



SSI FREEDIVING INSTRUCTOR PATHWAYS

(LAST UPDATED SEPTEMBER 2023 – PRICING/STANDARDS SUBJECT TO CHANGE AT ANY TIME)

1. **SSI Basic Freediving Instructor - \$400 training fee + FOC materials fee + \$55 Freediving Instructor Wetnotes Set + Any SSI required professional registration fees (paid directly to SSI)**
 - a. Course Pre-requisites:
 - i. SSI Scuba Assistant Instructor Certification or higher (no equivalency permitted)
 - b. Minimum Course Completion Requirements (8-12 hours of classroom/pool on a custom pace schedule – recommend two-four days of dedicated course time):
 - i. 4-6 hours of classroom learning
 - ii. 4-6 hours of pool learning
 - iii. Swim unassisted a distance of 375 meters or surface swim a distance 700 meters in 20 minutes or less with use of mask, snorkel, fins
 - iv. Tread water for 15 minutes unassisted
 - v. Perform a dynamic blackout rescue from a depth of 2-4 meters
 - vi. Pass the final exam with a minimum score of 90%
 - vii. Perform/complete at least three passing academic presentations
 - viii. Perform/complete one passing breathing session presentation
 - ix. Perform/complete one passing pool presentation
 - x. Pass the final exam with a passing score of 90% or higher
2. **SSI Freediving Assistant Instructor - \$1,000 training fee + \$192 FITC materials fee + \$120 Training Techniques materials fee + \$55 Freediving Instructor Wetnotes Set + Any SSI required professional registration fees (paid directly to SSI)**
 - a. Course Prerequisites
 - i. Option 1:
 1. Have completed the SSI Freediver Program (or equivalent from a recognized training agency)
 2. Have completed the SSI Training Techniques Specialty Program (or equivalent from a recognized training agency)
 3. Have logged at least 50 freediving sessions
 - ii. Option 2:
 1. Be an SSI Basic Freediving Instructor (no equivalency allowed)
 2. Have issued at least 25 SSI Basic Freediving certifications
 3. Have completed the SSI Training Techniques Specialty Program (or equivalent from a recognized training agency)
 - b. Course Completion Requirements (45-50 hours of classroom/pool on a custom pace schedule)
 - i. Swim unassisted a distance of 400 meters in 15 minutes or less or surface swim a distance 800 meters in 15 minutes or less with use of mask, snorkel, fins
 - ii. Tread water for 15 minutes unassisted

- iii. Perform a dynamic blackout rescue from a depth of 2-4 meters with a surface tow of 50 meters
- iv. Dynamic with bi-fins performance for a distance of 50 meters
- v. Static performance of 2.5 minutes
- vi. Pass the final exam with a minimum score of 90%
- vii. Perform/complete at least three passing academic presentations
- viii. Perform/complete one breathing session presentation
- ix. Perform/complete at least three passing pool presentations

Note: Active status Assistant Scuba Instructors or higher do not need to complete the portions of the FITC that are equivalent to the SSI Scuba Instructor training Course content (subtract \$300 from above training fee).

3. **SSI Freediving Instructor Certification – *\$1,500 training fee + \$192 FITC materials fee + \$120 Training Techniques certification & materials fee + \$55 Freediving Instructor Wetnotes Set + Any SSI required professional registration fees (paid directly to SSI) + Travel Expenses**
 - a. **Course Prerequisites**
 - i. **Option 1:**
 1. Have completed SSI Advanced Freediver Program and SSI Training Techniques Specialty Program (or equivalent from a recognized training agency)
 2. Have logged at least 100 freediving sessions
 - ii. **Option 2:**
 1. Be an SSI Basic Freediving Instructor (no equivalency permitted)
 2. Have issued at least 25 SSI Basic Freediving certifications
 3. Have completed the SSI Advanced Freediver Program and SSI Training Techniques Specialty Program (or equivalent from a recognized training agency)
 - b. **Course Completion Requirements (70-85 hours of classroom/pool/open water on a custom pace – performance requirements below are in addition to the Assistant Instructor requirements above) including:**
 - i. Perform a blackout rescue from a depth of 15 meters with a surface tow of 50 meters
 - ii. Perform a blackout rescue with one minute hang time from a depth of 15 meters
 - iii. Dynamic with bi-fins performance for a distance of 60 meters
 - iv. Static performance of 3 minutes
 - v. Constant Weight Dive with bi-fins to a depth of 30 meters or CWT x 5 with 1-minute rest between each dive to 20 meters
 - vi. Constant Weight Dive x 5 with 1-minute rest between each dive to 15 meters (optional if 5x20 is performed)
 - vii. Perform/complete at least one passing academic presentation from the Free Immersion course
 - viii. Perform/complete at least two passing open water presentations

