



香港潛水總會 教練課程標準

Hong Kong Underwater Association Courses Standard of Instructors

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香港潛水總會 會級教練課程

Course of HKUA Club Instructors

香港潛水總會會級教練課程是一項專業潛水教練的入門級訓練課程，主要目的是培養一些具備進階水平、有經驗的潛水員成為水肺潛水的初級教練。會級教練在潛水員教學系統中扮演著樞紐的角色，協助屬會及其他高級教練訓練學生潛水員。本課程讓準教練對潛水教學有初步的了解，並提供潛水員培訓在學科、平靜水域和開放水域方面的有關知識，技術和經驗。

The Course of Club HKUA Instructors is the entry level of HKUA professional. The major aim of the course is to provide proper training to those of advanced level and experienced divers to become the HKUA Club Instructors. The role of Club Instructor is to assist the club and advanced instructor in diver-training. The course provides basic understanding of dive-teaching to the participants, as well as the knowledge, skill and experience on academic, confined water and open water diver-training.

會級教練的職權：

- 一) 有資格協助總會屬下的潛水會 / 潛水中心及其他高級教練從事潛水員課程訓練；
- 二) 在高級教練直接監督下從事開放水域潛水員教學；
- 三) 有資格簽發香港潛水總會開放水域潛水員資歷；
- 四) 在高級教練直接監督下從事教導適合開放水域潛水員的專長課程。

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷

Provinces of Club Instructors:

- 1) is qualified to assist clubs / dive centres and other advanced instructors of HKUA on training of diver course;
- 2) carries out the diver training under the direct supervision of advanced instructor;
- 3) is qualified to certify open water diver of HKUA;
- 4) carries out the prescribed specialty open water training under the direct supervision of advanced instructor.

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA.

先決條件

要報名參加香港潛水總會會級教練培訓課程，個人必須：

1. 為香港潛水總會會員。
2. 香港潛水總會高級潛水員； 或
香港潛水總會潛水長； 或

Prerequisites

To qualify to participate the Club Instructor training course of HKUA, an individual must:

1. Be a HKUA member.
2. HKUA Advanced Diver; or
HKUA Divemaster; or

HKUA-CMAS三星潛水員； 或

具備國際性認可潛水訓練組織的領導級資歷(潛水長、潛水督導員等)有效証書，個別地區性潛水訓練組織資歷，持有者需呈交該組織訓練標準作出審核。

- ◆ 非活躍身份報考者需參與全科課程和考試；
- ◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會的任何教練課程。

3. 年滿18歲。**4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。****5. 提交24個月以內的心肺復甦法與急救訓練證明。****6. 具備香港潛水總會高級潛水員資歷至少6個月，並完成60次下潛，而其中30次必須在本港進行。****7. 提交香港潛水總會屬會或潛水中心的推薦信。****8. 提交在潛水員培訓課程中的協助訓練證明。****HKUA-CMAS 3 Star Diver; or**

hold a valid leadership level certification(Divemaster, Dive Con etc.) of an international recognized scuba diving training organization, individual national training facility certification holder should submit his/her facility's training standard for evaluation.

- ◆ Inactive status candidates have to sit for the complete course and examination.
- ◆ All suspended、terminated、expelled individuals by other scuba diving training agency will be refused to participate in any HKUA instructor training course.

3. Be aged of 18 years.**4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.****5. Submit proof of CPR and first aid training within the last 24 months.****6. Have been a HKUA Advanced Diver for at least six months and have completed at least 60 dives with 30 dives done in Hong Kong waters.****7. Submit recommend letter from a HKUA Dive Club /Dive Center.****8. Submit proof of assisting in diver training after obtain leadership certification.****課程內容****學科**

香港潛水總會的發展史；

香港潛水總會的行政架構；

世界潛水總會及其他國際性潛水組織的認識；

香港潛水總會訓練體制的標準和要求；

Course Content**Academic**

Development of HKUA;

The administration Structure of HKUA;

World Underwater Federation (CMAS) and other sound training organizations;

Standards & Procedures of HKUA

香港潛水總會的教學的原理 (理論、平靜水域、開放水域)； 香港潛水總會開放水域潛水員的課程標準和要求； 美國海軍減壓潛水表的應用； 考試 / 評核。	Training System; Principles of Teaching in HKUA (Lecture, Confined water, Open water); Standards and Requirements of HKUA Open Water Diver Course; Use of US Navy Decompression Table; Examination / Assessment.
術科 香港潛水總會潛水員等級的平靜水域技術演練 香港潛水總會教練等級的平靜水域技術演練 平靜水域教學示範 開放水域教學示範	Skill Practice of HKUA Diver level Confined water Skills Practice of HKUA Instructor level Confined water Skills Demonstration of Confined water Teaching Demonstration of Open water Teaching
教學演練 1. 理論教學 每位教練考生需要依據香港潛水總會潛水員課程題目進行2次或以上的10-15分鐘教學演練，並最少有2次達到3.0分的合格水平。 2. 平靜水域教學 每位教練考生需要依據香港潛水總會潛水員課程平靜水域的技術項目進行2次或以上教學演練，並最少有2次達到3.0分的合格水平。 教練必須展示有能力在平靜水域裡安及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝通。 3. 開放水域教學	Teaching Performance 1. Lecture Teaching Each Instructor Candidate will be given 2 or more 10-15 minute lecture teaching presentations on given subjects, with these at least 2 must meet the minimum scores 3.0 in the evaluation criteria. 2. Confined Water Teaching Each Instructor Candidate will be given 2 or more confined water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 2 must meet the minimum scores 3.0 in the evaluation criteria. Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in confined water, and demonstrate the ability to communicate effectively with the students at all times. 3. Open Water Teaching

每位教練考生需要依據香港潛水總會潛水員課程開放水域的技術項目進行2次或以上教學演練，並最少有2次達到3.0分的合格水平。

Each Instructor Candidate will be given 2 or more open water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 2 must meet the minimum scores 3.0 in the evaluation criteria.

教練必須展示有能力在開放水域裡安全及舒適地指導一組學員，而且在整個過程下都能夠有效地與該組學員保持溝通。

Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in open water, and demonstrate the ability to communicate effectively with the students at all times.

技術演練

1. 考生手持面鏡、呼吸管及蛙鞋躍入水中，然後在水裡穿戴並用自由式游行500米。
2. 考生在沒有面鏡的輔助下，運用呼吸管及蛙鞋游行100米。
3. 考生在泳池的深處(不少於2米)，下潛至池底卸除面鏡、呼吸管、蛙鞋和配重帶(不少於2千克)，然後升回水面。水面休息不多於1分鐘後潛回池底，重新戴回所有基本裝備，清除面鏡內積水，並於升出水面的同時，咬著呼吸管。
4. 考生運用面鏡和蛙鞋在水中潛行25米。
5. 考生不用任何潛水裝備從水底撈起一名不醒人事的遇溺者並拖帶25米。
6. 考生從水底撈起一名不醒人事的潛水員並利用面鏡、呼吸管及蛙鞋輔助拖帶50米。
7. 考生將一名不醒人事的潛水員帶出水並演譯人工呼吸。
8. 考生以同伴式呼吸在水底潛游100米。

Skill Performance

1. The candidates are jumping into the water carrying fins, mask and snorkel in the hands. The equipment is put on in the water and the candidates are swimming 500 meters free style.
2. The candidate is swimming 100 meters wearing fins and snorkel, but no mask.
3. The candidates dive to the bottom and take off fins, mask, snorkel and weight belt(not less than 2 kg) and place it all on the bottom. Then he/she returns to the surface. Within 1 minute he/she shall returns to the bottom, puts on the equipment, clears the mask and dives out using the snorkel when the surfacing.
4. The candidates swim 25 meters underwater using mask and fins.
5. The candidates recover an unconscious person from the bottom without any diving gear and tows the victim 25 meters.
6. The candidates recover an unconscious diver from the bottom and tow the victim 50 meters using fins, mask and snorkel.
7. The candidates take an unconscious diver out of water and demonstrate resuscitation.
8. The candidates perform buddy breathing sharing one regulator while swimming 100 meters underwater.

