

One Breath Freediving Ltd

Shop 4, 76 Lampuki Street, St. Paul's Bay, MALTA

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International Association for the Development of Apnea

AIDA Crossover Evaluation

If you already have a certification from a freedive organisation other than AIDA, you might not need to start your education with a beginner course when signing up with AIDA for the first time. Your AIDA Instructor will evaluate your knowledge of theory and skills in the pool and open water which will allow for an appropriate identification of your level.

Also, if you are an experienced freediver, spear-fisher or freedive athlete without any previous certification, your AIDA Instructor will be able to permit you to skip the beginner level course, once your freediving skills and knowledge have undergone an evaluation and have been proven to meet the requirements of the respective course.

For example, to enrol in the AIDA3 Advanced Freediver Course, you will need to satisfactorily demonstrate the same requirements as necessary for the AIDA2 Freediver certification:

- **Static (STA): 2:00+ min**
- **Dynamic with fins (DYN): 40m+**
- **Constant Weight (CWT): 16-20m**
- **Free Immersion (FIM): 16-20m**
- **Buddying and rescue technique in all disciplines**
- **Written Theory Exam: 75%**

These skills have to be demonstrated properly by applying a good command of technique. For example, it is not good enough to simply dive to -16m anyhow; you must be able to demonstrate it with an efficient duck dive, good line orientation, efficient body posture, good finning and equalisation technique, a safe bottom turn and efficient use of buoyancy on the ascent.

One Breath Freediving: The Home of Freediving in Malta & Gozo

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Your AIDA Instructor will assess your skills and knowledge during a minimum of:

- **1 Classroom session**
- **1 Pool / confined water session**
- **1 Open water session**

This evaluation takes a minimum of one full day. Once you have sufficiently mastered all required skills taught in the AIDA2 Course you are then allowed to enrol in the AIDA3 Course (for example). In case you are not yet able to pass this evaluation comfortably demonstrating the correct skills and knowledge, do not worry. After the evaluation and before the start of the course you wish to enrol on, your AIDA instructor will be able to offer you extra training sessions (see information below). **Neither the evaluation itself, nor the extra training sessions are part of the course you are enrolling on to post evaluation.**

AIDA Crossover Evaluation (Full Day): €150

Note: For years, AIDA used to maintain a “crossover-table” to evaluate which certification of other agencies allows you to enrol in a certain course of the AIDA Education System. However, the quickly growing freediving market made it difficult to keep a proper overview of all available certifications and related qualifications. Hence, to keep AIDA quality to the highest standards, evaluations take place instead. Crossover-tables can still be found online, but keep in mind that they are not valid anymore and have been replaced by the AIDA Crossover Evaluation, as described here.

Additional Training

If the targets or desired standards for the AIDA crossover evaluation are not met then additional training sessions can be booked at the following rates:

Single Training Session (Open Water OR Pool / Confined Water): €65

Single Classroom Session (Theory Class / Exam Re-sit): €35

Full Equipment Hire (per day): €22

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