



Without professionals, our system would not function.

Our training programs give the dive instructor and the instructor assistants the right respectful approach to deal with all the needs of people with disabilities.

The main goal of the course is to identify and assess the various physical and mental limitations and to apply what is needed in every individual case.

The second point is the social structure and the intensive training of the student.



Who can follow an IAHD course?

Almost everyone with a physical or mental disability can be educated in accordance with the guidelines that IAHD follow. Contact us for our professional advice.

How long does an IAHD course take?

Each IAHD course focuses fully on individual performances. This means there is no minimum or maximum time associated to the length of the course and every theoretical and practical goal is written down. The length of the course is based on the individual performance of the student.

Is an IAHD course recognized?

The IAHD statutes and guidelines are consistent with the international ISO guidelines and therefore are recognized worldwide.

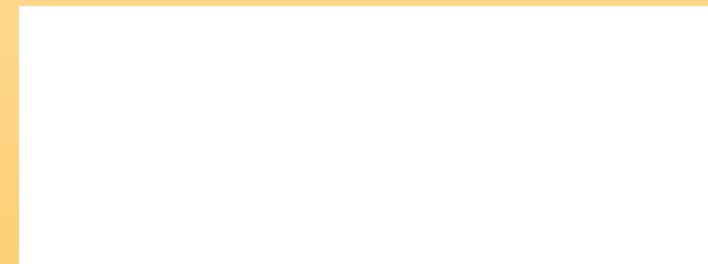
Do I need permission from a doctor?

Strictly speaking, you need to answer three times a 'Yes' to these questions:

- 1. Do you want to take a course in diving? **Yes**
- 2. Do you have a doctor's medical certificate to dive? **Yes**
- 3. Does your dive instructor want to train you? **Yes**

What do I need during my training?

Not much. For an introductory dive, a bathing suit and a towel are usually sufficient. If you choose to take a diving course, you will then need a mask, snorkel, fins, hand fins and possibly knee protectors and shoes.



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Diving with a disability Discover a new freedom!



Tasks and objectives

The goal for the IAHD is to make the possibilities of diving with disabilities better known. Especially the many positive physiological and psychological aspects.

We hear regularly during an introductory dive: **“Under water I feel finally free again”.**

This is why we offer training programs, which considers everyone's individual restrictions.



Each course member receives a “partner level” which is specifically adapted to their restrictions enabling them to follow the course. The IAHD has 4 different “partner levels” which makes it possible for almost everyone to learn to dive.

Our professional instructors apply this perfectly in every situation, so that you can enjoy an unforgettable experience underwater.

Our tasks also include lobbying clubs and associations, health-care providers and the government, enabling us to create structures for the future, which will insure that more people with disabilities have an opportunity to learn to dive.

Benefits of diving

We hear time and time again about the positive effect it has on the body. You will experience this yourself and your spirit will grow.

Diving is for most people more than just a sport.

Diving for them means:

- Freedom, we are weightless under water
- Relaxation, we float through a 3D World
- Integration, diving is a “buddy-sport”
- Therapy for de body and soul
- Equality under water for everyone

The influence of Diving:

- Physiological effects:
 - ✓ Building up of individual movement functions
 - ✓ Strengthening of the muscle tissue
 - ✓ Improved Blood circulation
 - ✓ Improved coordination
 - ✓ Improved breathing
- Psychological effects:
 - ✓ Growth in your own skills
 - ✓ Promotes social contact
 - ✓ Increasing confidence



Education Program's



IAHD Pirate Fish Diver

This program is designed for children and adults with mental disabilities. The different skills are taught using simple and fun exercises. The objective here is teach people to move freely in water and to be able to dive in a swimming pool.

IAHD Confined Water Diver

This program focuses on people with disabilities who wish to dive self-reliantly in a swimming pool or confined water. The theoretical part and training in the swimming pool are similar to those in the Open Water Diver course.

IAHD Open Water Diver

Self-reliant and a good educated diver. In this course, we concentrate more on the effects of your disabilities in your new sport. The practical skills and learning objectives are individually geared to insure that the necessary exercises can be implemented without any problems.

IAHD Specialty Diver

The Open Water Diver is for many divers just the beginning. With our specialty courses, you can extend the skills you have already learnt. That is why we provide specialty training in the field of navigation, night diving, diving with a dry suit etc.

Partner Program's

Every diver with disabilities occasionally needs a little help or support. The IAHD offers partner programs for this.

Dive Partner

The IAHD Dive Partner focuses on divers (friends or relatives) who want to accompany the divers with disabilities under water. During the training, one learns the different transport options and the proper guidance techniques used in diving. A Rescue Divers certification is a requirement to take part in this program.



Surface Support Specialist



This course is specifically designed for non-divers (friends or relatives) who would like to assist and support the diver with disabilities on dry land. They can assist with the transportation, suiting up or with the preparation for the dive.