教練考生必須成功完成上述八項香港潛水總會教練課程平靜水域技術的演練評估來展現技巧和體能的程度，

考生必須拿到總分24分，而個別項目不得低於3分。

評核

1. 筆試

筆試將會持續1.5小時，試卷包括甲及乙兩部份，部份為多項選擇題，題目將以公制及英制發問。

考生必須在甲、乙部試卷上各取得75%或以上分數，以獲得筆試合格。

甲部：一般知識

試卷內容圍繞著與潛水及教學方面有關的項目，藉以評核考生的理論知識。

1. 香港潛水總會的組織及課程標準
2. 香港潛水總會的教學理念
3. 潛水物理
4. 潛水生理
5. 潛水裝備
6. 潛水應用急救
7. 潛水的安全常識及緊急應變措施
8. 基本船藝及船艇操控

乙部：減壓表

在此強調考生必須熟悉美國海軍空氣減壓表的運用。

Instructor candidate will need to demonstrate competency by successfully completing the above eight skill evaluation in order to show a level of physical fitness and stamina.

Candidate will be required to earn 24 total points, with no individual score below 3.

Evaluation

1. Written Test

Written Test will consist of 2 parts which takes 1.5 hours, some questions are in multiple Choices, both metric / imperial system are being used.

In order to be qualified, candidates must score at least 75% in both Part A & B.

Part A: General Knowledge

In order to assess the knowledge of scuba diving and teaching, questions on the following subjects may be included:

1. The Organization and Training Standards of HKUA
2. The Teaching Principles HKUA
3. Diving Physics
4. Diving Physiology
5. Diving Equipments
6. Diving First Aid
7. The Safety Knowledge and Emergency Procedures of Diving
8. Basic Navigation & Boat Handling

Part B: Decompression Table

This is stressed that candidates should be conversant with US Navy Decompression Table.

香港潛水總會 會級教練跨組織課程

香港潛水總會會級教練跨組織課程是一項入門級的香港潛水總會教練訓練課程，主要目的是培養一些在其他潛水組織具備進階水平、有經驗的助教成為總會的水肺潛水教練。

會級教練的職權：

- 一) 有資格協助總會屬下的潛水會 / 潛水中心及其他高級教練從事潛水員課程訓練；
- 二) 在高級教練直接監督下從事開放水域潛水員教學；
- 三) 有資格簽發香港潛水總會開放水域潛水員資歷；
- 四) 在高級教練直接監督下從事教導適合開放水域潛水員的專長課程。

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷

先決條件

要報名參加香港潛水總會會級教練跨組織培訓課程，個人必須：

1. 為香港潛水總會會員。
2. 具備國際性認可潛水訓練組織的助理教練資歷的有效証書(例如：NAUI，PADI，SSI，等等)，個別地區性潛水訓練組織資歷持有者需呈交該組織的訓練標準作出審核。

◆ 非活躍身份報考者需參與全科課程和

Crossover Course for HKUA Club Instructors

The Crossover Course for HKUA Club Instructors is the entry level of HKUA professional. The major aim of the course is to provide proper training to those of advanced level and experienced assistant instructors of other diving organizations to become the HKUA Club Instructors.

Province of Club Instructors:

- 1) is qualified to assist clubs / dive centres and other advanced instructors of HKUA on training of diver course;
- 2) carries out the diver training under the direct supervision of advanced instructor;
- 3) is qualified to certify open water diver of HKUA;
- 4) carries out the prescribed specialty open water training under the direct supervision of advanced instructor.

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA.

Prerequisites

To qualify to participate the crossover for HKUA Club Instructor Course, an individual must :

1. Be a HKUA member.
2. Hold a valid Assistant Instructor level certification(such as: NAUI, PADI, SSI, etc.) of an international recognize scuba diving training organization, individual national training facility certification holder should submit his/her facility's training standard for evaluation.

◆ Inactive status candidates have to

考試；	sit for the complete course and examination.
◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會的任何教練課程。	◆ All suspended、terminated、expelled individuals by other scuba diving training agency will be refused to participate in any HKUA instructor training course.
3. 年滿18歲。	3. Be aged of 18 years.
4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。	4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.
5. 提交24個月以內的心肺復甦法與急救訓練證明。	5. Submit proof of CPR and first aid training within the last 24 months.
6. 具備潛水助教資歷至少6個月，並完成60次下潛，而其中30次必須在本港進行。	6. Have been an assistant instructor for at least 6 months and have completed at least 60 dives with 30 dives done in Hong Kong waters.
7. 提交香港潛水總會屬會或潛水中心的推薦信。	7. Submit recommend letter from a HKUA Dive Club /Dive Center.
8. 提交獲得助理教練資格後協助教學的證明。	8. Submit proof of assisting in teaching after obtain instructor certification.

課程內容 (三日)

學科

香港潛水總會的發展史；

香港潛水總會的行政架構；

世界潛水總會及其他國際性潛水組織的認識；

香港潛水總會訓練體制的標準和要求；

香港潛水總會的教學的原理
(理論、平靜水域、開放水域)；

香港潛水總會開放水域潛水員的課程標準和要求；

美國海軍減壓潛水表的應用；

考試 / 評核。

Course Content (3 Days)

Academic

Development of HKUA;

The administration Structure of HKUA;

World Underwater Federation (CMAS) and other sound training organizations;

Standards & Procedures of HKUA Training System;

Principles of Teaching in HKUA
(Lecture, Confined water, Open water);

Standards and Requirements of HKUA Open Water Diver Course;

Use of US Navy Decompression Table;

Examination/Assessment.

術科

香港潛水總會潛水員等級的平靜水域技術演練

香港潛水總會教練等級的平靜水域技術演練

平靜水域教學示範

開放水域教學示範

Skill

Practice of HKUA Diver level Confined water Skills

Practice of HKUA Instructor level Confined water Skills

Demonstration of Confined water Teaching

Demonstration of Open water Teaching

教學演練**1. 理論教學**

每位教練考生需要依據香港潛水總會潛水員課程題目進行1次或以上的10-15分鐘教學演練，並最少有1次達到3.0分的合格水平。

2. 平靜水域教學

每位教練考生需要依據香港潛水總會潛水員課程平靜水域的技術項目進行1次或以上教學演練，並最少有1次達到3.0分的合格水平。

教練必須展示有能力在平靜水域裡安及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝通。

3. 開放水域教學

每位教練考生需要依據香港潛水總會潛水員課程開放水域的技術項目進行1次或以上教學演練，並最少有1次達到3.0分的合格水平。

教練必須展示有能力在開放水域裡安全及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝

Teaching Performance**1. Lecture Teaching**

Each Instructor Candidate will be given 1 or more 10-15 minute lecture teaching presentations on given subjects, with these at least 1 must meet the minimum scores 3.0 in the evaluation criteria.

2. Confined Water Teaching

Each Instructor Candidate will be given 1 or more confined water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 3.0 in the evaluation criteria.

Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in confined water, and demonstrate the ability to communicate effectively with the students at all times.

3. Open Water Teaching

Each Instructor Candidate will be given 1 or more open water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 3.0 in the evaluation criteria.

Instructor Candidates will need to demonstrate competency by instructing a group of students in safe

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and comfort manner in open water, and demonstrate the ability to communicate effectively with the students at all times.

