

Introductory Freediver Course

Who is this course for?

Freediving is for everyone; whether you're a water baby, a beach bum, or avid fishermen, everyone can benefit from the knowledge and skills gained through freediving. If you dream of discovering incredible marine life, becoming a mermaid, or reaching deep comfortability or depth in the ocean, this course is the start of that journey.

What you will learn -

The Introductory Freediver course teaches the foundational skills for breath hold diving. In this course we focus on the following:

- How to control your breathing in ways that maximises your breath hold and minimises 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.

This course is accredited through 'RAID Freediving'. Sign up to receive RAIDs 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, water bottle, 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)

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

- 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 equalisation techniques for depth progression

Want to dive deeper? Check out the additional boat day included on the *RAID Lv.1 Freediver Course* with the opportunity to swim with Manta Rays!

Course prerequisites:

- 200m unassisted swim
- Complete Medical Screening Questionnaire
- Minimum Age 10yrs

Costs - \$350 (10% off if you stay within Bay View Caravan Park or Backpackers)

Contact - freediving@ningalocoralbay.com / 0498 962 867

Sign up and get started

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