minutes )

## **2 T 8 UNDERWATER NAVIGATION**

Underwater navigation, without a compass.  
The compass, types, suitability.  
How to use a compass when diving.  
Taking a bearing, planning a course.  
( Time: 30 minutes )

## **KNOWLEDGE ASSESSMENT**

Before granting the qualification, the instructor should ensure that the student has retained and understood the knowledge required to be a safe two star diver. The assessment will usually take the form of a prepared written text using “ multi choice ” questions which allow a coverage of many topics in a short period. Weaknesses which are suggested by the result of this paper can then be investigated by further oral questioning if necessary.

## **CONTENT OF PRACTICAL LESSONS AND EXPERIENCE DIVE**

### **2 P 1 OPEN WATER DIVING PROCEDURES**

Practice snorkelling skills in open water, medium distance swim with surface dives.  
Experience in dressing in all appropriate equipment for dive, equipment checks, buddy checks.  
Water entry, buoyancy checks.  
Leaving the surface.  
Buddy diving, conduct during the dive.  
Exchange signals.  
Ascent and surfacing procedure.  
Leaving the water.  
Debriefing and equipment aftercare.  
( Time: 120 minutes )

### **2 P 2 RESCUE SKILLS**

Following lesson 2T2, the skills described should be practised in an open water situation.  
Towing victim on the surface, various methods.  
In-water E.A.R.  
Removing equipment.  
Towing and landing to a beach, to a small boat.  
Practice E.A.R. and E.C.C. on land.  
Complete emergency exercise.  
( Times: 90 minutes )

### **2 P 3 SCUBA SKILLS OPEN WATER REVIEW**

Improve diver's confidence by repeating skills acquired in one star course in the open water situation.  
Various forms of water entry.  
Buoyancy adjustment procedures, use of weight belt and buoyancy compensator.  
Review surface and underwater signals.  
Remove and refit mask at medium depth.  
Remove and replace mouthpiece at medium depth.  
Practise buddy breathing and use secondary air supply or octopus.  
Leaving the water on a beach, into a boat.  
( Time: 90 minutes )

### **2 P 4 UNDERWATER NAVIGATION**

Using a compass on land.  
Using a compass on the surface.  
Using a compass underwater.  
Swimming in straight lines, swimming reciprocal courses.  
( Time: 60 minutes )

## **EXPERIENCE DIVES**

The 20 dives which go to make up the experience of the two star diver should cover a suitably wide range of different

diving conditions and, as far as possible, include the following:

- Beach dives with sloping entry.
- Sea water dives.
- Fresh water dives.
- Diving from small boats.
- Diving from larger boats.
- Limited visibility dives.
- Diving during the night
- Moving water dives
- Dives in cold water.
- Dives to 25 / 30 metres.

It is appreciated that this combination of variety of dives will not always be available to the dive centre or club.

However, the underlying principle is that the diver's experience should equip him for a variety of diving conditions, and

should not represent a repeat of a similar experience on each occasion.

Each dive should be at least 20 minutes duration and should be in the 10 – 30 metres depth range.

## **SKILLS ASSESSMENT**

The diver's ability should be assessed by the instructor during the course of the dives being carried out. It will not

normally be necessary to carry out a final assessment of all skills at the end of the course, but this can be done if the

need exists. It is preferable to check one or two skills on each experience dive and to look for a steadily improving

ability over this period.

# TDA/CMAS THREE STAR DIVER

## TRAINING PROGRAM

The three star diver is a fully trained, experienced and responsible diver who is considered competent to lead other divers of any grade in open water.

The course must be conducted by qualified instructors and supervised by an instructor of at least two star grade. The

course will require the availability of suitable open water diving sites, together with some specialised facilities.

The dive experience element of the qualification will require the diver to accumulate a broad range of experience under varying conditions and varying depths.

