



PADI[®]
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30'

Instructions For Use

40'

50'

Recreational

Dive Planner

60'

70'

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Note: Because people differ in their susceptibility to decompression sickness, no decompression table can guarantee that decompression sickness will never occur even though you dive within the table limits.

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Section One

Using the Recreational Dive Planner Table

The purpose of the Recreational Dive Planner is to make all dives no decompression dives. Proper planning assures that all dives, single or repetitive, are within the no decompression limits by controlling the length of the dive, the depth of the dive, and the surface interval between dives.

Use of the Recreational Dive Planner requires having and using an accurate depth gauge, an underwater timer, a slate and pencil and the planner itself. You need to know the depth of each dive so you can determine the maximum time allowed, or you must limit your depth to a specific planned maximum depth.

Always consult the Recreational Dive Planner before each dive to be sure you know your no decompression limit. Note the time on an underwater slate and carry it with you and also note the no decompression limit for the next deeper depth, in case you accidentally exceed your depth limit. Remember that your deepest dive is always first, and each successive dive is to an equal or shallower depth than the preceding dive. If your time limits are short, consider making a shallower dive to permit more time.

As shown, the Recreational Dive Planner Table is actually three tables linked together. Each of the three tables provides information for planning dives within accepted nitrogen levels.

The Recreational Dive Planner comes in two different



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General Rules for Using the Recreational Dive Planner

forms, the Table version and The Wheel. Regardless of which version you use, there are several general rules you must follow. Apply the following rules anytime you use either version of the Recreational Dive Planner.

1. *Bottom time* is the total time in minutes from the beginning of descent until the beginning of final ascent to the surface or safety stop.
2. Any dive planned to 35 feet or less should be calculated as a dive to 35 feet.
3. Use the exact or next greater depth shown for the depths of all dives.
4. Use the exact or next greater time shown for the times of all dives.
5. Slowly ascend from all dives at a rate that does not exceed 60 feet per minute (one foot per second). Slower is acceptable and encouraged. Be a S.A.F.E. Diver — Slowly Ascend From Every Dive.
6. Always be conservative and avoid using the maximum limits provided.
7. When planning a dive in cold water, or under conditions that may be strenuous, plan the dive assuming the depth is 10 feet deeper than actual.
8. Plan repetitive dives so each successive dive is to a shallower depth. Never follow a dive with a deeper dive. Always plan your deepest dive first.
9. Limit all repetitive dives to 100 feet or shallower.





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10. Limit your maximum depth to your training and experience level. As an Open Water Diver, limit your dives to a maximum depth of 60 feet. Divers with greater training and experience should generally limit themselves to a maximum depth of 100 feet. Divers with Deep Diver training and a reasonable objective may dive as deep as 130 feet. All dives should be planned as no decompression dives and no dive should ever exceed the maximum depth limitation for recreational scuba — 130 feet. Decompression diving is beyond the parameters of the Recreational Dive Planner.
11. Never exceed the limits of the Recreational Dive Planner and whenever possible avoid diving to the limits of the planner. 140 feet is for emergency purposes only, do not dive to this depth.
12. A safety stop for 3 to 5 minutes at 15 feet is recommended at the end of all dives. A safety stop for 3 minutes at 15 feet is *required* anytime you come within three pressure groups of a no decompression limit, and for any dive to a depth of 100 feet or deeper.

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you have in your body after a dive. The easiest way to learn how to use Table 1 is to follow an example.

Assume you plan to dive on a reef you know lies in 45 feet of water. How long can you stay at 45 feet? Enter Table 1 along the top *depth* row labeled *Start*. Note in Figure 1 that as you follow the depth line to the right, that depth (after the 35-foot column) increases in 10-foot increments, and 45 feet does not appear.

