Outline: Wave 3 Instructor Upgrade

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The purpose of this document is to describe the procedure to promote a Wave 2 Instructor (or equivalent from other agencies) to Wave 3 Instructor.

Introduction

A Wave 3 Instructor is qualified for the following activities

- Teach Wave 3 Course
- Teach Lap 3 Course
- Guide Base 1-4 Levels
- Assist in a Wave Instructor Course
- Apply for Instructor Trainer Course (ITC) after one year of active status and minimum amount of certifications

CANDIDATE PREREQUISITES

PREREQUISITIES
Be an active Wave 2 Instructor
Have at least 1 year of teaching experience as a Wave 2 Instructor (or equivalent in other agencies)
Minimum of 40 Certifications (min. 10 W2 or equivalent in other agencies)
Track-Record of leading min. 20 Base Training sessions
First Aid Certificate (no older than 2 years)

TEACHING ASSESSMENT AND MARKING

As in the Molchanovs Instructor Course, teaching assessments will be marked on a scale from 1-5. The marks focus on the correct application of the FEDOF teaching system. An average of 3 is the minimum passing score and is considered to be as "all expectations fulfilled". A performance beyond expectations will be marked 4. This can be achieved for example by providing fitting examples, using props in a meaningful way, etc. A mark of 5 is awarded for an outstanding performance, which goes beyond expectations in terms of presentation, content and entertainment value. An average mark below 3 will require you to repeat that particular assessment with your Molchanovs IT. If a single mark of 1 is being given, the skill is failed and needs to be repeated. This is the case where e.g. when there is a substantial factual mistake in your presentation or in any of the steps of FEDOF, or when there is a safety issue.

PERFORMANCE REQUIREMENTS

Candidates will be required to demonstrate certain performance requirements (listed below). If a candidate correctly demonstrates all of the pool performance requirements, they will be awarded a **Lap 3 Instructor Level**. If a candidate correctly demonstrates all of the Open Water performance requirements, they will be awarded a **Wave 3 Instructor Level**.

If a candidate is granted a Lap 3 Instructor Level and would like to upgrade to Wave 3 Instructor Level, they will need to:

- demonstrate all Open Water performance requirements to a Molchanovs IT
- or provide adequate video footage showing you demonstrating these requirements

Video Footage must be in reasonable quality and resolution and must be **unedited, especially without any cuts**! It is up to the candidate to provide video footage which allows the IT to gauge in detail your proficiency in the demonstrated skill:

- e.g. footage from a deep dive should show you throughout every phase of the dive, including your turn at the bottom, and a view of your dive computer back at the surface to show the achieved depth and dive time. To get a whole dive into the picture depends greatly on the visibility of the water and might be challenging for the camera person.

Teaching Requirements

WAVE 3 / LAP 3 DRY SKILL TEACHING ASSESSMENT

You need to teach a Wave 3 or Lap 3 dry skills via remote-chat to a Molchanovs IT and you will be marked. The focus relies on correct content and correct application of the FEDOF teaching system. The IT will assign you one or several skills from one of the following list. You will need to introduce the skill to the IT as if you were doing so to a Wave 3 student, following the teaching structure: Framing, Explaining, Demonstrating, Organizing, Feedback.

The IT can give you 5 Minutes of preparation time.

Your presentation duration should be adapted to the content and demonstrate your proficiency in sticking to the essentials of each skill.

DRY TEACHING SKILLS
FRC
Packing
Reverse Packing
Mental Technique: Attention Deconcentration
Safety Logistics for Deep Diving
Frenzel-Locks: (P, T, K, (H)) and Grouper Call
Mouth-Fill: Charging and Management
EQ-Tool Teaching and Demonstration
Case Study: Base Training Modification

Performance Requirements

You will need to demonstrate the following performance requirements, either to a Molchanovs IT or by means of video as described above.

Once you have passed all pool performance requirements, you will be upgraded to **Lap 3 Instructor Level**. Once you have passed all open water performance requirements, you will be upgraded to **Wave 3 Instructor Level**.

DISCIPLINE	PERFORMANCE REQUIREMENT
STA	**Teaching Assessment: 1 Skill Wave 3**
	STA 4:30
	Demonstrate STA Rescue
DYN / DNF	DYNB 100m
	DYN (monofin) Technique
	DYN buddying + rescue + Pool exit with rescue breaths (help permitted)
	DNF 75m
Open Water	**Teaching Assessment: 2 Skills Wave 3**
	CWTB 50m (45m*) (dive time 100-110s)

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	CNF 35m (30m*) (adequate dive time) 20m Stand-by Rescue (1+min hang, candidate without computer)
	CO2 dive (NB at -10m, 60s vertical finning with elbows above surface, one full breath, then 25m CWTB dive incl. min. 5m freefall)
	Rescue 30m (*25m), Tow 50m incl. Rescue Breaths

Classroom Sessions

1. teach Mouthfill & Deep Frenzel
2. teach chest flexibility exercises, FRC and breath control exercises
3. teach packing, reverse packing
4. teach mental strategies for freediving