

Title	Free dive in open water to depths between 10 and 16 metres		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe open water free diving; and plan and complete free dives in open water to depths between 10 and 16 metres.
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Classification	Diving > Diving - Recreational
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment leading to this unit standard must be carried out in accordance with the following as relevant:
 - legislation including the Health and Safety at Work Act 2015, Health and Safety at Work (General Risk and Workplace Management) Regulations 2016, Accident Compensation Act 2001, and subsequent amendments;
 - *Working Safely in the Occupational Diving, Snorkelling, and Free-Diving Industries – A Guide for PCBUs* (WorkSafe, March 2020) and any supplementary publications, or any subsequent editions;
 - industry technical and safety criteria.

- 2 Definitions

Dive plan refers to the procedures by which the accredited dive provider's diving operations are implemented for all dives required to meet this standard.

Industry technical and safety criteria refer to dive instruction, supervision and performance being carried out in accordance with the standards, procedures and training materials of the respective dive training agency. The agency must meet or exceed the World Recreational Scuba Training Council training standards.

Open water is any natural body of water realistic of local diving conditions in terms of water movement, temperature, visibility, depth and aquatic life.

Outcomes and performance criteria

Outcome 1

Describe open water free diving.

Performance criteria

- 1.1 Describe free diving equipment types, features, selection and maintenance.
- 1.2 Describe the open water environment in relation to free diving.

- 1.3 Describe free diving physics.
- 1.4 Describe free diving physiology.
- 1.5 Describe free diving hazards.
- 1.6 Describe planning in relation to free diving.

Outcome 2

Plan and complete free dives in open water to depths between 10 and 16 metres.

Performance criteria

- 2.1 Plan and prepare for free dives.
- 2.2 Select free dive equipment to match the diver's build and experience.
- 2.3 Assemble or disassemble, use and maintain selected free dive equipment in accordance with manufacturer's recommendations.
- 2.4 Complete dives in accordance with the dive plan.
- 2.5 Perform dynamic apnea (horizontal) for 25 metres swum underwater on one breath.
- 2.6 Perform static apnea for one minute and 30 seconds.
- 2.7 Complete a constant weight dive to 10 metres.
- 2.8 Demonstrate self and buddy rescue techniques.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 March 2021	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.