**To UPGRADE from Freediving Assistant Instructor to Freediving Instructor the training fee is only \$500*

**Note: Active status Assistant Scuba Instructors or higher do not need to complete the portions of the FITC that are equivalent to the SSI Scuba Instructor training Course content (subtract \$400 from above training fee).*

4. **SSI Advanced Freediving Instructor - \$1,200 training fee + \$60 Advanced Freediving Instructor materials fee + Any SSI required professional registration fees (paid directly to SSI)**
 - a. Course Prerequisites
 - i. Option 1:
 1. Have completed the SSI Performance Freediver Program (or equivalent from a recognized training agency)
 2. Have completed the SSI Training Techniques Specialty Program (or equivalent from a recognized training agency)
 3. Have logged at least 100 in-water freediving sessions
 - ii. Option 2:
 1. Be an SSI Freediving Instructor (no equivalency allowed)
 2. Have completed the SSI Performance Freediver Program (or equivalent from a recognized training agency)
 - iii. Option 3:
 1. Be an SSI Freediving Instructor (no equivalency allowed)
 2. Have issued at least 10 Freediver certifications and 5 Training Techniques certifications
 - b. Course Completion Requirements (85-100 hours of classroom/pool on a custom pace schedule) include:
 - i. Swim unassisted a distance of 400 meters in 15 minutes or less or surface swim a distance 800 meters in 15 minutes or less with use of mask, snorkel, fins
 - ii. Tread water for 15 minutes unassisted
 - iii. Dynamic with bi-fins performance for a distance of 85 meters
 - iv. Static performance of 4 minutes
 - v. Perform a blackout rescue from a depth of 20 meters with a surface tow of 50 meters
 - vi. Perform a blackout rescue with one minute hang time from a depth of 20 meters
 - vii. Constant Weight Dive with bi-fins to a depth of 40 meters or CWT x 3 with 1-minute rest between each dive to 25 meters
 - viii. Constant Weight Dive x 5 with 1-minute rest between each dive to 20 meters
 - ix. Perform/complete two passing open water presentations
 - x. Pass the final exam with a minimum score of 90%
 - xi. Perform/complete between one and four passing academic presentations
 - xii. Perform/complete one breathing session presentation
 - xiii. Perform/complete between one and three passing pool presentations
 - xiv. Perform/complete between one and two passing open water skills presentations
5. **SSI Performance Freediving Instructor - \$300 training fee + Any SSI required professional registration fees (paid directly to SSI)**
 - a. Course Prerequisites
 - i. Have completed the SSI Performance Freediver Program (or equivalent from a recognized training agency)
 - ii. Be an SSI Advanced Freediving Instructor (no equivalency allowed)
 - iii. Have issued at least 30 Basic Freediver, Pool Freediver and/or Freediver certifications
 - iv. Have issued at least 20 Advanced Freediver certifications
 - b. Course Completion Requirements (24-32 hours of classroom/pool on a custom pace schedule) include:

- i. Swim unassisted a distance of 400 meters in 15 minutes or less or surface swim a distance 800 meters in 15 minutes or less with use of mask, snorkel, fins
- ii. Tread water for 15 minutes unassisted
- iii. Dynamic with bi-fins performance for a distance of 100 meters
- iv. Perform a blackout rescue from a depth of 25 meters with a surface tow of 50 meters
- v. Perform a blackout rescue with one minute hang time from a depth of 20 meters
- vi. Constant Weight Dive with bi-fins (or monofin or free immersion) to a depth of 50 meters
- vii. Perform an FRC dive to 25 meters (maximum 5 meter mouth-fill allowed)
- viii. Pass the final exam with a minimum score of 90%
- ix. Perform/complete at least one passing academic presentation
 - x. Perform/complete one breathing session presentation
 - xi. Perform/complete at least one passing pool presentation
 - xii. Perform/complete at least one passing open water presentation
 - xiii. Perform/complete one coaching/mouth-fill session presentation
 - xiv. Perform/complete one stretching session presentation