技術演練

1. 考生手持面鏡、呼吸管及蛙鞋躍入水中，然後在水裡穿戴並用自由式游行500米。
2. 考生在沒有面鏡的輔助下，運用呼吸管及蛙鞋游行100米。
3. 考生在泳池的深處(不少於2米)，下潛至池底卸除面鏡、呼吸管、蛙鞋和配重帶(不少於2千克)，然後升回水面。水面休息不多於1分鐘後潛回池底，重新戴回所有基本裝備，清除面鏡內積水，並於升出水面的同時，咬著呼吸管。
4. 考生運用面鏡和蛙鞋在水中潛行25米。
5. 考生不用任何潛水裝備從水底撈起一名不醒人事的遇溺者並拖帶25米。
6. 考生從水底撈起一名不醒人事的潛水員並利用面鏡、呼吸管及蛙鞋輔助拖帶50米。
7. 考生將一名不醒人事的潛水員帶出水並演譯人工呼吸。
8. 考生以同伴式呼吸在水底潛游100米。

考生必須成功完成上述八項香港潛水總會教練課程平靜水域技術的演練評估來展現技巧和體能的程度，

考生必須拿到總分24分，而個別項目不得低於3分。

評核

Skill Performance

1. The candidates are jumping into the water carrying fins, mask and snorkel in the hands. The equipment is put on in the water and the candidates are swimming 500 meters free style.
2. The candidate is swimming 100 meters wearing fins and snorkel, but no mask.
3. The candidates dive to the bottom and take off fins, mask, snorkel and weight belt(not less than 2 kg) and place it all on the bottom. Then he/she returns to the surface. Within 1 minute he/she shall returns to the bottom, puts on the equipment, clears the mask and dives out using the snorkel when the surfacing.
4. The candidates swim 25 meters underwater using mask and fins.
5. The candidates recover an unconscious person from the bottom without any diving gear and tows the victim 25 meters.
6. The candidates recover an unconscious diver from the bottom and tow the victim 50 meters using fins, mask and snorkel.
7. The candidates take an unconscious diver out of water and demonstrate resuscitation.
8. The candidates perform buddy breathing sharing one regulator while swimming 100 meters underwater.

Candidates will need to demonstrate competency by successfully completing the above eight skill evaluation in order to show a level of physical fitness and stamina.

Candidates will be required to earn 24 total points, with no individual score below 3.

Evaluation

1. 筆試

筆試將會持續1.5小時，試卷包括甲及乙兩部份，部份為多項選擇題，題目將以公制及英制發問。

考生必須在甲、乙部試卷上各取得75%或以上分數，以獲得筆試合格。

甲部：一般知識

試卷內容圍繞著與潛水及教學方面有關的項目，藉以評核考生的理論知識。

1. 香港潛水總會的組織及課程標準
2. 香港潛水總會的教學理念
3. 潛水物理
4. 潛水生理
5. 潛水裝備
6. 潛水應用急救
7. 潛水的安全常識及緊急應變措施
8. 基本船藝及船艇操控

乙部：減壓表

在此強調考生必須熟悉美國海軍空氣減壓表的運用。

1. Written Test

Written Test will consist of 2 parts which takes 1.5 hours, some questions are in multiple Choices, both metric / imperial system are being used.

In order to be qualified, candidates must score at least 75% in both Part A & B.

Part A: General Knowledge

In order to assess the knowledge of scuba diving and teaching, questions on the following subjects may be included:

1. The Organization and Training Standards of HKUA
2. The Teaching Principles HKUA
3. Diving Physics
4. Diving Physiology
5. Diving Equipments
6. Diving First Aid
7. The Safety Knowledge and Emergency Procedures of Diving
8. Basic Navigation & Boat Handling

Part B: Decompression Table

This is stressed that candidates should be conversant with US Navy Decompression Table.

香港潛水總會 會級教練跨組織工作坊

Crossover Workshop for HKUA Club Instructors

香港潛水總會會級教練跨組織工作坊是一項入門級的香港潛水總會教練課程講座，主要目的是培養一些在其他潛水組織具備等同資歷的助理教練成為香港潛水總會的會級教練。

會級教練的職權：

- 一) 有資格協助總會屬下的潛水會 / 潛水中心及其他高級教練從事潛水員課程訓練；
- 二) 在高級教練直接監督下從事開放水域潛水員教學；
- 三) 有資格簽發香港潛水總會開放水域潛水員資歷；
- 四) 在高級教練直接監督下從事教導適合開放水域潛水員的專長課程。

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷

The Crossover Workshop for HKUA Club Instructors is the entry level of HKUA professional. The major aim of the workshop is to provide proper information to those assistant instructors of other diving organizations to become the HKUA Club Instructors.

Provinces of Club Instructors:

- 1) is qualified to assist clubs / dive centres and other advanced instructors of HKUA on training of diver course;
- 2) carries out the diver training under the direct supervision of advanced instructor;
- 3) is qualified to certify open water diver of HKUA;
- 4) carries out the prescribed specialty open water training under the direct supervision of advanced instructor.

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA.

先決條件

要報名參加香港潛水總會會級教練跨組織工作坊，個人必須：

1. 為香港潛水總會會員。
2. 具備世界潛水總會一星教練有效證書；或
具備中國潛水協會一星教練有效證書。
 - ◆ 非活躍身份報考者需參與全科課程和考試；
 - ◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會

Prerequisites

To qualify to participate the crossover for HKUA Club Instructor Workshop, an individual must :

1. Be a HKUA member.
2. hold a valid CMAS 1 Star Instructor Certification; or
hold a valid CUA 1 Star Instructor Certification.
 - ◆ Inactive status candidates have to sit for the complete course and examination.
 - ◆ All suspended、terminated、expelled individuals by other scuba diving

的任何教練課程。	training agency will be refused to participate in any HKUA instructor training course.
3. 年滿18歲。	3. Be aged of 18 years.
4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。	4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.
5. 提交24個月以內的心肺復甦法與急救訓練證明。	5. Submit proof of CPR and first aid training within the last 24 months.
6. 具備潛水助教資歷至少6個月，並完成60次下潛，而其中30次必須在本港進行。	6. Have been an assistant instructor for at least 6 months and have completed at least 60 dives with 30 dives done in Hong Kong waters.
7. 提交香港潛水總會屬會或潛水中心的推薦信。	7. Submit recommend letter from a HKUA Dive Club /Dive Center.
8. 提交獲得助理教練資格後教學或協助教學的證明。	8. Submit proof of teaching or assisting in teaching after obtain instructor certification.

工作坊內容 (一日)

學科

香港潛水總會的發展史；
 香港潛水總會的行政架構；
 香港潛水總會訓練體制的標準和要求；
 香港潛水總會的教學的原理
 (理論、平靜水域、開放水域)；
 香港潛水總會開放水域潛水員的課程標準和要求；
 美國海軍減壓潛水表的應用；
 考試 / 評核。

技術演練及評核

參閱香港潛水總會跨組織會級教練課程技術演練及筆試評核。

Workshop Content (1 Days)

Academic

Development of HKUA;
 The administration Structure of HKUA;
 Standards & Procedures of HKUA Training System;
 Principles of Teaching in HKUA
 (Lecture, Confined water, Open water);
 Standards and Requirements of HKUA Open Water Diver Course;
 Use of US Navy Decompression Table;
 Examination/Assessment.

Skill Performance & Evaluation

Refer to crossover for HKUA Club Instructor course skill performance & written test.

香港潛水總會 高級教練課程

Course of HKUA Advanced Instructors

香港潛水總會高級教練課程是一項進階的潛水教練培訓課程，主要目的是培養一些具備有潛水教學知識和熟悉實際教學技術的初級教練，進一步了解香港潛水總會的教育體制。

The Course of Advanced Instructors is the secondary level of HKUA professional. The major aim of the course is to provide proper training to whom, the club instructor has the knowledge in dive-teaching and acquainted with practical dive-teaching, to have more understanding on the training system of HKUA.

高級教練的職權：

- 一) 有資格協助屬會或獨立主持所有等級的香港潛水總會 / 世界潛水總會潛水員課程訓練；
- 二) 有資格簽發所有等級的香港潛水總會 / 世界潛水總會潛水員的資歷證明；
- 三) 有資格協助屬會或獨立開辦浮潛、徒手潛水級的教練培訓課程，及簽發相關證書；
- 四) 有資格參與屬會所開辦的水肺潛水教練培訓課程工作；
- 五) 有資格參與總會所開辦的教練培訓工作。

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷

Provinces of Advanced Instructors:

- 1) is qualified to assist clubs / dive centres or individually runs all levels of HKUA / CMAS diver training courses;
- 2) is qualified to certify all diver levels of HKUA / CMAS;
- 3) is qualified to assist the club or individually launch training courses of HKUA snorkel instructor, and certify related HKUA qualifications;
- 4) is qualified to participate in teaching of scuba instructors training courses of which launched by the club.
- 5) is qualified to participate in teaching of instructors training courses of which launched by the HKUA.