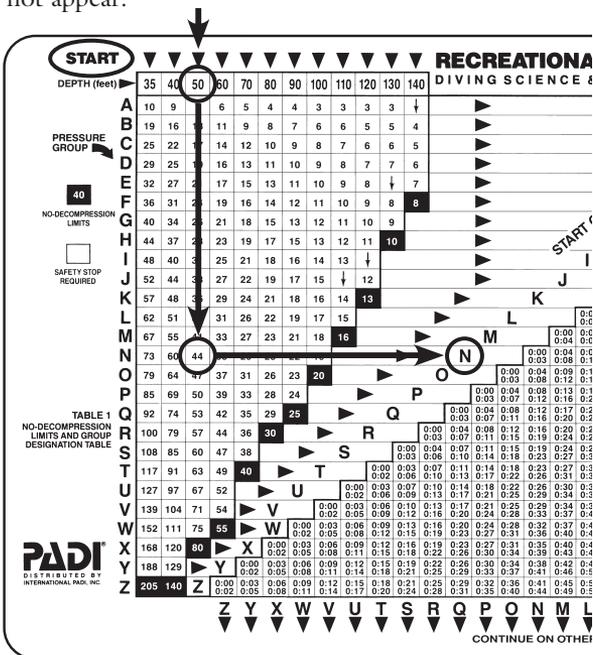


Figure 2
Using Table 1 to find
your pressure group.



Section One

The Recreational Dive Planner Table 1

1. A no decompression limit is:
 - a. the maximum allowable dive time for a dive to a specified depth.
 - b. the maximum depth limit you can reach as a recreational diver.
2. Residual nitrogen is:
 - a. the more-than-normal amount of nitrogen left in your tissues after a dive.
 - b. the excess nitrogen that bubbles to cause decompression sickness.
3. A pressure group is:
 - a. a letter that indicates how deep you went on the last dive.
 - b. a letter that represents the amount of residual nitrogen in your body after a dive.

How did you do?

1. a 2. a 3. b
-

In the general rules you learned that you always use the exact or *next greater* depth, so in this example you will follow the depth row to the 50-foot column. All the numbers appearing below the depth row are in minutes. At the bottom of the 50-foot column, find the number 80 in a black box. All the times in the black boxes are maximum allowable times and referred to as *no decompression limits* (NDLs). This means the maximum time for your dive to 45 feet (rounded up to 50) is 80 minutes. (See Figure 1.)

It is unlikely that you would spend an entire dive at exactly one depth. *When using the RDP Table for the purposes of calculation, you will use the deepest depth you reach during the dive, regardless of how long you actually remain at that depth.*

If you're planning only one dive, this is all the information you need. Your dive must not exceed 80 minutes. Similarly, you will note that a dive to 60 feet has an NDL of 55 minutes, and a dive to 40 feet has an NDL of 140 minutes.

On many occasions, you'll make more than one dive. You must account for the nitrogen you absorb on the first dive when planning your next dive. The nitrogen left in your tissues after the first dive is called residual nitrogen. You use Table 1 to tell you how much residual nitrogen you have in your body.

Continuing with the previous example, assume that you remained at 45 feet for 42 of the allowable 80 minutes. Follow the 50-foot column down until



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you find 42 minutes or the *next greater* time — in this case, 44 minutes. From 44 minutes, follow the horizontal row to the right to find the letter N. (See Figure 2.) This letter is your *pressure group* (PG), and represents the amount of residual nitrogen in your body after the dive. You use your pressure group when you move into Table 2. Before moving to Table 2, complete the sample problems.

SAMPLE PROBLEMS—TABLE 1

Solve these sample problems and check your answers against the answers given. Be sure your answers are correct before proceeding.

1. A dive to 43 feet for one hour yields what pressure group?

- a. Pressure group R.
- b. Pressure group Q.
- c. Pressure group S.
- d. Pressure group T.

Answer: c. Pressure group S.

43 feet doesn't appear on Table 1, so you use the 50-foot column. Follow the 50-foot column down until you find 60 minutes (one hour). Next move horizontally along the row until you find pressure group S.

