

# SHORT FORM

# NO-DECOMPRESSION TABLE

1st DIVE NO-D LIMITS	DEPTH		MAXIMUM RANGE	REPETITIVE DIVE NO-D LIMITS												
	feet	metres		SURFACE INTERVALS (in hours and minutes)												
				:30 →	1:00 →	1:30 →	2:00 →	2:30 →	3:00 →	4:00 →	6:00 →	9:00 →	12:00 →	16:00		
150	30'	9	3rd DIVE	30	50	60	70	80	90	100	110	120	130	1st DIVE NO-D LIMITS		
100	35'	10.5		25	42	50	55	60	65	70	75	80	85			
90	40'	12		22	37	45	50	55	60	64	68	72	76			
70	50'	15		15	25	33	38	41	44	47	50	53	57			
50	60'	18	2nd DIVE	10	15	20	24	27	29	31	33	36	40			
35	70'	21		8	12	15	18	20	21	23	25	27	30			
25	80'	24		6	9	12	14	15	16	17	18	19	20			
20	90'	27		0	5	7	9	10	11	12	14	15	16			
15	100'	30	1st DIVE	ASCENT RATE is 40' to 50' (12m to 15m) per minute												
12	110'	33		SAFETY STOP at 15' (4.5m) is recommended												
10	120'	36		STOP 3 minutes ➡ for dives deeper than 40' (12m)												
8	130'	39														

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This table is dedicated to the scientists, officers and technicians at DCIEM

Surface Interval	DIVE #	DEPTH	No-D Limit	Time IN	SAFETY STOP	Time OUT
:			min	:	min	:

**CAUTION:** This table is designed for no-decompression scuba dives using pure compressed air. Student divers should use this table only under qualified supervision. Do not use this table for high altitude (300m+ above sea level), multi-level or decompression dives. For those activities, the DCIEM Sport Diving Tables are strongly recommended.

New divers should follow an instructor's advice regarding proper depth limits. Do not exceed the safe depth limit appropriate for your level of diving experience. Avoid recklessness. Always use common sense.

Conduct your **DEEPEST DIVE FIRST**. First Dive NO-D LIMITS are given in the column to the left of the DEPTH column, e.g. 50' (15m) Limit is 70 minutes. Your bottom time must not exceed the No-D Limit for your dive. (Bottom time includes the time it takes to descend as well as the actual time spent at depth before your final ascent).

The **ASCENT RATE** is 40' to 50' (12m to 15m) per minute. A 3 minute **SAFETY STOP** at 15' (4.5m) is recommended for dives deeper than 40'.

The **Maximum RANGE** provides depth limits for experienced divers. Only the 1st dive may be conducted below 90' (27m). 90' is the maximum depth for a 2nd dive. The maximum depth for a 3rd dive is 50'. On a 2nd or 3rd dive, do not exceed either the maximum depth of the preceding dive or the depth limit indicated in the Maximum RANGE column.

Any dive conducted within 16 hours of an earlier dive is a **REPETITIVE DIVE**. Repetitive Dive NO-D LIMITS are found by matching the Depth with the Surface Interval, e.g. after a Surface Interval of 2 hours and 15 minutes, the No-D Limit for a dive to 50' (15m) is 38 minutes.

If you finish your 1st dive with 15 minutes or more remaining on your No-D Limit, the remaining No-D time may be used as your 2nd dive No-D Limit to the same depth or less. Your Surface Interval must be at least 30 minutes. (This procedure does not apply beyond the 2nd dive).

Example: Depth is 50' (15m)

1st dive No-D Limit = 70 minutes

1st dive Bottom Time = 35 minutes

2nd dive No-D Limit = 35 minutes

The Short Form No-Decompression Table is designed for a maximum of three dives followed by a Surface Interval of at least 16 hours. After three days of repetitive diving, take a day off from using scuba equipment.

**FLYING after DIVING:** Follow the guidelines put forward by the Divers Alert Network (DAN) or wait 24 hours before flying.

## EMERGENCY DECOMPRESSION PROCEDURES

- If you exceed a No-D Limit by less than 5 minutes, conduct a 10 minute Decompression Stop at a depth of 10' (3m).
- If you exceed a No-D Limit by more than 5 but less than 8 minutes, conduct a 5 minute Decompression Stop at 20' (6m), followed by a 10 minute Decompression Stop at 10' (3m).
- If you exceed a No-D Limit by more than 8 minutes, conduct a 10 minute Decompression Stop at 20', followed by a 10 minute Decompression Stop at 10'. Extend the 10' Stop if possible.

Cease diving and avoid strenuous activity for at least 24 hours.

DAN emergency numbers: North America (919) 684-8111, DAN Japan 3-3812-4999, DAN Europe 41-1-383-1111, Australia 1-800-088-200.

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