



Preparing For the PADI Instructor Development Course

Ultimate success during your instructor development program depends greatly on the amount of preparation you put forth. Independent learning must begin well in advance of the IDC and is critical to your personal achievement. This pre-study and skills practice allows you to start the course already understanding the basic PADI standards; this allows class time to be dedicated to learning how to apply standards, apply prescriptive teaching techniques and how to market courses effectively.

Academics to Master Before You Start the IDC

- Order all your IDC materials **at least** 30 days prior to starting the class.
- Complete all (16) IDC Knowledge Reviews in your IDC Candidate workbook.
- Review and master the following dive theory sections from the PADI Divemaster course: Physics, Physiology, Recreational Dive Planner, Equipment, and Skills & Environment. Mastery is achieved when you can identify the correct answer and explain why each of the other answers is incorrect.
- Familiarize yourself with the PADI Instructor Manual.

Skills to Master Before You Start the IDC

- Make sure your buoyancy is correct in the pool and open water
- Practice all your skills - especially the 20 skills of the PADI skill circuit. Pay particular attention to hovering and fin pivots, out of air skills, buddy breathing, alternate air source both stationary and swimming, the controlled emergency swimming ascent (CESA), and removal of the scuba unit and weight belt - both at the surface and underwater.
- Make sure you are capable of performing **demonstration quality** skills. Remember although an Open Water Diver can "do the skill", it is a long way off from the "demonstration quality" expected of an Instructor. Your skills demonstration must be confident, slow, deliberate, and over-exaggerated.
- Review and **practice** PADI Rescue Diver Exercise #7 "Unconscious Diver on the surface."

If you are having difficulty obtaining mastery level performance of your skills and academics consider enrolling in the IDC Prep Course. The IDC Prep Course is a relaxed way to participate in guided practice prior to the start of the IDC.