2. A dive to 28 feet for 70 minutes yields what pressure group?

- a. Pressure Group M.
- b. Pressure Group N.
- c. Pressure Group L.
- d. Pressure Group O.

Answer: b. Pressure group N.

28 feet does not appear on the top of Table 1, and any dive shallower than 35 feet should be planned as a 35-foot dive. Find 35 feet at the top of Table 1, move down the column until you find 70 minutes (one hour and ten minutes). 70 minutes is not on Table 1 under 35 feet, so you must use 73 minutes. From there, move horizontally until you locate pressure group N.

3. A dive to 60 feet for 40 minutes yields what pressure group?

- a. Pressure Group S.
- b. Pressure Group Q.
- c. Pressure Group R.
- d. Pressure Group P.

Answer: b. Pressure group Q.

Find 60 feet at the top of Table 1 and then follow the column down until you find 40 minutes. 40 does not appear, so you must use 42 minutes. Moving horizontally from 42 minutes, you find pressure group Q.



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box where one hour falls on or between the two times listed (Figure 3). In this case, the box with the time interval listed as 1:00-1:08 is the one you are looking for. Now move downward vertically to the bottom to find the new pressure group (in this example, pressure group D) (Figure 3). That means in one hour, a diver with a pressure group of N loses enough residual nitrogen to move to pressure group D. With this new pressure group, you proceed to Table 3 to plan your repetitive dive.

SAMPLE PROBLEMS—TABLE 2

Solve the following sample problems and check your answers just like you did after reading the section on Table 1. Be sure your answers are correct before proceeding.

1. After a dive, Table 1 shows you are in pressure group J. What will your new pressure group be after a 32-minute surface interval?

- a. Pressure group E.
- b. Pressure group D.
- c. Pressure group F.
- d. Pressure group H.

Answer: a. Pressure group E.

Find pressure group J along the diagonal portion of Table 2. Moving inward horizontally, you will find the time interval of 0:32 - 0:40 (32 minutes through 40 minutes). 32 minutes falls within this interval.

Next, move downward from this time interval box until finding new pressure group E at the bottom of Table 2.

2. A diver in pressure group P will be in what new pressure group after a 55-minute surface interval?

- a. Pressure group E.
- b. Pressure group A.
- c. Pressure group G.
- d. Pressure group F.

Answer: d. Pressure group F.

Find pressure group P along the diagonal portion of Table 2. Following the row horizontally inward from P, you will find the time interval of 0:52 - 0:59. 55 minutes falls within this interval. Now move downward vertically from this box until you find the new pressure group F at the bottom of Table 2.

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The Recreational Dive Planner Table 2

1. A surface interval:
- a. must be longer than 12 hours.
 - b. is the time spent on the surface between two dives.

How did you do?

1. b.

SAMPLE PROBLEMS—TABLE 2 (Continued)

3. A diver in pressure group I will be in what new pressure group after a surface interval of 4 hours?

- a. Pressure group Z.
- b. Pressure group B.
- c. Pressure group A.
- d. Pressure group C.

Answer: c. Pressure group A.

Find the pressure group I along the diagonal portion of Table 2 and follow the row in horizontally until you find the time interval 1:54 - 4:54. Four hours falls within this time interval. Next, move downward vertically until you find the new pressure group A at the bottom of Table 2.

Table 3

You use Table 3 to find out how much residual nitrogen, expressed in minutes, you have remaining in your body prior to entering the water for a repetitive dive. This amount is referred to as *residual nitrogen time (RNT)*. Essentially, Table 3 takes your pressure group and converts it into the time limit for your next dive.