## THEORY LESSONS PRACTICAL LESSONS

**3T1 Small boat handling 3P1 Small boat handling**  
**3T2 Underwater navigation 3P2 Underwater navigation**  
**3T3 Underwater search and recovery 3P3 Underwater search and recovery**  
**3T4 Compressor operation 3P4 Compressor operation**  
**3T5 Accident management 3P5 Assisting a dive organiser**  
**3T6 Organising a group dive 3P6 Acting as a dive organiser**  
**3T7 Physics / physiology review) Further experience as dive organiser:**  
**3T8 Diving equipment review 40 experience dives**  
**Knowledge Assessment Skills Assessment**

## CONTENT OF THEORETICAL LESSONS

### 3 T 1 SMALL BOAT HANDLING

A preliminary to practical experience in small boat handling.

Basic seamanship, weather, tides.

“ Rules of the road ”, obligations of the boat handler.

Buoyage.

Ropes and their use, knots.

Using boats for diving, types, suitability.

Outboard engines and their use.

Safety equipment and special equipment.

Boat handling techniques, launching, anchoring, loading, low speed / high speed, emergency action.

( Time: 60 minutes )

### 3 T 2 UNDERWATER NAVIGATION

Underwater navigation, without a compass.

The compass, types, suitability.

How to use a compass when diving.

Taking a bearing, planning a course.

Measuring distance, time, depth.

( Time: 40 minutes )

### **3 T 3 UNDERWATER SEARCH AND RECOVERY TECHNIQUES**

Situations requiring use of these techniques.

Planning and selection of appropriate techniques.

Search methods: compass search, Jackstay search, grid search, circular search, swim-line search.

Marking and evaluation an object.

Lifting with buoyancy, calculations.

Attaching lifting bags, air supply, the lift.

Safety considerations.

( Time: 60 minutes )

### **3 T 4 COMPRESSOR OPERATION**

Principles of operation of a compressor.

Purity of air, filtration.

Operating procedures, filling cylinder.

Compressor controls.

Use of storage bank.

Records and legal obligations.

( Time: 60 minutes )

### **3 T 5 ACCIDENT MANAGEMENT**

What can go wrong.

Avoiding accidents, importance of planning.

Actions in an emergency.

Weather and water conditions.

Condition of divers, fitness, health, experience.

Missing diver(s).

Boat breakdown.

Diving related problems.

Injuries.

Rescue management.

First aid and aftercare management

( Time: 60 minutes )

### **3 T 6 ORGANISING A GROUP DIVE**

Composition of group.

Selection of dive site, access, transport.

Timetable, planning requirements.

Personnel, dive group composition.

Equipment needs, safety equipment.

Diver briefing.

Diver log, records.

Safety precautions.

( Time: 60 minutes )

### **3 T 7 PHYSICS / PHYSIOLOGY REVIEW**

A review of material from 1T5, 1T7, 1T8, 1T9 together with a general review of future trends and current developments.

The gas laws.

The human life-support system.

Effects of pressure on the body.

Diving disorder, symptoms, treatment.

( Time: 60 minutes )

### **3 T 8 DIVING EQUIPMENT REVIEW**

A review of material from 1T5, 1T7, 1T8 et 1T9 together with a general revue of future trends and current developments.

Cylinders, care, testing.

Regulators, performance, servicing needs.

Protective clothing, suitability for type of diving, care.

Buoyancy systems, .relationship to other equipment

Diving equipment as a “ system ”.

Instrumentation, new developments.

National standards, legal requirements.

( Time: 60 minutes )

### **KNOWLEDGE ASSESSMENT**

Before granting the qualification the instructor should ensure the student has retained and understood the knowledge

required to be a safe C.M.A.S. three star diver.

The assessment will usually take the form of a prepared test using “ multi-choice ” questions which allow the coverage

of many topics in a short period. Weaknesses which are suggested by the result of this paper can then be investigated by

further oral questioning if necessary.

### **CONTENT OF PRACTICAL LESSONS**

#### **3 P 1 SMALL BOAT HANDLING**

The student should gain sufficient experience to be capable of handling z small boat, up to 5.5 m length, in normal diving conditions..

