

HOW TO PREPARE FOR YOUR NAUI INSTRUCTOR TRAINING COURSE (ITC)

Neptune's Splendor Scuba

A pre-course preparation guide for instructor candidates



Becoming a NAUI Instructor requires more than simply attending an Instructor Training Course. The ITC is designed to develop and evaluate your ability to teach, supervise, lead, and make sound decisions as a dive professional. **Preparation begins well before the first day of the ITC.**

1. Verify Your Prerequisites

- Review all current NAUI ITC prerequisites with your Course Director.
- Verify that you hold all required certifications and have copies or digital records available.
- Make sure certifications and credentials that require current status will remain current throughout the entire ITC.
- Complete required paperwork, eLearning, and pre-course assignments by the established deadlines.

Remember: Do not assume that a missing prerequisite can be corrected during the ITC.

2. Complete Your Medical Early

- Obtain the correct medical examination/clearance form and schedule the examination well in advance.
- Allow ample time in case additional testing or consultation is required before clearance can be issued.
- Make sure the form is completed in its entirety and remains valid throughout the ITC.
- The medical clearance must be signed by a **licensed physician**, not an RN or PA.
- Keep a copy for your records and provide a copy to your Course Director as requested.

Remember: Do not schedule your physical for the week before the ITC.

3. Review Your Diving Academics

- Thoroughly review the textbooks/materials for **Open Water Diver, Rescue Diver, Master Diver, and Leadership**.
- Review diving physics, physiology, decompression theory, dive planning, dive tables, computers, equipment, environment, navigation, rescue procedures, emergency management, nitrox, and gas management.
- Be prepared not only to answer questions, but to explain and teach the material to someone else.

4. Prepare for the Written Examination

- Begin studying early rather than trying to prepare during the ITC.
- Work practice problems involving physics, physiology, dive planning, and tables.
- Identify weak academic areas and address them before the course.
- Complete practice examinations or assignments provided by your Course Director.

Remember: The goal is understanding and mastery, not simply memorizing enough information to pass an exam.

5. Prepare Your Scuba and Snorkeling Equipment

- Make sure all scuba and snorkeling equipment fits properly and is in fine working order.
- Have regulators, BCs, computers, gauges, and other equipment serviced when appropriate.
- Inspect hoses, mouthpieces, straps, buckles, clips, batteries, exposure protection, mask, snorkel, fins, and boots.
- Verify that all cylinders are within required hydrostatic test and visual inspection dates.
- Bring appropriate equipment for confined-water and open-water activities.

Remember: Avoid major equipment changes immediately before the ITC. Use a configuration with which you are comfortable and proficient.

6. Bring Spares and a Save-a-Dive Kit

- Bring common O-rings, spare straps, mouthpieces, tie wraps, batteries, clips/bolt snaps, and basic tools.
- Bring spare or backup critical equipment when practical.
- Be prepared to handle routine equipment problems without unnecessarily delaying the training day.

7. Prepare Your Teaching Materials

- Accumulate teaching aids you may want to use: PowerPoint slides, photographs, diagrams, videos, charts, maps, equipment samples, props, models, and demonstration items.
- Organize materials so they are easy to access during presentations.
- Be prepared to teach without technology if a projector, computer, internet connection, or other device fails.

Remember: Teaching aids should support your presentation - they should not become your presentation.

8. Practice Speaking and Teaching

- Practice explaining diving concepts aloud before the ITC.
- Work on organizing a presentation around: **What does the student need to know? Why does it matter? How will the student use it while diving?**
- Practice without simply reading slides or repeating textbook material.

9. Review and Practice Your Diving Skills

- Practice scuba skills slowly, deliberately, correctly, and in proper sequence.
- Practice demonstrating skills with good buoyancy and trim so students can clearly see each important step.
- Review swimming, snorkeling, skin-diving, scuba, rescue, towing, diver-assist, problem-solving, and emergency skills.
- Arrive physically prepared for required watermanship, scuba, and rescue evaluations.

10. Prepare for Long Training Days

- Arrange work, transportation, lodging, and personal commitments before the ITC.
- Get adequate sleep and bring appropriate food, water, hydration supplies, clothing, towels, sun protection, and dry clothing.
- Leave time each evening for preparation and study.

Remember: Give yourself the time and mental energy necessary to concentrate on becoming an instructor.

11. Bring a Professional Mindset

- Come prepared to receive feedback, make corrections, practice, and occasionally struggle.
- Take notes, ask questions, manage your time, observe carefully, and take responsibility for your preparation.
- Help your fellow candidates and be prepared to lead by example.

Final Thought

The ITC should not be where you begin preparing to become an instructor. Arrive with your prerequisites complete, academics refreshed, equipment ready, diving skills sharp, and teaching materials organized. This allows the ITC to focus on developing your ability to teach, lead, evaluate, supervise, and make sound decisions as a NAUI Instructor.