

7th & 8th
February 2026

AIDA DEPTH COMPETITION* SAFETY COURSE

by Omar Mourad & Jeroen Van Haudt



NEMO33

RUE DE STALLE 333
1180 - BRUSSELS (UCCLE)

Price

€375 per participant

Official Aida Depth Competition Safety Freediver Certificate: +€35

Nelos members: €35 discount (Cashback after registration and payment)

MAX GROUP SIZE 16 PARTICIPANTS

Registration & information

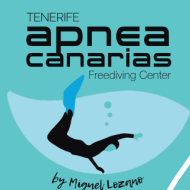
jochen.snick@gmail.com

account number : BE30 7390 2255 3511

Reference: "Deep Safety Course + your name"

Minimum requirements

✓ Comfortable diving to 20+ m
(within your comfort zone)



Location: Nemo33 www.nemo33.be



SCHEDULE*

Day 1

16:00-19:00 THEORY / RESCUE & RESUSCITATION PRACTICE

- Theory I:
 - Introduction, AIDA Competitions, Depth Competitions setup
 - Roles and responsibilities of the safety team (depth)
- Break (30min)
- Theory II
 - Pathologies and complications in depth disciplines
 - Rescue procedures for depth competitions

19:00-20:00 REST / LIGHT LUNCH (BRING YOUR OWN LUNCH)

20:00-22:00 IN-WATER PRACTICE

4 buoys with 4 participants each

- Warm-up
- Surface rescue test
- Solo and buddy rescue tests at various depths up to 20m

Day 2

12:00-15:00 THEORY PRACTICE

- Resuscitation practice with mannequin, oxygen therapy, and defibrillator held by Jeroen Van Haudt
- Video analysis of day 1

15:00-16:00 REST / LIGHT LUNCH (NOT PROVIDED - BRING YOUR OWN)

16:00-18:00 IN-WATER PRACTICE

- Extra training for those who need to meet requirements
- Simulation of lifting a freediver from the bottom using a pulley system
- Simulation of Pool extraction
- Conclusion of the Course and Diploma

* Course certified:
Aida Depth Competition Safety by
Vertical Blue Professional Safety Freediver®

TEACHERS

Omar Mourad

*Instructor Safety Trainer/First Aid and Oxygen Trainer/
Freediving Trainer and Aida Judge*



Co-owner and Instructor Trainer at Apnea Canarias since 2014. He has extensive experience in water activities as a professional lifeguard, Master Scuba Diving Instructor, and Freediver Instructor Trainer. Additionally, he is a first aid instructor, oxygen provider, and a specialist in safety for freediving competitions. He has organized Atlantic Cup Competitions in 2015, 2016, 2018, 2019, 2023, 2025.

In 2018–2019, he led the safety team for the competition “The Authentic Big Blue” in Amorgos, Greece. Recent years, he has also taught stress management in emergency situations for the Spanish Air Force and Army.

Omar lives in the Canary Islands, where he can practice freediving all year round. He has been part of the safety team at one of the world’s most prestigious freediving competitions, Vertical Blue, in 2021 and 2023, held annually in the Bahamas and he was in charge of the Safety scooter in the recent CMAS World Championship in Greece. Finally he was in charge of the safety of the Spanish Freediving Cmas delegation.

Omar will be assisted by 2 certified divers.

Jeroen Van Haudt



Passionate health-care professional with a deep appreciation for technological innovation, education, and freediving.

Having been involved with AIDA International for over a decade, I leverage my expertise to enhance safety within our worldwide, freediving community.

Some credentials to refer to: AIDA MI – AIDA FEMR IT– AIDA Education and Safety Committee – AIDA World Championship Medical Safety Officer since 2019