Checking and preparing a boat prior to use by divers.

Launching, loading, starting, leaving mooring / berth.

Sage operation under conditions not exceeding Force 4.

Techniques for use with divers, following divers, picking-up divers.

Action in an emergency.

Return to mooring / berth.

Removal from water ( if appropriate ).

(Time: 45 minutes )

#### **3 P 2 UNDERWATER NAVIGATION**

Using a compass on land.

Using a compass on the surface.

Using a compass underwater.

Swimming in straight lines, swimming reciprocal courses.

Taking bearings and planning courses.

Measuring / estimating distance.

Show ability to bring back a dive team to the departure point ( Time: 60 minutes )

### **3 P 3 SEARCH AND RECOVERY**

Identify area to be searched.  
Select technique to be employed.  
Prepare equipment, brief personnel.  
Carry out search plan, locate object.  
Evaluate object and select lifting equipment.  
Secure lifting equipment and bring object to surface.  
Bring object ashore or to new location.  
( Time: 2 – 3 hours )

### **3 P 4 COMPRESSOR OPERATION**

Pre-operation checks, starting procedure.  
Inspection of cylinders prior to filling.  
Connection of cylinders to compressor panel.  
Charging operations, use of bank.  
Shut-down procedure, care of filters.  
( Time: 60 minutes )

### **3 P 5 ASSISTING A DIVE ORGANISER**

Understand all the pre-dive planning requirements.  
Consider the allocation of divers and dive-leaders / instructors.  
Consider the timing requirements.  
Ensure that equipment required is available / functioning.  
Record all activity.  
Plan for emergency procedures.  
Adapt plan to site / facilities.  
( Time: 4 hours )

### **3 P 6 ACTING AS DIVE ORGANISER**

**3 P7 as for 3P5, carried out under supervision but following students plan**

( Time: 4 hours )

### **EXPERIENCE DIVES**

The CMAS Three Star Diver must have minimum 50 dives at the time of certification of which 20 dives should be on the 30 meter range  
The dives logged should demonstrate the diver's broad experience of diving under varying conditions and over a period of time suitable for the accumulation of skills and knowledge. The log should indicate those dives where the diver has been responsible for other divers or for the planning of the diving operation.

### **SKILLS ASSESSMENT**

The main qualities to be assessed by the instructor will be the student's ability to organise and lead other divers, together with a demonstration of competence in the areas covered by the programme. The three star diver must be " fully trained " and should therefore not display areas of weakness in the practical performance of diving.

## TDA/CMAS FOUR STAR DIVER

The four star diver is a fully trained, experienced and responsible diver who is considered competent to lead other divers of any grade in open water.

The course must be conducted by qualified instructors and supervised by an instructor of at least two star grade. The

course will require the availability of suitable open water diving sites, together with some specialised facilities.

The dive experience element of the qualification will require the diver to accumulate a broad range of experience under varying conditions and varying depths.

Four Star Diver is a very experienced Diver who does not wish to enter the professional ranks.

To earn the Four Star Diver certification he must log at least 100 dives beyond the Three Star Certification.

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## **INTRODUCTION**

The system of TDA - Diver Certificates exists to allow divers who have been trained in accordance with the standards of CMAS/TDA to have their qualification recognized in countries throughout the world which are part of the CMAS family of divers.

TDA - Diver Certificates can be obtained in two ways:

1. A diver who holds a diving qualification awarded by a National Federation which is a member of the CMAS Technical Committee, and whose qualifications have been recognized by the Technical Committee, can obtain the CMAS/TDA - Diver Certificate which is recognized as equivalent to the national certificate held. In some countries the CMAS - Certificate will be awarded in place of a national certificate.
2. A diver who has been trained by a TDA diving school or centre which is recognized directly by TDA will be awarded the CMAS/TDA - Diver Certificate appropriate to the standard reached.

