

SAVAGE DIVING Course FAQ

Level 1 Freedive +Intro To Spearfishing™ Course \$495 +Boat Fee

***Have an option for “Springs Only Course” if you did not wish to go on the boat (no boat fee).**

This two-day course includes Level 1 Freedive Course +Intro To Spearfishing Course/Charter.

Level 1 Freedive Course is PADI credited, tailored & focused on training divers to spearfish as well as line-dive!

Course curriculum written by Ryan Rush & copywritten by SAVAGE DIVING.

Contains four phases – knowledge development, a confined water session, open water sessions & intro to spearfishing. During knowledge development you learn about how your body reacts to breathholding and how water pressure affects you as you dive. You also learn about freediving & spearfishing equipment, important safety/rescue techniques and buddy procedures.

With a student to teacher Ratio of 4:1, we assure MORE time per student/instructor as well as more time in the water Developing valuable skills.... our focus on SAFETY and PERFORMANCE driven curriculum touches on all aspects of Spearfishing & Freediving!

****Boat fees are not included; Fees range depending on vessel & dive sites***

****If we can't get offshore due to weather, we will Dive a local spring***

****You are responsible for your transportation to/from training sites.***

Day 1

9:00 AM-12:30PM Classroom

12:30PM-1:30PM Break

2:00PM-5:00PM Confined Water Training

Day 2

8:00AM-4:00PM Open Water Training Offshore or Springs

Level 2 Freedive +Spearfishing Fundamentals™ Course \$795 +Boat Fees

***Have an option for “Springs Only Course” if you did not wish to go on the boat (no boat fee).**

This three-day course includes Level 2 Freedive Course & Spearfishing Fundamentals Course/Charter.

Course curriculum written by Ryan Rush & copywritten by SAVAGE DIVING. Level 2 Freedive Course is PADI credited, designed to fulfill that personal need to refine and improve your freediving skills, allowing you to progress slowly while learning how your body performs during apnea. Includes free eLearning. Course consists of four main phases: Knowledge development about advanced Spearfishing & Freediving techniques and equipment, Confined Water session to learn stretching and relaxation techniques as well as refine static/dynamic apnea, Open Water sessions to practice deeper free immersion and constant weight freedives, along with additional buddy procedures and rescue techniques.

Includes Spearfishing Fundamentals Course, whether you are a complete noob or seasoned Spearo with years of experience this course will set you on the right path to improve your breath hold, get comfy at depth, eliminate bad habits while acquiring new hunting/rigging techniques; showing you how to spearfish using the most efficient and safe freediving practices.

Day 1

9:00AM-12:00PM Classroom

12:00Pm-1:00PM Break

1:00PM-4:00PM Confined Water Training Followed by Confined Water Training

Day 2

8:00AM-4:00PM Open Water Seccessions

Day 3

8:00AM-4:00PM Open Water Training & Offshore Spearfishing Excursion

****Boat fees are not included; Fees range depending on vessel & dive sites***

****If we can't get offshore due to weather, we will Dive a local spring***

****You are responsible for your transportation to/from training sites.***

Level 3 Freedive +Bluewater Spearfishing™ Course \$1250 +Boat Fee

***Have an option for "Springs Only Course" if you did not wish to go on the boat (no boat fee).**

This four-day course includes Level 3 Freedive +Bluewater Spearfishing™ Course

To become a better diver, you need to train freediving & dive as much as possible. The more time spent diving & training; whether it is static, dynamic or depth training, the better you will become. When it comes to depth at some stage you will reach a plateau, where equalizing can stop you from getting further. At around 30-40m depth your lungs will reach what is called the residual volume. This simply means that your lungs are too compressed for letting air out. The air to equalize will run out and you will not be able to go any deeper.

During your Level 3 +Bluewater Hunting Course you will master skills such as FRC diving, Variable diving, Dieting, Mental Preparation & Visualization, Blue Water Hunting Techniques, Ocean Trauma +EFR Course & more. This Freediving course will provide you all tools needed to reach new depths & trophy fish!

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 eLearning. You'll also complete independent research as part of the Master Freediver Assignment.

Confined water session to improve static and dynamic apnea attempts, including a 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 32 metres/105 feet.

Level 3 Freedive Course is PADI credited, designed to fulfill that personal need to refine and improve your freediving skills, allowing you to progress slowly while learning how your body performs during apnea.

****Boat fees are not included; Fees range depending on vessel & dive sites***

****If we can't get offshore due to weather, we will Dive a local spring***

****You are responsible for your transportation to/from training sites.***

Day 1

9:00AM-12:00PM Classroom

2:00PM-2:30PM Break

3:00PM-5:00PM Confined Water Session

Day 2

9:00AM-4:00PM Open Water Secessions Local Spring

Day 3

8:00AM-4:00PM Open Water Secessions Local Spring

Day 4

8:00AM-4:00PM Bluewater Spearfishing Excursion

PADI FREEDIVE INSTRUCTOR COURSE \$2500 +Boat Fee

**Have an option for "Springs Only Course" if you did not wish to go on the boat (no boat fee).*

If you're an avid freediver, you likely spend a lot of time thinking about freediving, talking about freediving and sharing the details your latest freediving adventures. Becoming a PADI Freediver Instructor with Ryan Rush & PADI Freedive Instructor Trainer Dale lets you take your passion for freediving to the next level and allows you to do what you enjoy as a profession. You must earn the PADI Freediver Instructor rating, but you gain a job that lets you share incredible underwater achievements with others - transforming their lives for the better while enriching yours.

