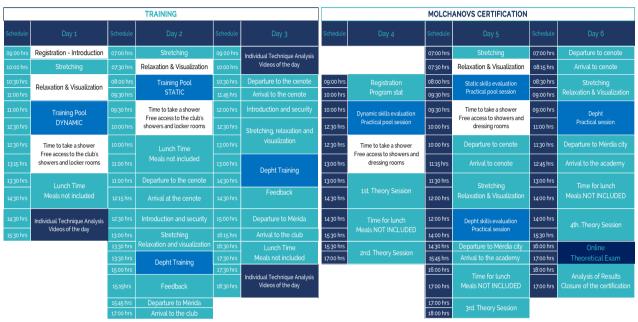
DHARMA CERTIFICATION CAMP



765 USD One-Time Fee

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.



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



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

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

SCHEDULE

765 USD One-Time Fee

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 :<u>https://dharmafreediving.com/wp-content/uploads/2021/09/Liability-Release-DHARMA.pdf</u>
- 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.

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