## **AIMS OF THE TDA - DIVER CERTIFICATES SYSTEM**

It is intended that, no matter where in the world a diver receives training, he or she will be able to visit other areas and be accepted as a diver with competence and experience equal to that indicated by the qualification held. The CMAS/TDA - Diver Certificates are evidence that the holder has received training up to the minimum level defined for each grade of certificate. They should then be allowed to participate in diving activities to the extent that a holder of the equivalent national certificate would be.

## **DEFINITIONS OF DIVER AND INSTRUCTOR GRADES**

The system consists of five levels of diver qualification and three levels of instructor qualification. In all cases, increased competence and experience is indicated by an increasing number of stars in the description and the emblem.

## ***BASIC DIVER***

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area is ready to gain open water diving experience in the company of a team leader (CMAS/TDA Diver 3 Star) or higher level.

## ***ONE STAR DIVER***

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area and is ready to gain open water diving experience in the company of an experienced diver

## ***TWO STAR DIVER***

A diver who has gained some open water diving experience and is considered ready to take part in dives partnered by a diver of at least the same or a higher grade. The two star diver will not have sufficient experience to lead one star divers on open water dives.

## ***THREE STAR DIVER***

A fully trained, experienced, and responsible diver who is considered competent to lead other divers of any grade in open water.

## ***FOUR STAR DIVER***

A three star diver who has attained a higher than average level of knowledge and ability supported by broad experience. He will be competent to use divers and diving in order to achieve major tasks or project objectives.

## ***ONE STAR INSTRUCTOR***

A three star diver who has a knowledge of the techniques of diving instruction and is competent in practical instructional skills: he is qualified to teach any lesson; but not to direct the full course.

## ***TWO STAR INSTRUCTOR***

An experienced one star instructor who has the knowledge, skills, and experience required to teach groups of divers in the classroom, pool, and in open water, and to assist in the training of One Star Instructors.

## ***THREE STAR INSTRUCTOR***

A fully experienced two star instructor who is competent to train all grades of divers and instructors and to take responsibility for the conduct of diving schools, centers, and specialized training courses and events.

## **THE FORM OF THE CMAS/TDA - DIVERS CERTIFICATES**

For each grade of diver (1-4 Star Diver) and instructor (1-3 Star Instructor) there is a plastic pocket card from CMAS and from TDA. These two items are normally issued to applicants for - Certificates. The cards are embossed with the details of the holder, and their national certificate, with provision for identifying their national federation. A larger wall certificate is also available on request for those wishing it.

## **MEDICAL EXAMINATIONS**

National regulations will generally recommend a medical examination to determine the student's fitness to dive before awarding the first - Certificate. Periodical medical examinations carried out by doctors having specialized knowledge of the requirements of diving are also strongly recommended.

A suitable form of medical examination is available from TDA if required and the assistance of the Medical Commission can also be requested.

## **ASSESSMENT AND EVALUATION**

There are two methods currently in use to assess the competence and ability of divers and instructors under training.

In the traditional system a period of training is generally followed by a final examination in which all of the required skills and knowledge are assessed. This method is usually more physically demanding and more likely to induce stress and apprehension in the student. However, it will prove suitable where these factors are considered appropriate.

In the second, more modern, system the increasing skill and ability of the student are assessed continuously and the student's rate of progress adjusted accordingly. Since the instructor is able to assess the student's competence and knowledge at regular intervals during the training program, and during their diving experience, far more information can be gained on the student's true strengths and weaknesses and any such weaknesses can be adjusted during the program. Thus, at the end of the period of training the student will have reached the required level of competence with a minimum need for final assessment

.Although the second system is considered more desirable in the context of teaching diving as a leisure activity, elements of both approaches are usually present in most national systems.

The instructor should consider a skill as acquired if the student has successfully carried it out one or more times in real conditions during the course of one or more dives.