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA.

先決條件

要報名參加香港潛水總會高級教練培訓課程，個人必須：

1. 為香港潛水總會會員。
2. 具備香港潛水總會會級教練資歷最少一年；或

世界潛水總會一星教練資歷最少一年；

Prerequisites

To qualify to participate the HKUA Advanced Instructor training course, an individual must :

1. Be a HKUA member.
2. Hold a valid Club Instructor level certification of HKUA at least 1 year; or

hold a valid 1 Star Instructor level

或	certification of CMAS at least 1 year; or
中國潛水協會一星教練資歷最少一年。	hold a valid 1 Star Instructor level of CUA at least 1 year.
◆ 非活躍身份報考者需參與課前評估測試；	◆ Inactive status candidates have to sit for a pre course evaluation test.
◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會的任何教練課程。	◆ All suspended、terminated、expelled individuals by other scuba diving training agency will be refused to participate in any HKUA instructor training course.
3. 年滿19歲。	3. Be aged of 19 years.
4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。	4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.
5. 提交24個月以內的心肺復甦法與急救訓練證明。	5. Submit proof of CPR and first aid training within the last 24 months.
6. 具備潛水教練資歷至少12個月，並完成100次下潛，而其中50次必須在本港進行。	6. Have been a certified instructor for at least 12 months and have completed at least 100 dives with 50 dives done in Hong Kong waters.
7. 提交香港潛水總會屬會或潛水中心的推薦信。	7. Submit recommend letter from a HKUA Dive Club /Dive Center.
8. 提交最少2班教學或協助教學證明。	8. Submit proof of teaching or assist teaching in 2 classes after obtain instructor certification.

課程內容

學科

香港潛水總會的發展史；
 香港潛水總會的行政架構；
 世界潛水總會的認識；
 香港潛水總會訓練體制的標準和要求；
 香港潛水總會的教學的原理
 (理論、平靜水域、開放水域)；
 香港潛水總會高級教練的課程標準和要求；
 美國海軍減壓潛水表的應用；

Course Content

Academic

Development of HKUA;
 The administration Structure of HKUA;
 World Underwater Federation (CMAS);
 Standards & Procedures of HKUA Training System;
 Principles of Teaching in HKUA (Lecture, Confined water, Open water);
 Standards and Requirements of HKUA Advanced Instructor Course;
 Use of US Navy Decompression

考試 / 評核。	Table; Examination/Assessment.
術科	Skill
香港潛水總會潛水員等級的平靜水域技術演練	Practice of HKUA Diver level Confined water Skills
香港潛水總會教練等級的平靜水域技術演練	Practice of HKUA Instructor level Confined water Skills
平靜水域教學示範	Demonstration of Confined water Teaching
開放水域教學示範	Demonstration of Open water Teaching
教學演練	Teaching Performance
1. 理論教學	1. Lecture Teaching
每位教練考生需要依據香港潛水總會潛水員課程題目進行2次或以上的10-15分鐘教學演練，並最少有1次達到3.5分的合格水平。	Each Instructor Candidate will be given 2 or more 10-15 minute lecture teaching presentations on given subjects, with these at least 1 must meet the minimum scores 3.5 in the evaluation criteria.
2. 平靜水域教學	2. Confined Water Teaching
每位教練考生需要依據香港潛水總會潛水員課程平靜水域的技術項目進行2次或以上教學演練，並最少有1次達到3.5分的合格水平。	Each Instructor Candidate will be given 2 or more confined water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 3.5 in the evaluation criteria.
教練必須展示有能力在平靜水域裡安及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝通。	Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in confined water, and demonstrate the ability to communicate effectively with the students at all times.
3. 開放水域教學	3. Open Water Teaching
每位教練考生需要依據香港潛水總會潛水員課程開放水域的技術項目進行2次或以上教學演練，並最少有1次達到3.5分的合格水平。	Each Instructor Candidate will be given 2 or more open water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 3.5 in the evaluation criteria.
教練必須展示有能力在開放水域裡安全及舒適地指導一組學員，而且在整個過	Instructor Candidates will need to demonstrate competency by

程下都能夠有效地與該組學員保持溝通。

instructing a group of students in safe and comfort manner in open water, and demonstrate the ability to communicate effectively with the students at all times.

技術演練

Skill Performance

1. 考生手持面鏡、呼吸管及蛙鞋躍入水中，然後在水裡穿戴並用自由式游行500米。
 2. 考生使用徒手潛水裝備一口氣在水中進行三個前翻旋轉和三個後翻旋轉。
 3. 考生在泳池的深處(不少於2米)，下潛至池底卸除面鏡、呼吸管、蛙鞋和配重帶(不少於2千克)，然後升回水面。水面休息不多於1分鐘後潛回池底，重新戴回所有基本裝備，清除面鏡內積水，並於升出水面的同時，咬著呼吸管。
 4. 考生運用面鏡和蛙鞋在水中潛行25米。
 5. 考生調節好水面中性浮力後，穿著脹了氣且具10千克浮力的浮力調節器，使用面鏡、呼吸管、蛙鞋和，鴨式下潛到至泳池底部，將一重一千克的鉛塊推行不少於三米的距離。
 6. 考生不用任何潛水裝備從水底撈起一名不醒人事的遇溺者並拖帶25米。
 7. 考生從水底撈起一名不醒人事的潛水員並利用面鏡、呼吸管及蛙鞋輔助拖帶50米。
 8. 考生將一名不醒人事的潛水員帶出水並演譯人工呼吸。
 9. 考生以同伴式呼吸在水底潛游100米。
 10. 考生穿上全套濕式潛水衣物，手握其餘的基本儀器、配重帶及配重、浮力調節
1. The candidates jump into the water carrying fins, mask and snorkel in the hands. The equipment is put on in the water and the candidates are swimming 500 meters free style.
 2. The candidates, using snorkel equipment, perform 3 forward rolls and 3 backward rolls with one breath underwater.
 3. The candidates dive to the bottom and take off fins, mask, snorkel and weight belt (not less than 2 kg) and place it all on the bottom. Then he/she returns to the surface. Within 1 minute he/she shall returns to the bottom, puts on the equipment, clears the mask and dives out using the snorkel when the surfacing.
 4. The candidates swim 25 meters underwater using mask and fins.
 5. The candidates, with surface neutral buoyancy adjusted, wearing a lifting 20 kg weights' BCD with mask, snorkel and fins, dive to bottom of the swimming pool and push a 1 kg weight for a distance of 3 meters.
 6. The candidates recover an unconscious person from the bottom without any diving gear and tows the victim 25 meters.
 7. The candidates recover an unconscious diver from the bottom and tow the victim 50 meters using fins, mask and snorkel.
 8. The candidates take an unconscious diver out of water and demonstrate resuscitation.
 9. The candidates perform buddy breathing sharing one regulator while swimming 100 meters underwater.
 10. The candidates put on full wet suit, holding all the basic equipments,

器和水肺，在泳池深水處的池邊站立，跳入水中，並在水底正確地穿戴妥所有攜帶的儀器，之後升出水面，上述過程必須在五分鐘內完成。

教練考生必須成功完成上述十項香港潛水總會教練課程平靜水域技術的演練評估來展現技巧和體能的程度。

考生必須拿到總分28分，而個別項目不得低於3.5分。

評核

1. 筆試

筆試將會持續1.5小時，試卷包括甲及乙兩部份，部份為多項選擇題，題目將以公制及英制發問。

考生必須在甲、乙部試卷上各取得80%或以上分數，以獲得筆試合格。

甲部：一般知識

試卷內容圍繞著與潛水及教學方面有關的項目，藉以評核考生的理論知識。

1. 香港潛水總會的組織及課程標準
2. 香港潛水總會的教學理念
3. 潛水物理
4. 潛水生理
5. 潛水裝備
6. 潛水應用急救
7. 潛水的安全常識及緊急應變措施
8. 基本船藝及船艇操控

乙部：減壓表

在此強調考生必須熟悉美國海軍空氣減壓表的運用。

weight belt with weight, BCD and scuba set in hands, jump into the deep end of the swimming pool, and don all in proper way before ascends. The whole bail-out skill performance requires within 5 minutes only.

