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AIDA LEVEL 2 - HELLAS  
FREEDIVERS - FREEDIVING IN  
LIMANAKIA VOULIAGMENIS - 20 -  
25 METERS DEEP ~~Ternate Freediving~~  
~~freedive course AIDA\*\*~~ *William Winram*  
*145m Freediving World Record (VWT)*

Experience the Underwater World  
Through the Eyes of a Free Diver | Short

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Film Showcase AIDA World

Championship - CWT - Day 1 AIDA

World Championship - FIM - Day 2 (part

1) **My Experience of PADI Freediver**

**Course Level 1** ~~Stig Pryds~~ ~~deepest~~

~~P.O.V. freedive in Dean's Blue Hole~~ ~~What~~

~~happens~~ ~~If you hold your breath while~~

~~scuba diving and freediving~~ **Freediving**

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~~equalization for beginners—do it before  
Freediving course Freediving training for  
beginners~~ The deepest man in the world  
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THE FUTURE: A Journey to the End  
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for all Freedivers PADI Learn to Freedive  
*The Most Beautiful Free Diving in the*

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World Top 5 Freediving Tips and Techniques to improve your diving AIDA

**World Championship - CNF - Day 2**

**(1/2) Lauren Cameo DNF 77m White Card | AIDA SA Freediving Challenge**

2020 AIDA Freediving Course | Apnea.si

Natalia Molchanova freediving world record DNF The Science of Freediving



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(Likable Science) Freediving Aida 1 2

**Emma Farrell Freediver** AIDA Pool  
Freediving World Championships 2015

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december 2017 – 1 1 aida medical

statement important - please

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AIDA MEDICAL STATEMENT - British  
Freediving Association

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IMPORTANT - PLEASE READ

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Freediving is a strenuous activity carried out in the underwater environment, which may, under certain conditions, increase your risk of injury. This risk may be significantly increased if you have certain physical conditions. These same physical conditions would not necessarily be a safety factor in other strenuous activities

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or sports. AIDA therefore

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Freediving Courses & Training in ...

Safety Advice for Freediving in  
Swimming Pools april 2011. Constitution.  
BFA 2019 Constitution. AIDA Medical  
Statement. AIDA Medical Statement

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(2018) BFA Competition Registration  
Form. BFA Competition Registration  
Form. BFA Record Rules. BFA Record  
Rules

Downloads – British Freediving  
Association

Member of the Medical Committee AIDA

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International. Co-founder, Aqualibrium  
Freediving School, Moscow, Russia.

Director of sport science, Russian

Olympic committee Innovation center.

Author of 40 scientific articles, 2 book  
chapters, 1 book.

AIDA | Medical

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Freediving is a strenuous activity carried out in the underwater environment, which may, under certain conditions, increase your risk of injury. This risk may be significantly increased if you have certain physical conditions. These same physical conditions would not necessarily be a safety factor in other strenuous activities

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Talanda: 257m : 128.5: 2. Agnieszka  
Kalska: 253m : 126.5

## AIDA | Symbol of Freediving

AIDA 2 The AIDA 2 course introduces  
freediving for the complete beginner\* and  
we certify through AIDA which is the

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worldwide industry standard for freedivers. This course aims to help students develop basic skills, knowledge and safety procedures necessary to enjoy freediving competently and within the limits of their experience.

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## Freedivers uk

The AIDA2 Course is the foundation course of AIDA, covering the necessary skills and knowledge for a non-competitive recreational freediver to safely freedive with or without a dive-line. It is a beginner course designed for students who are already confident in the water.

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## AIDA – Roatan Freediving School and Training Center

– Dr Per Westin AIDA International Medical Officer. Posted on 30th September 2013 27th April 2017. British Team Fly the Flag at the Freediving Depth World Championships in Greece & Liv



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Philip brings home a Medal! Sunday 29th September 2013; — Between the 15th and 22nd September the AIDA Individual Depth World Championship took place in the ...

[AIDA – British Freediving Association](#)

To successfully complete the AIDA 1 and

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2 freediver package course you will have to perform a 2 minutes breath hold, swim in the Dynamic 40 m underwater with fins and dive to 16m in the open water. At the end of the course you will be able to freedive comfortably to depths of 15/20 meters.

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## AIDA 1 & 2 - Freediving Planet

To enrol in the AIDA \*\* Freediver course, an individual must:

- Be 18 years of age or older (16 years with parent or guardian consent)
- Be able to swim at least 200m non stop without fins and at least 300m non stop with mask, fins and snorkel
- Have completed the AIDA Medical Form

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- Have completed the Liability Release  
Duration 2,5 Days

## AIDA Freediving Courses | Freediving School

The AIDA education ladder is about but building your skills for safe controlled freediving. You can find more details at

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education section at this site. Freediving as a sport. As well as the perfect way to relax at the weekend, freediving is an international competitive sport. Professional freedivers exploit the bodies' diving adaptations to go to depths of over 200m on a single breath.

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## AIDA | Freediving

We will coach you to improve your confidence and technique during the deep freedives. To successfully complete the AIDA 4 Freediver course you will have to perform a 3 minutes 30 second breath-hold, swim 70m in Dynamic with fins and freedive to 32 meters in Constant Weight

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[AIDA 4 - freediving-planet.com](http://freediving-planet.com)

AIDA 1 is recommended for students with either no previous freediving experience or who would like to try freediving over one day and still get a qualification. Think of the AIDA 1 course as a freediving

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foundation course. AIDA 1 course consists of: one theory session; one breathing and relaxation session; one confined water session (usually swimming pool)

## AIDA 1 - Freediving Planet

All freediving equipment used during the course will be provided. Certification fees:



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20 Euros payable to AIDA. Requirements: Be 18 years or older, (16 years old with parental supervision) have completed the medical statement and be able to swim at least 200 metres non-stop and 300 metres with mask, snorkel and fins. Price: £125

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