There is no laid down marking system. Each element in the training program, once carried out successfully, is marked as adequate in the training records. The chronological order of the training program elements is not inflexible. Certain elements from a later part of the program can be carried out before the completion of all elements of the earlier part of the program. This allows for the aptitude of the student to be recognized, and for the practicality of the diving facilities and opportunities to be considered. However, all elements must be completed before the certificate can be awarded. A higher level certificate cannot be awarded before a lower level certificate. When assessing the difficulty of a diving or training experience it is important to take into account not only the depth at which the activity takes place, but also the temperature of the water and its clarity. Suggested depth ranges are shown in the 'Requirements' section for each certificate.

## **DIVING LOG BOOKS**

It is compulsory that all students maintain good records of their diving and training experience. Dives should be noted in a diving book. While most national log book, and the award of qualifications may be noted in this, or another federations will supply these, a log book is also available from TDA

## **VALIDITY OF - CERTIFICATES**

The period of validity placed on the - Diver Certificates issued by CMAS/TDA is that of their equivalent National Certificate. - Instructor Certificates have an expiry date fixed at five years from the date of their issue.

## **AWARDING CMAS/TDA - DIVING CERTIFICATES**

All divers wishing to obtain a CMAS/TDA - Diving Certificate must satisfy certain conditions.

1. They must
  - a). be a member of a Federation which is a member of the CMAS/TDA Technical Committee, or
  - b) be a student at a TDA recognized diving school located in Thailand.
2. It is recommended that they hold a current diving medical certificate confirming their fitness to dive.
3. They must satisfy all other conditions of the certificates detailed in the following section.
4. They must be familiar with the CMAS/TDA Code of - Diving Signals, and the - Diving Code.

The detailed conditions and recommended content of the training course for each certificate level will be found in the CMAS/TDA publication "TDA Training Programmes and Standards". The following is a summary of this information.

## **TDA BASIC DIVER**

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area is ready to gain open water diving experience in the company of a team leader (TDA Diver 3 Star) or higher level. He must be at least 12 years old. Practical teaching sessions should take place in a swimming pool or confined water with swimming pool like conditions. The Basic Diver has to learn the same theoretical lessons as the One Star Diver, including the Exam. He can get the BASIC DIVER Certification after he has done the practical teaching sessions in a swimming pool or confined water with swimming pool like conditions and 2 Open Water Divers with Basic SCUBA SKILLS.

**To earn the P1 Certification he can upgrade within one year doing the remaining practical skills in the open water.**

## **CMAS/TDA ONE STAR DIVER**

### ***a. Definition***

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area and is ready to gain open water diving experience in the company of an experienced diver.

### ***b. Entry requirements***

1. Must be at least 14 years old.

### ***c. Course content***

#### Knowledge

Must have a basic understanding of :

Pressure/volume relationships and their effect on the diver and his equipment.

What the body needs to sustain life and the complications caused by being underwater.

The purpose, function, and features of sports diving equipment to be used in the course, and its correct use.

The rules of safe diving, self help, and elementary rescue procedures.

The techniques of no-decompression diving.

#### Skills

Be competent in the preparation, care, and use of sports diving equipment, adjustment of buoyancy,

maintenance of water-free air ways.

Be able to control movement in all directions and to swim using fins efficiently and economically, and

be able safely to enter and leave the water.

Be able to perform self-rescue techniques and basic buddy rescue techniques.

Be able to act as a member of a diving group under supervision, and demonstrate the required discipline.

Motion from G.A. the TDA one star diver (must) have a minimum of 5 open water dives.

### ***d. Assessment***

In the 'continuous assessment' system

during the course, and the certificate required standard.

the above knowledge and skills will be assessed at various points will only be awarded if the diver is judged to have reached the

In order to achieve the level of CMAS/TDA One Star Diver the students should demonstrate in the course

of the program that they have the ability to carry out the following in sheltered water.