Continuing with the same example, you were in pressure group D at the bottom of Table 2 after your surface interval of one hour. Flip the Recreational

*Figure 4
Using Table 3 to find your residual nitrogen time and your adjusted no decompression limit.*

DEPTH (feet)	PRESSURE GROUP AT END OF SURFACE INTERVAL																							
	Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C
35	205	188	168	162	139	127	117	108	100	92	85	79	73	67	62	57	52	48	44	40	36	32	29	25
40	140	129	120	111	104	97	91	85	79	74	69	64	60	55	51	48	44	40	37	34	31	27	25	22
50				80	75	71	67	63	60	57	53	50	47	44	41	38	36	33	31	28	26	24	21	19
60					55	54	52	49	47	44	42	39	37	35	33	31	29	27	25	23	21	19	17	16
70						1	3	6	8	11	13	16	18	20	22	24	26	28	30	32	34	36	38	41
80								40	38	36	34	33	31	29	27	26	24	22	21	19	18	16	15	13

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White area indicates Residual Nitrogen Time (RNT) in minutes, which you add to Actual Bottom Time (ABT)

25
30

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

Dive Planner over and find pressure group D along the top row. Along the left side of Table 3, you find the depths for the repetitive dive. For the sake of example, assume you plan your repetitive dive to 38 feet. Again, when the actual depth does not appear on the table, you use the next greater depth, in this case, 40 feet. Locate 40 feet on the left side of Table 3 and follow the row horizontally to the right until you are under pressure group D. There you'll find two numbers: 25 in the white portion (top) of the box and 115 in the blue portion (bottom) (Figure 4).

25 is the RNT, which you use for returning to Table 1 after the repetitive dive (you'll learn more about this shortly), and 115 is the adjusted *no decompression limit*.

The adjusted no decompression limit is *the maximum amount of time you can spend at that depth for the repetitive dive*. In this example, because you are in pressure group D going to 38 feet (rounded to 40), you may stay under water no longer than 115 minutes. (Note: When you add the numbers contained in any box on Table 3, the sum is the no decompression limit in the black boxes in Table 1. The adjusted no decompression limit results from subtracting the RNT from the NDL in Table 1.)



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SAMPLE PROBLEMS—TABLE 3

Solve the following sample problems and check your answers against the answers given. Be sure your answers are correct before proceeding.

1. If you are in pressure group K after your surface interval, and you are planning a dive to 60 feet, what is your adjusted no decompression limit?

- a. 24 minutes.
- b. 28 minutes.
- c. 29 minutes.
- d. 26 minutes.

Answer: d. 26 minutes.

On Table 3, find pressure group K along the top and the depth, 60 feet, along the left side. Follow the 60-foot row horizontally to the right until it intersects with the pressure group K column. There you find 29 in the top, white portion of the box and 26 in the bottom, blue portion. The adjusted no decompression limit is the number in the bottom, blue portion: 26 minutes.

2. After a surface interval, you are in pressure group P and planning a dive to 50 feet. What is your adjusted no decompression limit for this dive?

- a. 30 minutes.
- b. 27 minutes.
- c. 50 minutes.
- d. 33 minutes.

Answer: a. 30 minutes.

Locate pressure group P along the top row of Table 3. Next, find the depth, 50 feet, along the left side of Table 3. Intersect the P column and the 50-foot row to find the

box containing 50 in the top, white portion and 30 in the bottom, blue portion. The adjusted no decompression limit is the bottom number: 30 minutes.

3. If you're in pressure group M after a surface interval, what is the residual nitrogen time if you're planning a repetitive dive to 60 feet?

- a. 35 minutes.
- b. 22 minutes.
- c. 33 minutes.
- d. 31 minutes.

Answer: c. 33 minutes.

On the top of Table 3, find pressure group M. On the left-hand side of Table 3, locate 60 feet. Intersect the 60-foot row and pressure group M column to find the box with numbers 33 in the top, white portion and 22 in the bottom, blue portion. The top number, 33 minutes, is the residual nitrogen time, or RNT.

4. Following a surface interval, you're in pressure group T. What would be your RNT for a repetitive dive planned to 50 feet?

- a. 63 minutes.
- b. 17 minutes.
- c. 67 minutes.
- d. 60 minutes.

Answer: a. 63 minutes.

On Table 3, find pressure group T at the top and the depth, 50 feet, on the left side. Intersect T and 50 to find the box containing 63 in the top, white portion and 17 in the bottom, blue portion. The RNT is the top number: 63 minutes.