Instructor candidate will need to demonstrate competency by successfully completing the above ten skill evaluation in order to show a level of physical fitness and stamina.

Candidate will be required to earn 28 total points, with no individual score below 3.5.

Evaluation

1. Written Test

Written Test will consist of 2 parts which takes 1.5 hours, some questions are in multiple Choices, both metric / imperial system are being used.

In order to be qualified, candidates must score at least 80% in both Part A & B.

Part A: General Knowledge

In order to assess the knowledge of scuba diving and teaching, questions on the following subjects may be included:

1. The Organization and Training Standards of HKUA
2. The Teaching Principles of HKUA
3. Diving Physics
4. Diving Physiology
5. Diving Equipments
6. Diving First Aid
7. The Safety Knowledge and Emergency Procedures of Diving
8. Basic Navigation & Boat Handling

Part B: Decompression Table

This is stressed that candidates should be conversant with US Navy Decompression Table.

香港潛水總會 高級教練跨組織課程

香港潛水總會高級教練跨組織課程是一項香港潛水總會最高級別的跨組織教練專業，主要目的是培養一些在相同潛水教育制度下的潛水組織教練認識香港潛水總會的潛水教育體制，協助總會推動潛水訓練本地化。

高級教練的職權：

- 一) 有資格協助屬會或獨立主持所有等級的香港潛水總會 / 世界潛水總會潛水員課程訓練；
- 二) 有資格簽發所有等級的香港潛水總會 / 世界潛水總會潛水員的資歷證明；
- 三) 有資格協助屬會或獨立開辦浮潛、徒手潛水級的教練培訓課程，及簽發相關證書；
- 四) 有資格參與屬會所開辦的水肺潛水教練培訓課程工作；
- 五) 有資格參與總會所開辦的教練培訓工作。

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷

先決條件

要報名參加香港潛水總會高級教練跨組織培訓課程，個人必須：

1. 為香港潛水總會會員。
2. 具備國際性認可潛水訓練組織的教練級資歷有效証書，個別地區性潛水訓練組織資歷持有者需呈交該組織訓練標準作出審核。

Crossover Course for HKUA Adv. Instructors

The Crossover Course for HKUA Advanced Instructors is the highest level of HKUA professional crossover. The major aim of the workshop is to provide proper information to those instructors of other diving organizations to become the HKUA Advanced Instructors and assist the Association promoting localized diving training.

Provinces of Advanced Instructors:

- 1) is qualified to assist clubs / dive centres or individually runs all levels of HKUA / CMAS diver training courses;
- 2) is qualified to certify all diver levels of HKUA / CMAS;
- 3) is qualified to assist the club or individually launch training courses of HKUA snorkel instructor, and certify related HKUA qualifications;
- 4) is qualified to participate in teaching of scuba instructors training courses of which launched by the club.
- 5) is qualified to participate in teaching of instructors training courses of which launched by the HKUA.

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA.

Prerequisites

To qualify to participate the HKUA Advanced Instructor cross-over course, an individual must:

1. Be a HKUA member.
2. Hold a valid instructor level certification of an international recognize scuba diving training organization, individual national training facility certification holder should submit his/her facility's

- ◆ 非活躍身份報考者需參與課前評估測試；
 - ◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會的任何教練課程。
3. 年滿19歲。
 4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。
 5. 提交24個月以內的心肺復甦法與急救訓練證明。
 6. 具備潛水教練資歷至少12個月，並完成100次下潛，而其中50次必須在本港進行。
 7. 提交香港潛水總會屬會或潛水中心的推薦信。
 8. 提交最少2班教學或協助教學證明。

課程內容 (三日)

學科

香港潛水總會的發展史；

香港潛水總會的行政架構；

世界潛水總會及其他國際性組織的認識；

香港潛水總會訓練體制的標準和要求；

香港潛水總會的教學的原理
(理論、平靜水域、開放水域)；

香港潛水總會高級教練的課程標準和要求；

美國海軍減壓潛水表的應用；

考試 / 評核。

training standard for evaluation.

- ◆ Inactive status candidates have to sit for a pre course evaluation test.
 - ◆ All suspended、terminated、expelled individuals by other scuba diving training agency will be refused to participate in any HKUA instructor training course.
3. Be aged of 19 years.
 4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.
 5. Submit proof of CPR and first aid training within the last 24 months.
 6. Have been a certified instructor for at least 12 months and have completed at least 100 dives with 50 dives done in Hong Kong waters.
 7. Submit recommend letter from a HKUA Dive Club /Dive Center.
 8. Submit proof of teaching or assist teaching in 2 classes after obtain instructor certification.

Course Content (3 Days)

Academic

Development of HKUA;

The administration Structure of HKUA;

World Underwater Federation (CMAS) and other sound training organizations;

Standards & Procedures of HKUA Training System;

Principles of Teaching in HKUA
(Lecture, Confined water, Open water);

Standards and Requirements of HKUA Advanced Instructor Course;

Use of US Navy Decompression Table;

Examination/Assessment.

術科

香港潛水總會潛水員等級的平靜水域技術演練

香港潛水總會教練等級的平靜水域技術演練

平靜水域教學示範

開放水域教學示範

Skill

Practice of HKUA Diver level Confined water Skills

Practice of HKUA Instructor level Confined water Skills

Demonstration of Confined water Teaching

Demonstration of Open water Teaching

教學演練**1. 理論教學**

每位教練考生需要依據香港潛水總會潛水員課程題目進行2次或以上的10-15分鐘教學演練，並最少有1次達到3.5分的合格水平。

2. 平靜水域教學

每位教練考生需要依據香港潛水總會潛水員課程平靜水域的技術項目進行2次或以上教學演練，並最少有1次達到3.5分的合格水平。

教練必須展示有能力在平靜水域裡安及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝通。

3. 開放水域教學

每位教練考生需要依據香港潛水總會潛水員課程開放水域的技術項目進行2次或以上教學演練，並最少有1次達到3.5分的合格水平。

教練必須展示有能力在開放水域裡安全及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝通。

Teaching Performance**1. Lecture Teaching**

Each Instructor Candidate will be given 2 or more 10-15 minute lecture teaching presentations on given subjects, with these at least 1 must meet the minimum scores 3.5 in the evaluation criteria.

2. Confined Water Teaching

Each Instructor Candidate will be given 2 or more confined water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 3.5 in the evaluation criteria.

Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in confined water, and demonstrate the ability to communicate effectively with the students at all times.

3. Open Water Teaching

Each Instructor Candidate will be given 2 or more open water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 3.5 in the evaluation criteria.

Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in open water, and demonstrate the ability to

communicate effectively with the students at all times.