To enroll in a PADI Freediver Instructor Training Course, you must be at least 18 years old, have a PADI Master Freediver certification (or have a qualifying certification), be a current [Emergency First Response Instructor](#) (or qualifying CPR/first aid instructor) and present a [medical statement](#) signed by a physician within 12 months.

The course itinerary is subjected to change depending on the course and location we are teaching at, but we try to release full details 4 to 5 weeks in advance to the dates and location we agree on. If you plan on having family come with you it's important to note these are very long days with lots of traveling and stress. The course is a professional setting so please be on time every day and wear appropriate clothing. To take this course you must have your Level 3 Freedive Certification & need to get a physical and have the Dr sign you off on the PADI form (see attached).

Once you complete this course you must also become a EFRI (Emergency First Response Instructor) to teach through PADI. We offer this course as well as O2 Provider Instructor but

IS NOT Included in the PADI Instructor Course. The Emergency Oxygen Instructor Course is not required but highly recommended, these two courses are usually bundled.

There are PADI fees for applications, memberships, and insurance that you need to be aware of. Below are listed estimates as they change every year. It is important to note these are not paid to me, but to PADI and your insurance carrier.

PADI MEMBERSHIP FEES (annually):

*EFRI \$89.00 *Freediver instructor \$349.00

APPLICATION FEES (one time):

*EFRI \$120.00 *Freediver instructor \$90.00 *O2 Instructor \$75.00-90.00

Insurance will really depend, the two main options are *Vincencia & Buckley or DAN*, these will range around \$400 to \$600 annually.

We will be sending out your instructor manual once you have booked, please look over it. This course has a very basic water test and is more based on your role model skill level. The PADI Instructor Course is not about teaching you diving, it's about teaching you how to teach. If you are going to train for the class, please focus on perfect technique instead of depth as we rarely go past 20m in this course.

Please bring all of your diving gear needed also bring a pencil and a computer to class. We will also need your shirt size.

Please don't hesitate to reach out if you have any questions or concerns.



Course Outline

Day 1:

8:00am Classroom Sessions

12:00pm Break

2:00pm Pool Session

Day 2:

8:00am Classroom Sessions

12:00pm Break

2:00pm Pool Session

Day 3:

9:00am Open Water Training

Day 4:

9:00am Open Water Training

Day 5:

9:00am Open Water Training

Day 6:

8:00am Presentations

12:00pm Break

1:00pm Final Exam

Frequently Asked Questions:

1. How do I pay for my class?

Level 1 Freedive Course \$495 +Boat Fee

Level 2 Freedive Course \$795 +Boat Fee

Level 3 Freedive Course \$1250 +Boat Fee

PADI Freedive Instructor Course \$2500 +Boat Fee

[Contact Ryan](#)

*Please keep in mind that there is a \$150 rescheduling fee to cover the costs associated with your spot in the course that we are not able to recuperate if you do not provide a minimum of 2 weeks lead time. Please let us know as soon as possible if you need to reschedule to avoid additional fees.

2. What gear is required?

Mask (low volume), Fins (long blade), Snorkel, Wetsuit (3mm minimum

thickness, full suit recommend), Rubber Weight Belt, Weights (1lb hard weights, 4-6lb recommend) & Timing Device (waterproof with the ability to count time).

3. What gear is recommended?

Low volume mask, simple j-tube snorkel

Winter : 3-5mm Open Cell Wetsuit

Summer: Rashgurad or 1.5mm Wetsuit

A freediving specific dive computer.

4. Do you have gear I can rent?

Maybe, [Contact Ryan](#)

5. What can I do to prepare before the course?

Hydrate, hydrate, hydrate. Every class has a few students trouble equalizing, staying hydrated will help!

6. Can't make the course I signed up for, can I reschedule?

You can reschedule, but we've already committed to the pool and boat that you'll be in the course. We have fees that we've committed to for you, so if you need to change your dates there will be a \$150 rescheduling fee to cover the costs associated with your spot in the course that we are not able to recuperate. Please let us know as soon as possible if you need to reschedule.

7. My Ocean/Spring session was canceled due to weather; how can I make it up?

There are times when the weather doesn't permit for us to go offshore, in this case we will train in the springs. In case of thunderstorm(s) we will reschedule Ocean/Spring session. If this happens to your course, please look on us website & contact the shop to re-schedule your session. Upon availability, we will add you to that session and work to get your certification completed. No extra charge.

8. I need to make up my pool session, how can I make it up?

Look on our website under "Calendar", contact us to let us know which date you'd like to make up. Upon availability, we will add you to that session to work towards completing your certification. Additional fees may apply.

9. I went out on my ocean/spring session, but I couldn't equalize or

finish all my skills required to become certified.

Can I go again to complete my certification?

Yes, just look at our website for upcoming course dates. Contact the shop to schedule when you'd like to complete your ocean/spring session. Upon availability, we will add you to that session and work to get your certification completed. You will need to cover any boat fees if you choose an offshore day.

10. I have more questions, who do I contact?

[Ryan Rush Click Here](#)

NorthFloridaDiveClub@gmail.com

Equipment Checklist:

Please be sure to bring the required items listed below.

- **Mask**- A low volume freediving mask is best
- **Fins**- Long Blade fins are preferable
- **Snorkel**- The simpler the better, a simple J-Tube snorkel is great
- **Freediving Wetsuit**- 3mm, open cell, two-piece for summer, an attached hood is best
- **Weights**- Please have some small weights: 1-2 lb.
 - **Rubber Weight Belt**
 - **Freediving Computer or Watch**

SAVAGE