1. Enter the water by jumping or diving and swim free style at least 100 meters, without the use of equipment.
2. Prepare and fit diving equipment including cylinder, regulator, life jacket/B.C., mask, fins, weight belt, snorkel, diving suit appropriate to the conditions envisaged, and other accessories.
3. Demonstrate techniques for entering and leaving the water under different conditions; jetty, diving boat, small boat, beach.
4. Demonstrate techniques for leaving the surface and making a descent, and for making a controlled ascent to the surface.
5. Demonstrate techniques for maintaining position and self-support at the surface, with and without use of mask and regulator.
6. Refit mask underwater, and remove and replace regulator mouthpiece.
7. Demonstrate familiarity with alternate air sources and/or shared breathing techniques, and their use in an emergency, together with the associated safety signals.
8. Demonstrate techniques for controlling buoyancy underwater, and for providing positive buoyancy at the surface.

A test, using oral or written techniques, can be used to establish that the diver's standard of knowledge matches that outlined in 'Knowledge' above.

The assessment will be made in accordance with the rules of the TDA and CMAS.

## **CMAS/TDA TWO STAR DIVER**

### ***a. Definition***

A diver who has gained some open water diving experience and is considered ready to take part in dives

partnered by a diver of at least the same or higher grade. The two star diver does not have sufficient

experience to lead one star divers on open water dives.

### ***b. Entry requirements***

1. Must be at least 15 years old.
2. Since obtaining CMAS 1 Star Diver Certificate the diver should have carried out at least 20 dives, of which at least 10 should have been in the 10-30 meter range.

### ***c. Course content***

Knowledge

Must have a basic understanding of :

Diving physics and physiology, the causes and effects of diving-related illnesses and disorders.  
Basic first aid, resuscitation techniques.

The problems associated with diving to greater depths, calculation of air requirements, correct use of decompression tables.

The selection of dive sites and the principles of dive planning.

### Skills

Be competent in the use of mask, fins, and snorkel.

Be able to swim on the surface wearing full diving equipment but using a snorkel.

Be fully familiar with use of the diving equipment at medium depths.

Be competent in self-rescue and buddy rescue techniques from depths in the 10-30 meter range.

Be familiar with the use of buoyancy adjustment equipment.

Be competent in the use of decompression tables for single and consecutive dives.

### ***d. Assessment***

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points

during the course, and the certificate will only be awarded if the diver is judged to have reached the required standard.

In order to achieve the level of CMAS/TDA Two Star Diver the students should demonstrate in the course

of the program that they have the ability to carry out the following under diving conditions.

1. Demonstrate competence in the use of mask, fins, and snorkel, by swimming 800 meters, with a snorkel dive to 5m depth for a horizontal distance of 10m.
2. Be able to swim on the surface wearing full diving equipment but using a snorkel, at least 500 meters, and swim on the back or side for 100m without using snorkel or regulator.
3. Demonstrate full familiarity with the equipment while diving in the 10-30 meter range, replacing mask and regulator mouthpiece.
4. Demonstrate self-rescue and buddy rescue techniques from depths in the 10-30 meter range, followed by surface tow of victim.
5. Demonstrate ability to assist a diving partner who is 'out of air' through use of alternate air source or buddy-breathing techniques, including a safe return to the surface.
6. Demonstrate use and control of buoyancy adjustment equipment without use of emergency air supply.
7. Demonstrate use of decompression tables for single and consecutive dives.
8. Be able to act as a member of a diving team, both while submerged, and during the surface preparation for the dive.

A test, using oral or written techniques, can be used to establish that the diver's standard of knowledge matches that outlined in 'Knowledge' above.

The assessment will be made in accordance with the rules of the TDA and CMAS.

# CMAS/TDA THREE STAR DIVER

## **a. Definition**

A fully trained, experienced, and responsible diver who is considered competent to lead other divers of any grade in open water dives.

## **b. Entry requirements**

1. Must be at least 16 years old.
2. Since obtaining the two star diver certificate the diver should have carried out at least 40 dives in the 10-30 metre range, of which 20 should be in the 30 + metres range.