技術演練

1. 考生手持面鏡、呼吸管及蛙鞋躍入水中，然後在水裡穿戴並用自由式游行500米。
2. 考生使用徒手潛水裝備一口氣在水中進行三個前翻旋轉和三個後翻旋轉。
3. 考生在泳池的深處(不少於2米)，下潛至池底卸除面鏡、呼吸管、蛙鞋和配重帶(不少於2千克)，然後升回水面。水面休息不多於1分鐘後潛回池底，重新戴回所有基本裝備，清除面鏡內積水，並於升出水面的同時，咬著呼吸管。
4. 考生運用面鏡和蛙鞋在水中潛行25米。
5. 考生調節好水面中性浮力後，穿著脹了氣且具10千克浮力的浮力調節器，使用面鏡、呼吸管、蛙鞋和，鴨式下潛到至泳池底部，將一重一千克的鉛塊推行不少於三米的距離。
6. 考生不用任何潛水裝備從水底撈起一名不醒人事的遇溺者並拖帶25米。
7. 考生從水底撈起一名不醒人事的潛水員並利用面鏡、呼吸管及蛙鞋輔助拖帶50米。
8. 考生將一名不醒人事的潛水員帶出水並演譯人工呼吸。
9. 考生以同伴式呼吸在水底潛游100米。
10. 考生穿上全套濕式潛水衣物，手握其餘的基本儀器、配重帶及配重、浮力調節器和水肺，在泳池深水處的池邊站立，跳入水中，並在水底正確地穿戴妥所有

Skill Performance

1. The candidates jump into the water carrying fins, mask and snorkel in the hands. The equipment is put on in the water and the candidates are swimming 500 meters free style.
2. The candidates, using snorkel equipment, perform 3 forward rolls and 3 backward rolls with one breath underwater.
3. The candidates dive to the bottom and take off fins, mask, snorkel and weight belt (not less than 2 kg) and place it all on the bottom. Then he/she returns to the surface. Within 1 minute he/she shall returns to the bottom, puts on the equipment, clears the mask and dives out using the snorkel when the surfacing.
4. The candidates swim 25 meters underwater using mask and fins.
5. The candidates, with surface neutral buoyancy adjusted, wearing a lifting 20 kg weights' BCD with mask, snorkel and fins, dive to bottom of the swimming pool and push a 1 kg weight for a distance of 3 meters.
6. The candidates recover an unconscious person from the bottom without any diving gear and tows the victim 25 meters.
7. The candidates recover an unconscious diver from the bottom and tow the victim 50 meters using fins, mask and snorkel.
8. The candidates take an unconscious diver out of water and demonstrate resuscitation.
9. The candidates perform buddy breathing sharing one regulator while swimming 100 meters underwater.
10. The candidates put on full wet suit, holding all the basic equipments, weight belt with weight, BCD and scuba set in hands, jump into the deep end of the swimming pool, and

攜帶的儀器，之後升出水面，上述過程必須在五分鐘內完成。

教練考生必須成功完成上述十項香港潛水總會教練課程平靜水域技術的演練評估來展現技巧和體能的程度。

考生必須拿到總分28分，而個別項目不得低於3.5分。

評核

1. 筆試

筆試將會持續1.5小時，試卷包括甲及乙兩部份，部份為多項選擇題，題目將以公制及英制發問。

考生必須在甲、乙部試卷上各取得80%或以上分數，以獲得筆試合格。

甲部：一般知識

試卷內容圍繞著與潛水及教學方面有關的項目，藉以評核考生的理論知識。

1. 香港潛水總會的組織及課程標準
2. 香港潛水總會的教學理念
3. 潛水物理
4. 潛水生理
5. 潛水裝備
6. 潛水應用急救
7. 潛水的安全常識及緊急應變措施
8. 基本船藝及船艇操控

乙部：減壓表

在此強調考生必須熟悉美國海軍空氣減壓表的運用。

don all in proper way before ascends. The whole bail-out skill performance requires within 5 minutes only.

Instructor candidate will need to demonstrate competency by successfully completing the above ten skill evaluation in order to show a level of physical fitness and stamina.

Candidate will be required to earn 28 total points, with no individual score below 3.5.

Evaluation

1. Written Test

Written Test will consist of 2 parts which takes 1.5 hours, some questions are in multiple Choices, both metric / imperial system are being used.

In order to be qualified, candidates must score at least 80% in both Part A & B.

Part A: General Knowledge

In order to assess the knowledge of scuba diving and teaching, questions on the following subjects may be included:

1. The Organization and Training Standards of HKUA
2. The Teaching Principles HKUA
3. Diving Physics
4. Diving Physiology
5. Diving Equipments
6. Diving First Aid
7. The Safety Knowledge and Emergency Procedures of Diving
8. Basic Navigation & Boat Handling

Part B: Decompression Table

This is stressed that candidates should be conversant with US Navy Decompression Table.

香港潛水總會 高級教練跨組織工作坊

香港潛水總會高級教練跨組織工作坊是一項香港潛水總會最高級別的跨組織教練專業，主要目的是培養一些在相同潛水教育制度下的潛水組織教練認識香港潛水總會的潛水教育體制，協助總會推動潛水訓練本地化。

高級教練的職權：

- 一) 有資格協助屬會或獨立主持所有等級的香港潛水總會 / 世界潛水總會潛水員課程訓練；
- 二) 有資格簽發所有等級的香港潛水總會 / 世界潛水總會潛水員的資歷證明；
- 三) 有資格協助屬會或獨立開辦浮潛、徒手潛水級的教練培訓課程，及簽發相關證書；
- 四) 有資格參與屬會所開辦的水肺潛水教練培訓課程工作；
- 五) 有資格參與總會所開辦的教練培訓工作。

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷

先決條件

要報名參加香港潛水總會高級教練跨組織工作坊，個人必須：

1. 為香港潛水總會會員。
2. 具備世界潛水總會二星教練資歷有效証書最少一年；或

Crossover Workshop for HKUA Adv. Instructors

The Crossover Workshop for HKUA Advanced Instructors is the highest level of HKUA professional crossover. The major aim of the workshop is to provide proper information to those instructors of other diving organizations to become the HKUA Advanced Instructors and assist the Association promoting localized diving training.

Provinces of Advanced Instructors:

- 1) is qualified to assist clubs / dive centres or individually runs all levels of HKUA / CMAS diver training courses;
- 2) is qualified to certify all diver levels of HKUA / CMAS;
- 3) is qualified to assist the club or individually launch training courses of HKUA snorkel instructor, and certify related HKUA qualifications;
- 4) is qualified to participate in teaching of scuba instructors training courses of which launched by the club.
- 5) is qualified to participate in teaching of instructors training courses of which launched by the HKUA.

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA.

Prerequisites

To qualify to participate the HKUA Advanced Instructor cross-over workshop, an individual must:

1. Be a HKUA member.
2. hold a valid 2 Star Instructor level certification of CMAS at least 1 year; or

具備中國潛水協會二星教練資歷有效証書最少一年。	hold a valid 2 Star Instructor level certification of CUA at least 1 year.
◆ 非活躍身份報考者需參與課前評估測試； ◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會的任何教練課程。	◆ Inactive status candidates have to sit for a pre course evaluation test. ◆ All suspended、terminated、expelled individuals by other scuba diving training agency will be refused to participate in any HKUA instructor training course.
3. 年滿19歲。	3. Be aged of 19 years.
4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。	4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.
5. 提交24個月以內的心肺復甦法與急救訓練證明。	5. Submit proof of CPR and first aid training within the last 24 months.
6. 具備潛水教練資歷至少12個月，並完成100次下潛，而其中50次必須在本港進行。	6. Have been a certified instructor for at least 12 months and have completed at least 100 dives with 50 dives done in Hong Kong waters.
7. 提交香港潛水總會屬會或潛水中心的推薦信。	7. Submit recommend letter from a HKUA Dive Club /Dive Center.
8. 提交教學證明。	8. Submit proof of teaching after obtain instructor certification.

課程內容（一日）

學科

香港潛水總會的發展史；

香港潛水總會的行政架構；

世界潛水總會及其他國際性組織的認識；

香港潛水總會訓練體制的標準和要求；

香港潛水總會的教學的原理
(理論、平靜水域、開放水域)；

香港潛水總會高級教練的課程標準和要求；

美國海軍減壓潛水表的應用；

Course Content (1 Day)

Academic

Development of HKUA;

The administration Structure of HKUA;

World Underwater Federation (CMAS) and other sound training organizations;

Standards & Procedures of HKUA Training System;

Principles of Teaching in HKUA
(Lecture, Confined water, Open water);

Standards and Requirements of HKUA Advanced Instructor Course;

Use of US Navy Decompression

考試 / 評核。

Table;

Examination/Assessment.

