

FREEDIVE NINGALOO

Level 1 Freediver

Note: You DO NOT NEED to complete the Basic Freediver Course prior to starting the Level 1 Course. The Level 1 Freediver Course includes the Basic Freediver course and is extended by an additional training. This extra day is spent on our 12m tour boat exploring the Ningaloo Reef, freedive depth training, and swimming with manta rays!

Who is this course for?

This course is for anyone who harbours a curiosity towards our oceans, its inhabitants, and our ability to not only survive, but to thrive underwater. No matter who you are or where you're from, we all have an innate ability to enjoy long periods underwater with the right knowledge and training. The Level 1 Freediver course is ideal for people who are already water confident and want to push their limits and discover their aquatic potential.

What you will learn -

The Level 1 Freediver course teaches the foundational skills for breath hold diving, and the skills for comfortably diving to depths of 10-20m. In this course we focus on the following:

(Basic Freediver)

- *How to control your breathing in ways that maximises your breath hold and minimizes your bodies need for oxygen*
- *Understanding the anatomy and physiological responses of the body allows us to trust the innate 'diving reflex' we share with dolphins, seals and whales. We all have this ability, and within this course we will cover the skills and training techniques to unlock it.*
- *Safety is essential in Freediving. A focus of this course is learning how to train safely, understand our bodies limits, and responding to realistic rescue scenarios.*

(Included on Level 1)

- Techniques for seamless equalisation as well as smooth duck diving are essential for diving to depth safely. We will focus on deep comfortability and control allowing you to dive and perform safety skills from 10m+ underwater.
- There's only so much your mind can absorb and your body perform within 2-3 days. It is our aim to educate you in training methods and practices you can use well into the future to enhance and develop your diving ability.

This course is accredited through 'RAID Freediving'. Sign up to receive RAID's online Freediving Manuals and get a head start on your Freediving Theory - <https://www.freedivingraid.com/asp/members/register.asp?fromdc=142>

Schedule, time, details

Day 1

Evening - [4pm - 6.30/7pm]

- Introductions
- Course orientation
- Equipment Sizing
- Foundational Freediving Theory
- Breath Up workshop
- **Pool Training**, Static Apnea

(Bring a notebook, waterbottle, swim wear, and towel)

Day 2

Morning - [8.30am - 11.45am]

- 'Dive Reflex' Workshop
- Anatomy, Physiology and Nervous Systems Theory
- **Beach Training**, Dynamic Apnea
- Finning technique and Energy Conservation
- Safety and Rescue Skills

Afternoon - [12.45pm - 3.45pm]

- 'Training Methods' workshop
- Physics and Aquatic Adaptation Theory
- Equalisation workshop
- **Beach Training**, (Dolphin Finning, Duck Diving, Equalisation)

(Bring a notebook, water bottle, swim wear, towel, light lunch)

Day 3

Full Day Boat Tour - [8.15am - 3.30pm]

- Inhalation and Exhalation Lung Stretches (dry)
- Depth Diving Workshop 1 (Including Free Immersion, constant weight, safety skills)
- Manta Ray Interaction
- Ningaloo Nature Tour
- Lunch Included
- Depth Diving Workshop 2 (Minimum 10m dives, training and comfortability practice)

By the end of this course, the average student is able to:

Basic Freediver Course

- *Comfortably hold their breath for 1.5 - 2.5 minutes whilst static*
- *Swim 30-50m horizontally underwater on one breath*
- *Self-train efficiently and drastically improve breath hold ability*
- *Understand safety and perform freediver rescues*
- *Develop easy equalization techniques for depth progression*

Level 1 Freediver Course

- Comfortably dive to 10m and beyond
- Rescue Divers and respond to safety issues from 10m+
- Enjoy and understand the incredible life of the Ningaloo Reef including MANTA RAYS!

Course prerequisites:

- 200m unassisted swim
- Complete Medical Screening Questionnaire
- Minimum Age 12yrs

Cost - \$550 (10% off for guests of Ningaloo Coral Bay - Bayview or Backpackers)

Contact - freediving@ningaloooralbay.com / 0498 962 867

Sign up and get started

online: <https://www.freedivingraid.com/asp/members/register.asp?fromdc=142>