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The Recreational Dive Planner Table 3

1. Residual nitrogen time (RNT) is:
 - a.the amount of residual nitrogen found in your body before you make your first dive of the day.
 - b.the amount of residual nitrogen, expressed in minutes, you have remaining in your body prior to entering the water for a repetitive dive.
2. Adjusted no decompression limit is:
 - a.the maximum amount of time you can spend at a specified depth on a repetitive dive.
 - b.the shorter-than-normal no decompression limits you must follow until you become an experienced diver.

How did you do?

1. b
2. a.

Drawing the Dive Profile

One way you can avoid confusion and make sure you don't miss any steps when using the dive tables is to graphically represent the dive as a drawing. This is called a dive profile (Figure 5).

Notice that there's a blank space for each piece of critical information. If you leave a space blank when drawing a dive profile, you've probably overlooked an important part of using the dive tables. The profile of the example you've been using is provided in Figure 6

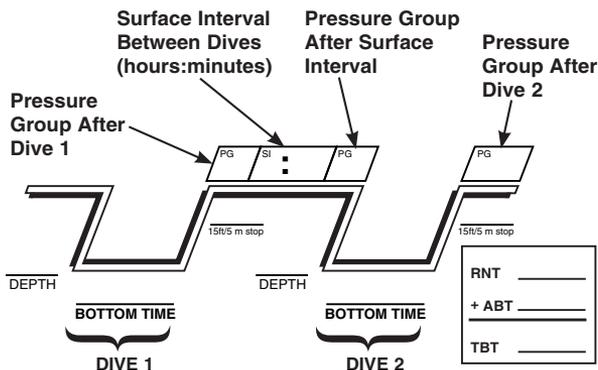


Figure 5

By drawing a dive profile when using dive tables, you can avoid confusion and skipping steps.

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Drawing the Dive Profile

1. A dive profile is a:
- a. method of calculating your bottom time.
 - b. graphic representation of a dive.

How did you do?

1. b.

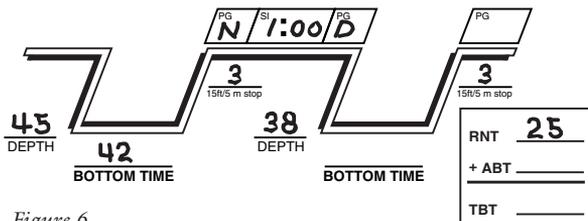


Figure 6
Example dive profile.

for your reference. It's recommended that you make a habit of drawing a dive profile when you use dive tables.

Planning Multiple Repetitive Dives

If you only plan to make two dives — the first dive and one repetitive dive — then you've already learned what you need to know. If you want to make more than two dives, though, there's just one more step you need to learn: How to get your new pressure

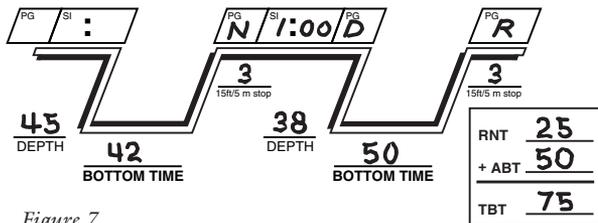


Figure 7
At the end of the dive profile, remember to add your residual nitrogen time (RNT) to your actual bottom (ABT) time to get your total bottom time (TBT).



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group at the end of a repetitive dive.

You find your pressure group by using the RNT you found on Table 3 and the bottom time of your repetitive dive, on Table 1. Continuing with the previous example, suppose you stayed under water 50 minutes of the 115 adjusted no decompression limit on the repetitive dive to 38 (rounded to 40) feet. Because this is the time you actually spent under water, it is called actual bottom time (ABT).

