

Dear OFK members,

Safety masters

OFK is a sports club run by volunteers. Our safety masters at the training voluntarily use their spare time to organize the training. They are there to ensure that all follow safety protocols, not to be instructors for a few. It's important to remember that anyone attending training is responsible for their own safety and the safety of their buddies.

Apnea

Freediving is a rapidly growing sport, with many beginners.

Its easy for a newcomer to mix apnea depth training with recreational freediving. Depth training involves diving deeper than you usually do in a recreational dive. Deeper dives imply a potential risk and a feeling of mastery. We greatly reduce the risk if we follow simple safety precautions and rules, including a shared knowledge of apnea. Therefore, everyone needs at least a basic apnea course to participate in depth training. The knowledge you get from the course greatly benefits mastering deeper dives safely.

Beginners

We appreciate that the sport is growing with many new members and beginners! To ensure the best experience for both beginners and experienced divers, we want to inform everyone wishing to attend depth training about the differences between training depth and apnea courses.

Beginners are welcome to attend our training and develop diving skills; you don't need to be an experienced apneist, but you need certain basic knowledge.

Introduction days

OFK will hold Basic Introduction to Apnea Days with a certified instructor. On Introduction Days, we will set up a separate buoy for dives down to 10 meters for divers without the correct certification. Invitations to Introduction Days will be sent in Spond. Introduction Days do not include certifications or qualifications for future deeper training. Until you have level 1 certification, attending an Introduction Day is your best way to try depth diving.

Certifications

Contact OFK if you want to be certified at level 1 or higher. We have several courses planned. Send an email to ofkstyret@gmail.com

Guidelines

This is OFK's guidelines for outdoor depth trainings:

1. Never dive alone.
2. You must be a certified apnea freediver for depth: [Molchanovs Wave 1, 2 or 3](#), [AIDA 2 or 3](#), [CMAS A1, A2, A3](#), etc.
3. Freediving courses for recreational freediving or pool diving, like CMAS T1, T2, T3, AIDA 1, or Molchanovs Lap 1, are not eligible. The same goes for Scuba diving certification.
4. All members participating in our depth training must be safety for their buddy, as taught in the apnea course. To maintain the safety skills, you must take part in the rescue drills, preferably on every training you attend. Make sure to report to the safety master for logging.
5. Mandatory equipment for dives:
 - a. Lanyard.
 - b. Dive computer
6. Mandatory equipment for the safety role, which you do at every training:
 - a. Long fins
 - b. Snorkel
 - c. Mask and Hektometers/Evolve goggles are acceptable, but you should bring a mask on the buoy in case they break. Fluid goggles are not allowed as safety.
 - d. Bifins. Plastic fins are acceptable. If you practice monofins or DNF, you still have to bring bifins for the safety task.
7. The club has equipment for rent. If you need to rent equipment, you must clarify this with the safety master before you attend training so that this person can pick it up.
8. A minimum of 2 people for each training. Preferably 3
9. A minimum of 2 people for each buoy and a maximum of 4.
10. Everyone must know how to set up and handle a buoy.
11. No buoys without a pulley system are allowed at the training.
12. At least 2 safety divers for 40+ meter dives.
13. All training attendees need a [license](#) from NDF that includes insurance. (You will also need this if you compete.)