## **c. Course content**

### Knowledge

Must have a comprehensive understanding of :

Diving physics and physiology, the causes and effects of diving-related illnesses and disorders and their treatment.

Diving first aid, resuscitation techniques.

The problems associated with diving beyond 30 metres, calculation of air requirements, correct use of decompression tables.

The selection of dive sites, the principles of dive planning, and the selection and assessment of divers.

The principles and practices of underwater navigation.

The basic principles of seamanship and small boat handling.

Hazards due to flora and fauna or resulting from local and weather conditions.

The legal responsibilities of divers.

### Skills

Be fully competent and familiar with sports diving equipment,\* and its use at all depths.

Be competent in the organisation of diving activities for groups both from the shore and from boats.

Be competent in self-rescue and buddy rescue techniques from depths in the 10-30 metre range, and the care and treatment of victims.

## **d. Assessment**

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the course, and the certificate will only be awarded if the diver is judged to have reached the required standard.

In order to achieve the level of CMAS/TDA Three Star Diver the students should demonstrate in the course of the programme that they have the ability to carry out the following under diving conditions.

1. Demonstrate competence in the use of mask, fins, and snorkel, by swimming 1500 metres, followed by a 10 metre surface dive to recover an object.
2. Demonstrate fitness and ability to support self and/or victim following fast surface swim of 100 metres and 20 second surface dive, a surface period of 10 seconds maximum followed by a further snorkel dive to 3m to recover a mannequin of 1.5 kg apparent weight, to be towed on the surface for 50m.
3. Wearing full equipment, swim on the surface 1000 metres using snorkel.

4. Demonstrate self-rescue and buddy rescue techniques from depths in the 10-30 metre range, followed by surface tow of victim.
5. Demonstrate ability to navigate underwater with and without use of compass over a distance of 50 metres.
6. Demonstrate ability to handle ropes and tie knots underwater.
7. Be able to participate in the normal running of a dive boat.
8. Be able to lead a group underwater, maintaining control, following a dive plan and route, and returning safely to the surface from any depth range.
9. Demonstrate the ability to use charts and tide tables in the selection and location of dive sites.

A test, using oral or written techniques, should be used to establish the diver's standard of knowledge.

The assessment will be made in accordance with the rules of the TDA and CMAS.

## **CMAS/TDA FOUR STAR DIVER**

### ***a. Definition***

A three star diver who has attained a higher than average level of knowledge and ability supported by broad experience. He will be competent to use divers and diving to achieve major tasks or project objectives.

### ***b. Entry requirements***

1. Must have held a 3 Star Diver Certificate for at least 2 years.
2. Must have been a member of his Federation for at least 5 years.
3. Must have carried out at least 100 dives, under varying conditions, since obtaining 3 Star Diver Certificates.

### ***c. Course content***

It is not considered that this level will be reached following a course of fixed content, but rather as the result of experience acquired over an extended period and incorporating a broad range of conditions and requirements.

### ***d. Assessment***

The diver must be able to prove his capabilities in organising diving expeditions and other diving activities with a particular stress on safety and emergency procedures, and by proving his competence in a given specialised area or in a scientific discipline.

The assessment will be made in accordance with the rules of the TDA and CMAS.

# CMAS/TDA ONE STAR INSTRUCTOR

## **a. Definition**

A three star diver who has a knowledge of the techniques of diving instruction and is competent in practical instructional skills: he is qualified to teach and certify according to TDA Standards.

## **b. Entry requirements**

1. Must hold a 3 Star Diver Certificate.
2. Must be at least 18 years old.

## **c. Course content**

### Knowledge

Must have a basic understanding of :

The principles of teaching.

The learning process.

Instructional methods appropriate to sport diving.

Equipment used in diving instruction.

### Skills

Be able to control and lead a group of students in sheltered water.

Be able to instruct a group of students in sheltered water.

Be able to teach the contents of the 1 Star Diver course to a group of students in a surface/classroom situation.

Be able to communicate effectively with the students at all times.

