



F R E E D | V E R



Become a PADI Freediver™

FREEDIVING IS ABOUT INWARD POWER, DISCIPLINE AND CONTROL.

If you've always wanted to enter the underwater world quietly, on your own terms, staying as long your breath allows, then freediving is for you. Taking the PADI Freediver program is your step towards discovering the underwater world in a whole new way. Beginning with the PADI Freediver certification, you will gain the training and discipline needed to stay safe during breath hold dives. Afterwards, you can continue your education and progress to new depths with the PADI Advanced Freediver, Master Freediver and Instructor level courses.

What will you learn as a PADI Freediver?

The PADI Freediver course consists of three main phases:

- Knowledge development about freediving principles through independent study with the PADI *Freediver Touch™* (your instructor may conduct class sessions.)
- Confined water session to learn breath hold techniques and static and dynamic apnea. Goal – static apnea of 90 seconds and dynamic apnea of 25 metres/80 feet.
- Open water sessions to practice free immersion and constant weight freedives, plus proper buddy procedures. Goal – constant weight freedive of 10 metres/30 feet.

What will you learn as a PADI Advanced Freediver?

The PADI Advanced Freediver course consists of three main phases:

- Knowledge development about advanced freediving techniques and equipment. You'll study independently using the PADI *Freediver Touch™* (your instructor may conduct class sessions.)
- Confined water session to learn stretching and relaxation techniques as well as refine static and dynamic apnea. Goal – static apnea of 2 minutes, 30 seconds (2 minutes for freedivers younger than 18) and dynamic apnea of 50 metres/165 feet (40 metres/130 feet for freedivers younger than 18)
- Open water sessions to practice deeper free immersion and constant weight freedives, along with additional buddy procedures and rescue techniques. Goal – constant weight freedive of 20 metres/65 feet (15 metres/50 feet for freedivers younger than 18)

What will you learn as a PADI Master Freediver?

The PADI Master Freediver course consists of three main phases:

- Knowledge development about nutrition, relaxation and advanced breathing techniques. You'll study independently using the PADI *Freediver Touch™* (your instructor may conduct class sessions.) You'll also complete independent research as part of the Master Freediver Assignment.
- Confined water session to improve static and dynamic apnea attempts, including no fins dynamic apnea. Goal – static apnea of 3 minutes, 30 seconds and dynamic apnea of 70 metres/230 feet.
- Open water sessions to practice mouthfill equalization and perform warm-up and workup dives for free immersion and constant weight freediving. Goal – constant weight freedive of 27 metres/90 feet.

Age Requirements

- PADI Basic Freediver - 12 years old or older (confined water only)
- PADI Freediver - 15 years old or older
- PADI Advanced Freediver - 15 years old or older
- PADI Master Freediver – 18 years old or older

How can you start learning now?

Contact your local PADI Freediver Center or PADI Freediver Instructor and get the PADI *Freediver Touch™*. The Touch is an interactive study tool that gives you the background information you need to freedive safely and allows you to study at your own pace. When you purchase the PADI *Freediver Touch™*, it comes equipped with PADI Freediver, Advanced Freediver and Master Freediver course materials.

Already a certified freediver with another agency?

Continuing your education is easy with PADI. Contact your local PADI Freediver Center or PADI Freediver Instructor to get started on your next level of Freediver training.

Become a PADI Freediver™ Instructor

To apply for and qualify as a PADI Freediver Instructor, you must meet certification and training requirements for one of the following options:

OPTION 1 - PADI MEMBERS

I'm a PADI Member and I meet the following three criteria:

- Be a PADI Open Water Scuba Instructor
- Be a PADI Advanced Freediver or hold a qualifying certification from another organization* and have freediving experience that allows me to make multiple freedives over a short period, such as when accompanying/supervising student freedivers during open water training (brief description of experience required on application)
- Be a current Emergency First Response Instructor or hold a qualifying instructor certification from another organization*

OR

I'm a PADI Member and I meet the following five criteria:

- Be a PADI Divemaster or Assistant Instructor
- Be a PADI Master Freediver or hold a qualifying certification from another organization*
- Be a current Emergency First Response Instructor or hold a qualifying instructor certification from another organization*
- Have completed a PADI Freediver Instructor Training Course
- Have a current medical statement signed by a physician within the previous 12 months

OPTION 2 – NOT YET A PADI MEMBER

I'm not yet a PADI Member and I meet the following six criteria:

- Hold a qualifying freediver instructor level certification from another organization*
- Be at least 18 years old
- Be PADI Advanced Freediver or hold a qualifying certification from another organization*
- Be a current Emergency First Response Instructor or hold a qualifying instructor certification from another organization*
- Have completed a PADI Freediver Instructor Orientation
- Have a current medical statement signed by a physician within the previous 12 months

OR

I'm not yet a PADI Member and I meet the following five criteria:

- Be a PADI Master Freediver or hold a qualifying certification from another*
- Be at least 18 years old
- Be a current Emergency First Response Instructor or a qualifying instructor certification from another organization*
- Have completed a PADI Freediver Instructor Training Course
- Have a current medical statement signed by a physician within the previous 12 months

To apply and qualify as a PADI Advanced Freediver Instructor, you must meet these requirements:

- Be a PADI Freediver Instructor OR have a qualifying freediver instructor rating from another organization* and have completed a PADI Freediver Instructor Orientation
- Be a PADI Master Freediver OR hold a qualifying certification from another organization*
- Be a current Emergency First Response Instructor or hold a qualifying instructor certification from another organization*
- Have issued 25 PADI Freediver certifications, or 25 qualifying freediver certifications from another training organization**

To apply and qualify as a PADI Master Freediver Instructor, you must meet these requirements:

- Be a PADI Advanced Freediver Instructor OR have a qualifying advanced freediver instructor rating from another organization* and have completed a PADI Freediver Instructor Orientation
- Be a PADI Master Freediver or hold a qualifying certification from another organization*
- Be a current Emergency First Response Instructor or a qualifying instructor certification from another organization*
- Have issued 50 PADI Freediver certifications (or qualifying freediver certifications from another training organization)*, with at least 10 Advanced PADI Freediver certifications (or qualifying advanced freediver certifications from another training organization)**

To apply for and qualify as a PADI Freediver Instructor Trainer, you must meet these requirements:

- Be a current PADI Course Director
- PADI Master Freediver Instructor

OR

- Have completed a PADI Freediver Instructor Trainer Course
- PADI Master Freediver Instructor

*Copy of certification needed for application

** Verifications of certification issued are required for application if not PADI