技術演練及評核

Skill Performance & Evaluation

參閱香港潛水總會跨組織高級教練課程
技術演練及筆試評核。

Refer to crossover for HKUA
Advanced Instructor course skill
performance & written test.

香港潛水總會 國家級教練課程

Course of HKUA National Instructors

國家級教練是香港潛水總會教育系統中最高的教練等級，代表一位經驗豐富的潛水教育者。國家級教練需對香港潛水總會的潛水教育系統有透徹的認識，並在執行整個範圍的計劃與課程方面，經驗十足。國家級教練屬於香港潛水總會國家級教練委員會(Committee of National Instructors)中的成員，肩負制定香港潛水總會潛水員和教練的課程標準，並適時檢討及評論有關課程和標準的變更。

National Instructors are those experienced dive educators who have achieved the highest HKUA Instructor ratings. National Instructor should have a thorough understanding of the HKUA system of diver education, and have experience conducting the entire range of programs and courses. National Instructor are members of Committee of National Instructors, HKUA, which is responsible for desiring diver and instructor courses, and is called on from time to time to review and comment on changes to programs and standards.

國家級教練的職權：

- 一) 有資格協助屬會或獨立主持所有等級的香港潛水總會 / 世界潛水總會潛水員課程訓練；
- 二) 有資格簽發所有等級的香港潛水總會 / 世界潛水總會潛水員的資歷證明；
- 三) 有資格協助屬會或獨立開辦浮潛、徒手潛水級的教練培訓課程，及簽發相關證書；
- 四) 有資格協助屬會或獨立開辦會級水肺潛水教練培訓課程工作；
- 五) 有資格簽發香港潛水總會的會級水肺潛水教練員和世界潛水總會一星潛水教練員的資歷證明；
- 六) 有資格協助屬會或獨立開辦高級水肺潛水教練培訓課程工作；
- 七) 有資格參與香港潛水總會國家級教練委員會；
- 八) 有資格參與香港潛水總會國家級教練委員會制定所有潛水員水平及教練水平課程標準

Provinces of National Instructors:

- 1) is qualified to assist clubs / dive centres or individually runs all levels of HKUA / CMAS diver training courses;
- 2) is qualified to certify all diver levels of HKUA / CMAS;
- 3) is qualified to assist the club or individually launch training courses of HKUA snorkel instructor, and certify related HKUA qualifications;
- 4) is qualified to assist the club or individually launch training courses of HKUA Club Instructor;
- 5) is qualified to certify the Club Instructor Certificate of HKUA and the One Star Instructor certificate of CMAS;
- 6) is qualified to assist the club or individually launch training courses of HKUA Advanced Instructor;
- 7) is qualified to be a member of Committee of HKUA National Instructors.
- 8) is qualified to participate the work in Committee of National Instructors for establishing the standards and requirements of all levels of HKUA

九) 有資格參與香港潛水總會所開辦的一級潛水員培訓工作；

十) 有資格參與總會所開辦的教練培訓工作。

十一) 有資格參與總會所開辦的教練考核工作。

十二) 有資格協助屬會或獨立主持開辦的水肺潛水專長教練培訓課程工作；

十三) 有資格簽發的香港潛水總會 / 世界潛水總會水肺潛水專長教練員資歷；

註：所有香港潛水總會的專長課程，教練必須具備該專長課程的資歷，國家級教練於參與該專長教練課程後將被頒發專長教練培訓官資歷

divers and instructors be a member of Committee of HKUA National Instructors.

9) is qualified to participate in teaching of First Class Diver training courses of which launched by the HKUA.

10) is qualified to participate in teaching of instructors training courses of which launched by the HKUA.

11) is qualified to participate work of instructors assessment of which launched by the HKUA.

12) is qualified to assist the club or individually launch training courses of HKUA specialty instructor;

13) is qualified to certify all levels scuba specialty instructor of HKUA / CMAS;;

Note: Instructors conducting Specialty courses of HKUA must have Specialty Instructor certification of HKUA. The National Instructor shall be certified by HKUA as the trainer of captioned specialty course of instructor.

先決條件

- ◆ 國家級教練象徵香港潛水總會中最高的教練成就，是潛水界內發言份量舉足輕重的人仕，並在塑造香港潛水總會教練態度和能力方面，扮演著關鍵性的角色，無論在教學，潛水員訓練和專業素養方面，他們都是其他會員的楷模。
- ◆ 鑑於香港潛水總會國家級教練必須確實了解香港潛水總會課程標準，並與總會保持一致理念，對組織做出具體支持行動，因此香港潛水總會對外不會舉辦國家級教練轉會課程和考試。

要報名參加香港潛水總會國家級教練培訓課程，個人必須：

Prerequisites

- ◆ National Instructor rating denotes the highest Instructor achievement in the HKUA system, they are among the dive industry's most influential opinion makers and play a critical role in shaping the attitudes and abilities of HKUA instructors. They serve as role models for other HKUA members in regards to instruction, diver training and professionalism.
- ◆ As a HKUA National Instructor, one must have a thorough understanding of the HKUA courses and standards, using methods consistent with HKUA philosophy, demonstrate in his efforts to support of the organization, so there is no cross over course and examination for other training agency in this rating.

To qualify to participate the HKUA National Instructor training course, an

	individual must :
1. 為香港潛水總會會員。	1. Be a HKUA member.
2. 具備香港潛水總會高級教練資歷最少三年；或 世界潛水總會二星教練資歷最少三年；或 中國潛水協會二星教練資歷最少三年。 ◆ 非活躍身份報考者需參與課前評估測試； ◆ 所有被其他潛水訓練組織停權、終止、除名人仕將被拒絕參與香港潛水總會的任何教練課程。	2. Hold a valid Advanced Instructor level certification of HKUA at least 3 year; or hold a valid 2 Star Instructor level certification of CMAS at least 3 year; or hold a valid 2 Star Instructor level of CUA at least 3 year. ◆ Inactive status candidates have to sit for a pre course evaluation test. ◆ All suspended、terminated、expelled individuals by other scuba diving training agency will be refused to participate in any HKUA instructor training course.
3. 年滿21歲。	3. Be aged of 21 years.
4. 提交由醫生最近12個月內所開立的健康檢查證明，證實適合潛水。	4. Submit current medical clearance for diving signed by a physician within 12 months, attesting to fitness to dive.
5. 提交24個月以內的心肺復甦法與急救訓練證明。	5. Submit proof of CPR and first aid training within the last 24 months.
6. 具備潛水教練資歷至少12個月，並完成100次下潛，而其中50次必須在本港進行。	6. Have been a certified instructor for at least 12 months and have completed at least 100 dives with 50 dives done in Hong Kong waters.
7. 提交香港潛水總會屬會或潛水中心的推薦信。	7. Submit recommend letter from a HKUA Dive Club /Dive Center.
8. 提交各級水平水肺潛水員課程最少2班及教練水平最少2班教學證明。	8. Submit proof of teaching at least 2 classes in each diver level training and 2 classes in instructor level training after obtain instructor certification.