During the actual bottom time of the repetitive dive, your body absorbed more nitrogen, but you also had residual nitrogen left from the first dive. To determine the pressure group for all the nitrogen in your body, add the Residual Nitrogen Time (RNT) to the Actual Bottom Time (ABT) to give you Total Bottom Time (TBT). In the example, you get $25 \text{ (RNT)} + 50 \text{ (ABT)} = 75 \text{ (TBT)}$. (Figure 7)

Now all you have to do is use the total bottom time and the depth of the repetitive dive in Table 1 to find your new pressure group, just like you did at the end of the first dive. In the example, find 75 minutes in the 40-foot column. It doesn't appear, so you round up to 79 minutes, then move horizontally to find the new pressure group, R. (Figure 8) You can now enter Table 2 with a new surface interval and proceed in the same sequence as before.

At the end of a repetitive dive, always remember that to get back to Table 1 and find your new pressure group, you must add the residual nitrogen time

A vertical rectangular graphic on the left side of the page, featuring a grayscale image of a rocky or coral reef underwater. The text 'Section One' is overlaid on the right side of this graphic. 'Section' is in a smaller, sans-serif font, and 'One' is in a much larger, bold, sans-serif font.

Section One

multiple repetitive dives. You may find it helpful to use this memory device: “Always find the RAT.”

Special Rules for Multiple Repetitive Dives

There are some special rules that apply when you plan to make 3 or more dives (the first and 2 repetitive) in a series of multiple repetitive dives. Making more than 3 dives in a series is common during diving vacations to a resort area or on a liveaboard dive boat.

If you're planning three or more dives, beginning with the first dive of the day, if your ending pressure group 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.

Don't forget that you plan a repetitive dive to the same or a lesser depth than the dive preceding. Make your deepest dive of the series first, and make progressively shallower dives as the series continues. Limit all repetitive dives to 100 feet or shallower.

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



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SAMPLE PROBLEMS—PLANNING MULTIPLE REPETITIVE DIVES

Solve the following sample problems and check your answers against those given. Make sure your answers are correct before proceeding.

Indicate the final pressure group upon surfacing after the following series of dives. To avoid confusion, practice drawing the dive profile as you work the problems.

1. First dive: 50 ft/40 mins; surface interval: 1:00. Second dive: 40 ft/60 mins.

- a. Pressure group R.
- b. Pressure group P.
- c. Pressure group S.
- d. Pressure group T.

Answer: c. Pressure group S.

After the first dive to 50 feet for 40 minutes, your pressure group from Table 1 would be M (remember to use 41, since 40 minutes is not found on the table). On Table 2, begin at M and move horizontally to find the surface interval box that includes 60 minutes (1 hour) — that box is 0:56 - 1:04, making D your new pressure group. On Table 3, intersect D and 40 feet (the depth of the second dive) to 25 over 115. Add the top number, 25 minutes of residual nitrogen time to your actual bottom time of 60 minutes for a total bottom time of 85 minutes. Return to Table 1 and

locate the 40-foot column, then follow it down until you find your total bottom time of 85 minutes. From there, move horizontally to locate your new pressure group, S.

2. First dive: 60 ft/30 mins; surface interval: 30 mins. Second dive: 50 ft/30 mins.

- a. Pressure group R.
- b. Pressure group P.
- c. Pressure group S.
- d. Pressure group T.

Answer: a. Pressure group R.

After the first dive to 60 feet for 30 minutes, your pressure group is L on Table 1 (you use 31 minutes because 30 minutes is not found). On Table 2, follow horizontally from L to the surface interval box that includes 30 minutes: the 0:28 - 0:34 box. Move down vertically from there to find your new pressure group, G. On Table 3, intersect G and 50 feet (the depth of your second dive) to find the box containing 26 over 54. Add the 26 minutes of RNT to your 30-minute ABT (the time of your second dive) to get a TBT of 56 minutes. Return to Table 1 and locate the 50-foot column. Follow it down until you find 56 minutes, then proceed horizontally right to locate your new pressure group, R.



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3. First dive: 55 ft/50 mins; surface interval: 24 mins. Second dive: 50 ft/30 mins.

