



PRESSURE GROUP AT END OF SURFACE INTERVAL

DEPTH (metres)

| DEPTH (metres) | Z | Y | X | W | V | U | T | S | R | Q | P | O | N | M | L | K | J | I | H | G | F | E | D | C | B | A | | |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 10* | 219 | 199 | 178 | 160 | 145 | 133 | 122 | 112 | 104 | 95 | 88 | 82 | 75 | 70 | 64 | 59 | 54 | 50 | 45 | 41 | 37 | 34 | 30 | 26 | 20 | 10 | | |
| 12 | 147 | 134 | 125 | 116 | 108 | 101 | 94 | 88 | 82 | 76 | 71 | 66 | 62 | 57 | 53 | 49 | 45 | 42 | 38 | 35 | 32 | 29 | 26 | 23 | 17 | 9 | | |
| 14 | | 98 | 92 | 87 | 82 | 77 | 73 | 68 | 64 | 61 | 57 | 53 | 50 | 47 | 43 | 40 | 37 | 35 | 32 | 29 | 27 | 24 | 22 | 19 | 15 | 8 | | |
| 16 | | | 6 | 11 | 16 | 21 | 25 | 30 | 34 | 37 | 41 | 45 | 48 | 51 | 55 | 58 | 61 | 63 | 66 | 69 | 71 | 74 | 76 | 79 | 83 | 90 | | |
| 18 | | | | 72 | 70 | 67 | 63 | 60 | 56 | 53 | 50 | 48 | 45 | 42 | 39 | 37 | 34 | 32 | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 13 | 7 | |
| 20 | | | | | 2 | 5 | 9 | 12 | 16 | 19 | 22 | 24 | 27 | 30 | 33 | 35 | 38 | 40 | 43 | 45 | 47 | 49 | 51 | 53 | 55 | 59 | 65 | |
| 22 | | | | | | 56 | 55 | 53 | 51 | 48 | 46 | 43 | 41 | 39 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 15 | 11 | 6 |
| 25 | | | | | | | 45 | 44 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 25 | 23 | 21 | 20 | 18 | 16 | 15 | 13 | 10 | 6 | |
| 30 | | | | | | | | 37 | 36 | 34 | 32 | 30 | 29 | 27 | 25 | 24 | 22 | 21 | 19 | 18 | 16 | 15 | 13 | 12 | 9 | 5 | 5 | |
| 35 | | | | | | | | | 3 | 5 | 7 | 9 | 11 | 13 | 15 | 17 | 19 | 20 | 22 | 24 | 25 | 27 | 29 | 30 | 32 | 35 | 39 | |
| 40 | | | | | | | | | | 3 | 5 | 7 | 8 | 10 | 12 | 13 | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 25 | 28 | 32 | 39 | |
| | | | | | | | | | | 29 | 28 | 26 | 25 | 23 | 22 | 21 | 19 | 18 | 17 | 15 | 14 | 13 | 11 | 10 | 8 | 4 | 4 | |
| | | | | | | | | | | | | 3 | 4 | 6 | 7 | 8 | 10 | 11 | 12 | 14 | 15 | 16 | 18 | 19 | 21 | 25 | 25 | |
| | | | | | | | | | | | | | 20 | 19 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 6 | 3 | 3 | |
| | | | | | | | | | | | | | | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 14 | 17 | 17 | |
| | | | | | | | | | | | | | | | | 14 | 13 | 12 | 11 | 10 | 9 | 9 | 8 | 7 | 5 | 3 | 3 | |
| | | | | | | | | | | | | | | | | | | 3 | 4 | 5 | 5 | 6 | 7 | 9 | 11 | 11 | 11 | |
| | | | | | | | | | | | | | | | | | | | 9 | 8 | 7 | 7 | 6 | 5 | 2 | 2 | 2 | |
| | | | | | | | | | | | | | | | | | | | | | | | | 4 | 7 | 7 | 7 | |

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METRIC

*10.5m actual: 10m used for easy depth gauge monitoring.

The Recreational Dive Planner is designed specifically for planning recreational (no decompression) dives on air only. Do not attempt to use it for planning decompression dives.

Safety Stops — A safety stop for 3 minutes at 5m is required any time the diver comes up to or within 3 pressure groups of a no decompression limit and for any dive to a depth of 30m or deeper.

Emergency Decompression — If a no decompression limit is exceeded by no more than 5 minutes, an 8 minute decompression stop at 5m is mandatory. Upon surfacing, the diver must remain out of the water for at least 6 hours prior to making another dive. If a no decompression limit is exceeded by more than 5 minutes, a 5m decompression stop of no less than 15 minutes is urged (air supply permitting). Upon surfacing, the diver must remain out of the water for at least 24 hours prior to making another dive.

Flying After Diving Recommendations

For Dives Within the No Decompression Limits

- Single Dives: A minimum pre-flight surface interval of 12 hours is suggested.
- Repetitive Dives and/or Multi-day Dives: A minimum pre-flight surface interval of 18 hours is suggested.

For Dives Requiring Decompression Stops

- A minimum pre-flight surface interval greater than 18 hours is suggested.

TABLE 3 • REPETITIVE DIVE TIMETABLE

Diving at Altitude — Diving at altitude (300m or higher) requires the use of special procedures.

Special Rules for Multiple Dives

If you are planning 3 or more dives in a day: Beginning with the first dive, if your ending pressure group after any dive is W or X, the minimum surface interval between all subsequent dives is 1 hour. If your ending pressure group after any dive is Y or Z, the minimum surface interval between all subsequent dives is 3 hours.

Note: Since little is presently known about the physiological effects of multiple dives over multiple days, divers are wise to make fewer dives and limit their exposure toward the end of a multi-day dive series.

General Rules

- Ascend from all dives at a rate not to exceed 18m per minute.
- When planning a dive in cold water or under conditions that might be strenuous, plan the dive assuming the depth is 4m deeper than actual.
- Plan repetitive dives so each successive dive is to a shallower depth. Limit repetitive dives to 30m or shallower.
- Never exceed the limits of this planner and, whenever possible, avoid diving to the limits of the planner. 42m is for emergency purposes only, do not dive to this depth.

White area indicates Residual Nitrogen Time (RNT) in minutes and is to be added to Actual Bottom Time (ABT).



Blue area indicates adjusted no decompression limits. Actual Bottom Time (ABT) should not exceed this number.

$$\begin{aligned} &\text{Residual Nitrogen Time (RNT)} \\ &+ \text{Actual Bottom Time (ABT)} \\ &= \text{Total Bottom Time (TBT)} \end{aligned}$$

CAUTION: This product for use only by certified divers or individuals under the supervision of a certified scuba instructor. Misuse of this product may result in serious injury or death. If you are unsure as to how to properly use this product, consult a certified scuba instructor.

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