



AIDA INSTRUCTOR COURSE COMPLETION FORM

CANDIDATE NAME: _____

DATE: _____

Each section must be signed and dated by an ACTIVE AIDA Instructor Trainer. To continue training, the last section must be completed within twelve months of the FIRST signature on the form.

1. THEORY SESSIONS

Session #	Date	IT
1. Intro		
3. Classroom		
5. Pool		
7. Risk		

Session #	Date	IT
2. Com and learn		
4. Stretch/breath		
6. OW		
8. Plan/Budget/market		

2. OPEN WATER SESSIONS

Session #	Date	IT
1		
3		
5		

Session #	Date	IT
2		
4		

3. PRACTICAL EXAMS

*** P/F - PASS/FAIL**

Skills	#	P/F*	Date	#	P/F	Date	Signature
Present AIDA2 slides	1			2			
Present AIDA3 slides	1			2			
Stretching Exam	1			2			
Breathing Exam	1			2			
Teach AIDA2/3 Pool skills	1			2			
Teach AIDA2 OW skills	1			2			
Teach AIDA3 OW skills	1			2			
Setting up, Ropes and knots	1			2			
Special Presentation - ORAL	1			2			
Special Presentation - HANDOUT	1			2			



4. WRITTEN EXAMS

Exam	Score	P/F	Date	IT Name	Signature
AIDA2					
AIDA3					
AIDA4					
Instructor Exam Part 1					
Instructor Exam Part 2A					
Instructor Exam Part 2B					

5. Performance Requirements

Skills	#	P/F	Date	#	P/F	Date	Signature
CWT => 40m (35m) - 50m	1			2			
FIM => 40m (35m) - 50m	1			2			
30m long FIM 2:00 min	1			2			
30m long CWT 1:30 min	1			2			
Rescue BO 15m with standby	1			2			
Stamina test: 1 min breathe-up, 20m CWT dive x 5 times	1			2			
Rescue BO 25m (20m) + 50m tow	1			2			
STA 4 - 5 min: _____	1			2			
DNF => 50m	1			2			
CNF => 20m	1			2			
DYN => 90m	1			2			

**All elements of the AIDA Instructor Course have now been completed.
Each point has been signed off by the supervising AIDA Instructor Trainer.**

Certifying AIDA Instructor Trainer: _____

Instructor Trainer signature: _____

Candidate name: _____

Candidate signature: _____

IC Completion date: _____