



DHARMA

CERTIFICATION CAMP



This program is designed for beginners and freedivers whose goal is to be certified in one of the Molchanovs levels that we offer as an academy. It includes previous days at the site to recognize the environment, train, build confidence, and have the advice of our instructors to correct mistakes before their certification. It is essential to understand that you must pass a theoretical knowledge evaluation and comply with the skills established as part of the Molchanovs standards to achieve certification.

SCHEDULE

TRAINING						MOLCHANOVS CERTIFICATION					
Schedule	Day 1	Schedule	Day 2	Schedule	Day 3	Schedule	Day 4	Schedule	Day 5	Schedule	Day 6
09:00 hrs	Registration - Introduction	07:00 hrs	Stretching	09:00 hrs	Individual Technique Analysis Videos of the day			07:00 hrs	Stretching	07:00 hrs	Departure to cenote
10:00 hrs	Stretching	07:30 hrs	Relaxation & Visualization	10:00 hrs				07:30 hrs	Relaxation & Visualization	08:15 hrs	Arrival to cenote
10:30 hrs	Relaxation & Visualization	08:00 hrs	Training Pool STATIC	10:30 hrs	Departure to the cenote	09:00 hrs	Registration Program stat	08:00 hrs	Static skills evaluation Practical pool session	08:30 hrs	Stretching Relaxation & Visualization
11:00 hrs		09:30 hrs		11:45 hrs	Arrival to the cenote	10:00 hrs		09:30 hrs	Time to take a shower Free access to showers and dressing rooms	09:00 hrs	
11:00 hrs	Training Pool DYNAMIC	09:30 hrs	Time to take a shower Free access to the club's showers and locker rooms	12:00 hrs	Introduction and security	10:00 hrs	Dynamic skills evaluation Practical pool session	09:30 hrs		09:00 hrs	Depth Practical session
12:30 hrs		10:00 hrs		12:30 hrs	Stretching, relaxation and visualization	12:30 hrs		10:00 hrs		11:00 hrs	
12:30 hrs	Time to take a shower Free access to the club's showers and locker rooms	10:00 hrs	Lunch Time Meals not included	13:00 hrs		12:30 hrs	Time to take a shower Free access to showers and dressing rooms	10:00 hrs	Departure to cenote	11:30 hrs	Departure to Mérida city
13:15 hrs		11:00 hrs		13:00 hrs	Depth Training	13:00 hrs		11:15 hrs	Arrival to cenote	12:45 hrs	Arrival to the academy
13:30 hrs	Lunch Time Meals not included	11:00 hrs	Departure to the cenote	14:30 hrs	Feedback	13:00 hrs		11:30 hrs	Stretching Relaxation & Visualization	13:00 hrs	Time for lunch Meals NOT INCLUDED
14:30 hrs		12:15 hrs	Arrival at the cenote	14:30 hrs		14:30 hrs	1st. Theory Session	12:00 hrs		14:00 hrs	
14:30 hrs	Individual Technique Analysis Videos of the day	12:30 hrs	Introduction and security	15:00 hrs	Departure to Mérida	14:30 hrs	Time for lunch Meals NOT INCLUDED	12:00 hrs	Depth skills evaluation Practical session	14:00 hrs	4th. Theory Session
15:30 hrs		13:00 hrs	Stretching	16:15 hrs	Arrival to the club	15:30 hrs		14:00 hrs		15:30 hrs	
		13:30 hrs	Relaxation and visualization	16:30 hrs	Lunch Time Meals not included	15:30 hrs	2nd. Theory Session	14:30 hrs	Departure to Mérida city	16:00 hrs	Online Theoretical Exam
		13:30 hrs	Depth Training	17:30 hrs		15:30 hrs		15:45 hrs	Arrival to the academy	17:00 hrs	
		15:00 hrs		18:30 hrs	Individual Technique Analysis Videos of the day	17:00 hrs		16:00 hrs	Time for lunch Meals NOT INCLUDED	18:00 hrs	Analysis of Results Closure of the certification
		15:15 hrs	Feedback					17:00 hrs			
		15:45 hrs	Departure to Mérida					17:00 hrs	3rd. Theory Session		
		17:00 hrs	Arrival to the club					18:00 hrs			

