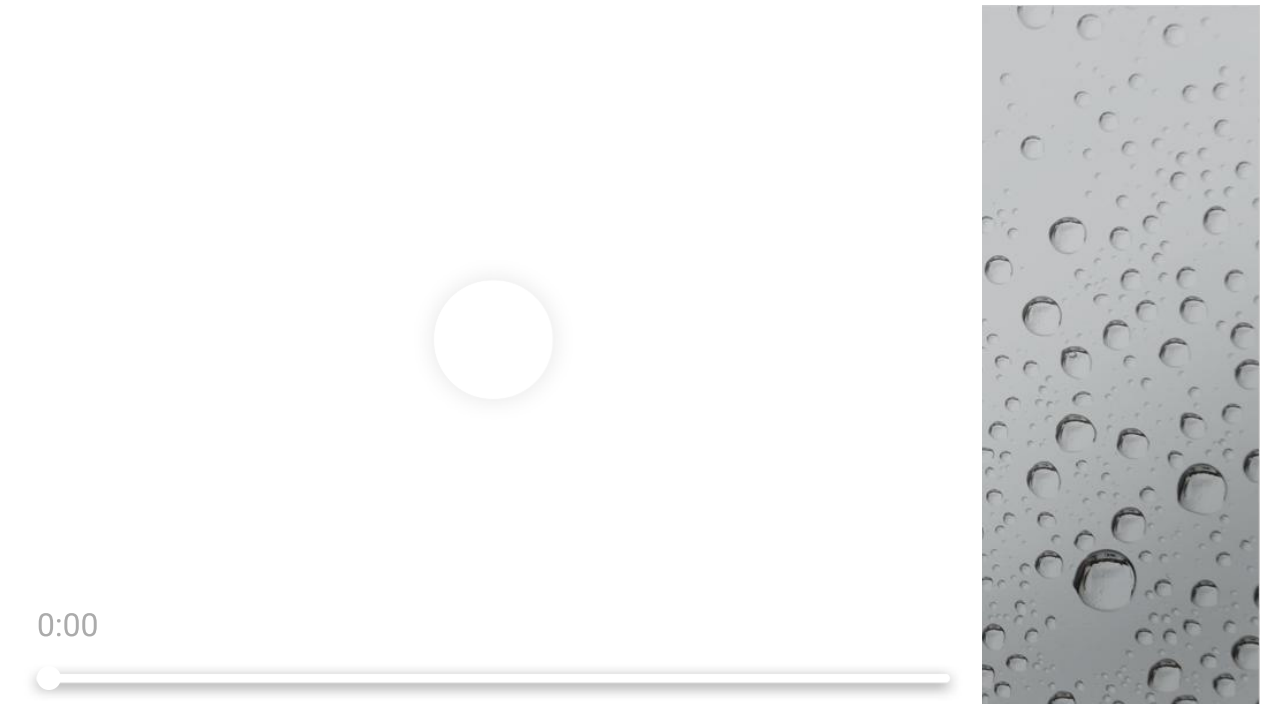




The Nitrox Dive Planning and Decision-Making Process



- ▶ With so many planning tools and options available, it should be clear that diving nitrox is as much a decision-making process as it is a planning process. The flow chart outlines just exactly what this decision-making process may entail.

What is your primary goal in diving Nitrox?



More dive time

Use a Nitrox-programmable dive computer or the Equivalent Depth conversion table or the combined Air/EANx table to manage exposure to Nitrogen.

Greater safety

Use an air-based computer or dive table to manage exposure to Nitrogen.

Will total Actual Bottom Time in any 24-hour period exceed 180 minutes?



No

Did you exceed a limiting ppO_2 of 1.4 ata?

No

Yes

Check your Nitrox Computer or use CNS "Clock" Exposure Time Table to ensure total oxygen dose does not exceed recommended limits.



Here is an overview of that process in greater detail.