課程內容

學科

香港潛水總會的發展史；
香港潛水總會的行政架構；
世界潛水總會的認識；

Course Content

Academic

Development of HKUA;
The administration Structure of HKUA;
World Underwater Federation

香港潛水總會訓練體制的標準和要求；	(CMAS);
香港潛水總會的教學的原理 (理論、平靜水域、開放水域)；	Standards & Procedures of HKUA Training System;
香港潛水總會教練培訓課程及評估(針對高級教練)；	Principles of Teaching in HKUA (Lecture, Confined water, Open water);
美國海軍減壓潛水表的應用；	HKUA Instructor Training Course and assessment (for Advanced Instructor);
考試 / 評核。	Use of US Navy Decompression Table;
	Examination/Assessment.
術科	Skill
香港潛水總會潛水員等級的平靜水域技術演練	Practice of HKUA Diver level Confined water Skills
香港潛水總會教練等級的平靜水域技術演練	Practice of HKUA Instructor level Confined water Skills
平靜水域教學示範	Demonstration of Confined water Teaching
開放水域教學示範	Demonstration of Open water Teaching
教學演練	Teaching Performance
1. 理論教學	1. Lecture Teaching
每位教練考生需要依據香港潛水總會潛水員課程題目進行2次或以上的10-15分鐘教學演練，並最少有1次達到4分的合格水平。	Each Instructor Candidate will be given 2 or more 10-15 minute lecture teaching presentations on given subjects, with these at least 1 must meet the minimum scores 4 in the evaluation criteria.
2. 平靜水域教學	2. Confined Water Teaching
每位教練考生需要依據香港潛水總會潛水員課程平靜水域的技術項目進行2次或以上教學演練，並最少有1次達到4分的合格水平。	Each Instructor Candidate will be given 2 or more confined water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 4 in the evaluation criteria.
教練必須展示有能力在平靜水域裡安及舒適地指導一組學員，而且在整個過程中都能夠有效地與該組學員保持溝通。	Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in confined water, and demonstrate the ability to

3. 開放水域教學

每位教練考生需要依據香港潛水總會潛水員課程開放水域的技術項目進行2次或以上教學演練，並最少有1次達到4分的合格水平。

教練必須展示有能力在開放水域裡安全及舒適地指導一組學員，而且在整個過程下都能夠有效地與該組學員保持溝通。

技術演練

泳術要求

1. 考生須在6分鐘內游畢200米，跟著潛入5米深水底取回1.5千克負重物，升回水面踩水2分鐘。
2. 考生須作3次20秒水下停留而每次水面休息換氣時間不超過10秒。

徒手潛水要求

3. 考生需要使用面鏡、呼吸管和水翼和全套濕式潛水衣物，進行開放水域水面小組潛游1500米距離，每人需輪流作領導者，並需有合理的速度。
4. 考生須作自由下潛15米深及取回物件。
5. 考生須在泳池的深水處(至少2米)，潛入水底拯救一名水底昏迷人士後，立即施行水面人工呼吸拯救並拖帶50米後帶離水面作心肺復甦術及覆甦處理。

水肺技術(穿戴全套水肺裝備)

communicate effectively with the students at all times.

3. Open Water Teaching

Each Instructor Candidate will be given 2 or more open water teaching presentations in according to the confined water items of HKUA diver-training courses, with these at least 1 must meet the minimum scores 4 in the evaluation criteria.

Instructor Candidates will need to demonstrate competency by instructing a group of students in safe and comfort manner in open water, and demonstrate the ability to communicate effectively with the students at all times.

Skill Performance

Swimming Ability

1. The candidates shall swim non-stop for 200 meters within 6 minutes, dives into the 5 meter deep end to recover a 1.5kg weight and continues to tread water for 2 minutes.
2. The candidates shall hold breathe and submerge for 20 seconds 3 times with surface interval less than 10 seconds.

Skin Diving Skill Ability

3. The candidates shall be surface fining for 1500 meters using mask, snorkel and fins with full wetsuit on in open water. The fining has to be in a proper speed and each candidate shall have a chance to lead the team.
4. The candidates shall maintain free diving to 15 meter deep to recover an object.
5. The candidates shall recover an unconscious victim from bottom at least 2 meter deep and tow the victim 50 meters using fins, mask and snorkel, take the unconscious victim out of water and demonstrate CPR.

Scuba Diving Skill(Full scuba Gear)

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| <p>6. 作3M高的入水法，不准浮上水面並立即作水下20米的環境導向水下潛游往設定浮標處後，隨即再向另一設定的20米浮標進發。</p> <p>7. 考生在水底使用指北針作一每邊25米正方形的方位潛游返回出發點。</p> <p>8. 考生要從30米水深處拯救一名穿戴全套水肺潛水員，及帶回水面返船上或離岸100米沙灘上，並替事主及自身脫除裝備再把事主交與他人處理。</p> <p>9. 考生須帶同考官或同伴潛往40M深處取回設定的目標物。</p> | <p>5. The candidates shall jump from a 3 meter high entry, without surface perform an underwater navigation swimming for 20 meter to an assigned point and continue another 20 meter underwater navigation swimming to the second assigned point.</p> <p>7. The candidates shall use a compass, perform a 25 meters each side underwater square navigation swimming.</p> <p>8. The candidates shall perform a rescue for a scuba diver from 30 meter deep and bring back to surface, tow the victim back to the vessel or a beach off shore 100 meters, remove all both body's equipments before hand over to others.</p> <p>9. The candidates shall accompany with examiner or buddy, recover an object from 40 meter deep.</p> |
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航海及領航

Navigation and Boat Handling Skill

- | | |
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| <p>10. 考生須檢查小艇是否合適運送小組潛水員及其器材作海上活動，他需有能力控制該小艇並要展視以下技術：</p> <p>a. 使用海圖來展視目的地所在；</p> <p>b. 明白怎樣使用指南針在海上航行；</p> <p>c. 懂得如何結出合適繩結；</p> <p>d. 懂得如何搜救被海流漂走的潛水人士；</p> <p>e. 安全使用船錨；</p> <p>f. 明白安全守則(包括水面及水下)；</p> <p>g. 在大船上檢查潛水儀器及裝備，並將之穩固和繫綁好。</p> | <p>10. Candidates have to examine the boat and its accessories suitable for open water activities, and he/she shall perform that he/she has the abilities to handle the boat with sound navigation skill:</p> <p>a. Locate the site on a Sea navigation Chart;</p> <p>b. Using compass for navigation;</p> <p>c. Use of Knots;</p> <p>d. Search and recover a diver whom was drifted by current;</p> <p>e. Anchoring Techniques;</p> <p>f. Safety Rules at Sea(both on surface and underwater);</p> <p>g. Equipment & accessories fix and Checkout on a big vessel for scuba diving activities;</p> |
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教練考生必須成功完成上述十項香港潛水總會教練課程平靜水域技術的演練評估來展現技巧和體能的程度。

Instructor candidate will need to demonstrate competency by successfully completing the above ten skill evaluation in order to show a level of physical fitness and stamina.

考生必須拿到總分64分，而個別項目不得低於4分。

Candidate will be required to earn 64 total points, with no individual score below 4.

評核

1. 筆試

筆試將會持續1.5小時，試卷包括甲及乙兩部份，部份為多項選擇題，題目將以公制及英制發問。

考生必須在甲、乙部試卷上各取得80%或以上分數，以獲得筆試合格。

甲部：一般知識

試卷內容圍繞著與潛水及教學方面有關的項目，藉以評核考生的理論知識。

1. 香港潛水總會的組織及課程標準
2. 香港潛水總會的教學理念
3. 潛水物理
4. 潛水生理
5. 潛水裝備
6. 潛水應用急救
7. 潛水的安全常識及緊急應變措施
8. 基本船藝及船艇操控

乙部：減壓表

在此強調考生必須熟悉美國海軍空氣減壓表的運用。

2. 教練培訓實習

考生需要參與總會培訓不少於一班水肺教練級別培訓課程，作為考驗教練課程培訓領導能力。

Evaluation

1. Written Test

Written Test will consist of 2 parts which takes 1.5 hours, some questions are in multiple Choices, both metric / imperial systems are being used.

In order to be qualified, candidates must score at least 80% in both Part A & B.

Part A: General Knowledge

In order to assess the knowledge of scuba diving and teaching, questions on the following subjects may be included:

1. The Organization and Training Standards of HKUA
2. The Teaching Principles HKUA
3. Diving Physics
4. Diving Physiology
5. Diving Equipments
6. Diving First Aid
7. The Safety Knowledge and Emergency Procedures of Diving
8. Basic Navigation & Boat Handling

Part B: Decompression Table

This is stressed that candidates should be conversant with US Navy Decompression Table.

2. Instructor Trainer Practice

Candidate shall organize an instructor level training course to show their organizing and teaching techniques.