WHAT'S INCLUDED

- First-class facilities, semi-Olympic pool, locker rooms, and showers.
- 3 days of evaluation, technique correction, development strategies, and progress by objectives in the three areas that make up this sport: Dynamic Apnea, Static Apnea, and Deep Apnea.
- 3 days of certification with certified instructors.
- Registration and access to the Molchanovs Dashboard.
- Digital course manual.
- Theoretical and practical sessions.
- Small groups.
- Round trip transportation to the cenotes on the days of depth.
- Entrance fee to the cenotes.
- Professional safety equipment (buoys, lines, stoppers, pulley systems, lanyards).
- Molchanovs certification with official international validity **if you pass the final knowledge exam and meet the standard skills established by the Molchanovs methodology.**

EQUIPMENT

Essential equipment				Optional equipment			
1	Low volume mask	5	Rubber weight belt	1	Goggles		
2	Snorkel	6	Lanyard	2	Nose Clip		
3	Wetsuit	7	Yoga mat	3	Weights		
4	Long fins			4	Neck Weight		

If you need advice to acquire your equipment, or rent it, please contact us, we will be glad to help you!

Technical data sheet: <https://dharmafreediving.com/wp-content/uploads/2021/10/Technical-data-sheet.pdf>

DON'T FREEDIVE ALONE; SOMEONE MUST ALWAYS SUPERVISE YOU.

REQUIREMENTS

- Minimum age 16 years old. Minors must present themselves with their parents or guardians with the following completed and signed form, authorizing them to train and practice this sport.
Download file here: <https://dharmafreediving.com/wp-content/uploads/2021/10/Minors-Authorization.pdf>
- Fill out and submit the signed "Letter of Release of Liability and Acceptance of Risks."
Download file here: <https://dharmafreediving.com/wp-content/uploads/2021/09/Liability-Release-DHARMA.pdf>
- Fill out and submit the signed "Medical Questionnaire," it is essential to consult your doctor.
Download file here: <https://dharmafreediving.com/wp-content/uploads/2021/09/Medical-Questionnaire-DHARMA.pdf>

SPECIFIC REQUIREMENTS

- Be in good health

For Wave1/Lap1

- Be able to swim 200m without stopping in the pool

For Wave2/Lap2

- Wave1/Lap1 to Lap2 certificate
- Wave1 to Wave 2 Certificate
- Or complete crossover evaluation

REQUIREMENTS TO APPROVE

Theory

- Final online knowledge exam

For Wave1/Lap1

Swimming pool skills

- STA 1 minute 30 seconds
 - DYNB 25 meters

Open water or cenote skills

- CWTB & FIM 12 to 20 meters
- CWTB Buddying 6 to 10 meters
- Rescue from 6 to 10 meters

For Wave2/Lap2

Swimming pool skills

- STA 2 minutes 30 seconds
 - DYNB 50 meters
 - DNF 35 meters

Open water or cenote skills

- CWTB & FIM 24 to 30 meters
 - CNF 15 meters
- CWTB Buddying 10 to 15 meters
 - Rescue from 15 meters

TECHNICAL GLOSSARY

Wave: Certification in Apnea for depth.
Lap: Certification in Apnea for pool distance.
STA: Static Apnea, time without breathing without movement.
DYN: Dynamic freediving, pool distance.
DYNB: Dynamic apnea with fins in the pool.

CWT: Constant weight in depth.
CWTB: Constant weight with fins at depth.
FIM: Free Immersion, pulled by a rope.
Buddying: Buddy system, safety.

DON'T FREEDIVE ALONE; SOMEONE MUST ALWAYS SUPERVISE YOU.