

Title	Complete advanced free dives in open water to depths between 16 and 24 metres		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to: describe advanced free diving; and plan and complete advanced free dives in open water to depths between 16 and 24 metres.
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Classification	Diving > Diving - Recreational
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Available grade	Achieved
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Prerequisites	Unit 32343, <i>Free dive in open water to depths between 10 and 16 metres</i> , or demonstrate equivalent knowledge and skills.
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Guidance Information

- 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.
- 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 advanced free diving.

Performance criteria

- 1.1 Describe advanced free diving techniques.
- 1.2 Describe potential advanced free diving hazards.

Outcome 2

Plan and complete advanced free dives in open water to depths between 16 and 24 metres.

Performance criteria

- 2.1 Plan and prepare for advanced free dives.
- 2.2 Complete advanced free dives in accordance with the dive plan.
- 2.3 Perform dynamic apnea (horizontal) for 50 metres swum underwater on one breath.
- 2.4 Perform static apnea for two minutes and 30 seconds.
- 2.5 Complete a constant weight dive to 20 metres.
- 2.6 Demonstrate advanced free diving 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.