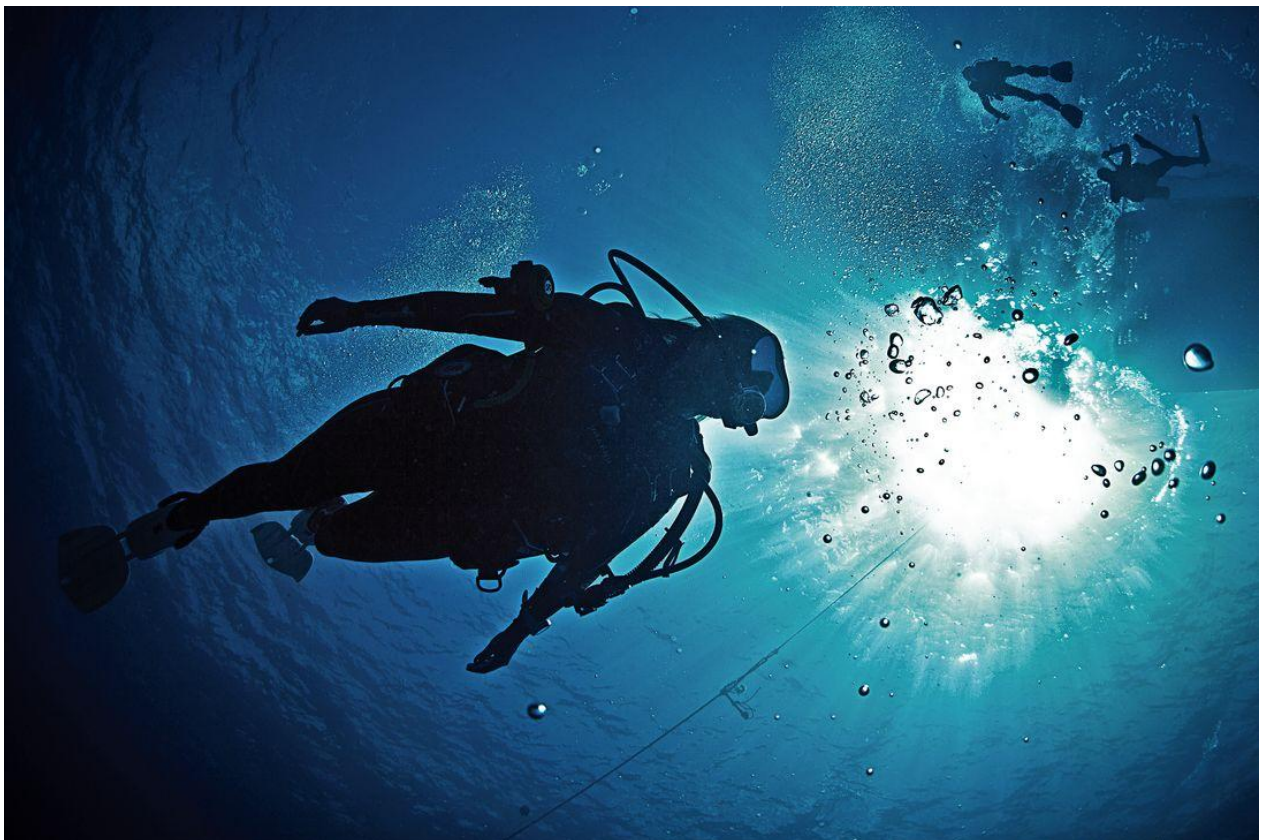
Define Your Goal



Odds are, you dive nitrox for one of two reasons: Either you wish to maximize dive time, or you want to achieve an even greater margin of safety than diving air within the same depth and time limits would otherwise provide. Which of these goals is more important to you will determine which tools you use to manage your exposure to nitrogen.

If your goal is to maximize safety, you will want to plan your dives using either an air-based dive computer or the SSI Air-Based Dive Tables. However, as mentioned earlier in this section, doing so does not eliminate the need to keep your exposure to oxygen within recommended limits.

On the other hand, if your goal is to maximize dive time, your choice of planning tools will include Nitrox programmable dive computers or a combination of the SSI Tables. As mentioned earlier, many Nitrox dive computers will also help you track and manage your oxygen exposure. For this reason, SSI strongly recommends the use of nitrox programmable dive computers.





Once you've decided how you will manage your exposure to nitrogen, the next step is to determine how you will track and manage your exposure to oxygen. As just discussed, this should be fairly easy — simply remain within a limiting ppO_2 of 1.4 atmospheres and keep total accumulated dive time for any 24-hour period within 180 minutes.

Should you exceed either of these parameters, you have two choices. You can either rely on a nitrox dive computer that tracks both nitrogen and oxygen exposure, or use the SSI CNS "Clock" Exposure Time Table. Still, the best choice of all is not to put yourself in this position in the first place.