## **d. Assessment**

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the course, and the certificate will only be awarded if the instructor is judged to have reached the required standard.

If the 'testing' system is used then the final assessment should establish the instructor's ability to carry out the following under sheltered water diving conditions.

### Skills

1. Demonstrate the ability to control and lead a group of students in a dive in sheltered water.
2. Demonstrate the ability to instruct a group of students in basic diving techniques in sheltered water.
3. Demonstrate familiarity with the contents of the 1 Star Diver course and the ability to teach a group of students in a surface/classroom situation.
4. Demonstrate the ability to communicate effectively with the students at all times.

The assessment will be made at a TDA ITC.

# CMAS/TDA TWO STAR INSTRUCTOR

## ***a. Definition***

An experienced one star instructor who has the knowledge, skills, and experience required to teach groups of divers in the classroom, pool and open water, and to assist in the training of One Star Instructor, according to the CTDA Standards.

## ***b. Entry requirements***

1. Must hold a 1 Star Instructor Certificate.
2. Must be at least 19 years old.
3. Must have gained further practical instructional experience since obtaining 1 Star Instructor Certificate.

## ***c. Course content***

### Knowledge

Must have a complete understanding of :

The Principles of teaching.

The learning process.

Instructional methods appropriate to sport diving.

Equipment used in diving instruction.

### Skills

Be able to control and lead a group of students in varying diving conditions.

Be able to instruct a group of students in open water conditions.

Be able to teach the contents of the 1,2 and 3 Star Diver courses to a group of students in a surface/classroom situation and in open water.

Be able to communicate effectively with the students at all times.

## ***d. Assessment***

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during their course, and the certificate will only be awarded if the instructor is judged to have reached the required standard.

If the 'testing' system is used then the final assessment should establish the instructor's ability to carry out the following under sheltered water diving conditions.

### Skills

1. Demonstrate the ability to control and lead a group of students in a dive to take place in open water.
2. Demonstrate the ability to instruct a group of students in selected diving techniques in sheltered and open water.
3. Demonstrate familiarity with the contents of the 1,2 and 3 Star Diver courses and the ability to teach a group of students in a surface/classroom situation and in open water.
4. Demonstrate the ability to communicate effectively with the students at all times.

The assessment will be made at a TDA ITC.

# CMAS/TDA THREE STAR INSTRUCTOR

## ***a. Definition***

A fully experienced two star instructor who is competent to take responsibility for the conduct of diving schools, events, to train all grade of divers and instructors and centres, and specialised training courses according the Standards of TDA.

## ***b. Entry requirements***

1. Must hold the 2 Star Instructor Certificate.
2. Must be at least 20 years old.
3. Must have gained considerable instructional experience since obtaining 2 Star Instructor Certificate, probably including experience at Regional or National level.

## ***c. Course content***

It is not considered that this level will be reached following a course of fixed content, but rather as the result of experience acquired over an extended period and incorporating a broad range of conditions and requirements.

The instructor should have an excellent knowledge of all subjects covered in the diver and instructor courses up to this grade, and should be thoroughly competent to teach all theoretical and practical aspects of these courses. Additionally he should be capable of applying teaching skills and experience to related topics not forming part of a standard course.

## ***d. Assessment***

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points.

During the instructor's diving experience and the certificate will only be awarded if the instructor reached the required standard.

If the 'testing' system is used then the final assessment should establish the instructor's ability to carry out the following under all diving conditions.

### Skills

1. Demonstrate the ability to control and lead a group of students in a dive planned to take place in open water.
2. Demonstrate the ability to instruct a group of students in selected diving techniques in sheltered and open water.
3. Demonstrate familiarity with the contents of the full range of Diver and Instructor courses and the ability to teach groups of students in a surface/classroom situation and in open water.
4. Demonstrate the ability to communicate effectively with students or other audiences at all times.
5. Demonstrate the ability to compose a training programme to fit any stated requirement, location, or situation.

The assessment will be made at a TDA ITC.