- a. Pressure group W.
- b. Pressure group T.
- c. Pressure group X.
- d. Pressure group U.

Answer: c. Pressure group X.

After the first dive to 55 feet (must use 60) for 50 minutes (must use 52), your pressure group from Table 1 is U. On Table 2, begin at U and move in horizontally until you locate the box 24 minutes falls within,

the 0:22 - 0:25 box. Move down vertically to find a new pressure group of O. On Table 3, intersect O and 50 feet to find an RNT of 47 (top number) and an adjusted no decompression limit of 33 (bottom number). Add the 47 minutes RNT to your 30-minute ABT for a TBT of 77 minutes. Return to Table 1 and locate 50 feet at the top. Proceed down the column until you find 77 minutes (must use 80), then proceed horizontally to find your new pressure group X. Because you are in Group X, you must wait at least an hour between all subsequent repetitive dives.

Special Rules for Multiple Repetitive Dives

1. If you are planning three or more dives in one day and your ending pressure group after the second dive is a Y, you should wait a minimum of __ hour(s) between all subsequent dives.

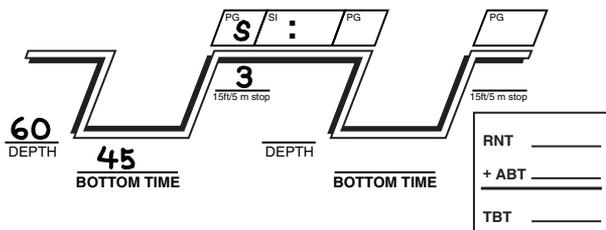
- a. 1 b. 3

How did you do?

1. b.
-

Section Two

Figure 10
Put your first dive
and pressure group
on the dive profile.



is a common planning technique on half-day boat trips, for example. By working through an example, you can get a clear idea of how to determine a minimum surface interval.

Suppose you're planning two dives — the first to 60 feet for 45 minutes, the second to 50 feet for one hour. How long does your surface interval need to be to be able to make the second no decompression dive? Since you're looking for a minimum surface interval,

you'll actually work the tables from both ends to find the answer in Table 2.

Begin by finding your pressure group at the end of the first dive. On Table 1 in the 60-foot column, you find that at the end of a 45-minute dive, you will be in pressure group S (Figure 9). Record pressure group S on your dive profile (Figure 10).

Next, find the greatest pressure group that will allow you to make your second dive (50 feet for one

Section Two

Figure 11
Next, go to Table 3, find 50 feet on the left and move to the right until you find the first adjusted no decompression limit that permits a dive of at least 60 minutes. Follow the column upward to find pressure group D.

hour). To find this pressure group, flip to Table 3 and find 50 feet on the left side. Follow the 50-foot row inward, from left to right, until you find the first adjusted no decompression limit (number in blue) that permits a dive of at least 60 minutes (one hour). You will find the number 61 in blue — the first adjusted no decompression limit that is 60 minutes or greater. Now, move up the column from 61 minutes. You should find pressure group D at the top of the column (Figure 11). You now know that to make a 60-minute dive to 50 feet, you must be at least a pressure group D diver after your surface interval. List this pressure group on your dive profile (Figure 12).

Now use Table 2 to find out how long of a sur-

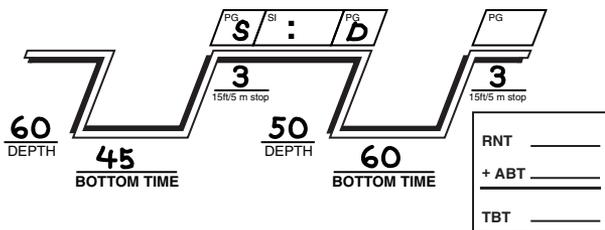
DEPTH (feet)	PRESSURE GROUP AT END OF SURFACE INTERVAL																							
	Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C
35	205	188	168	152	139	127	117	108	100	92	85	79	73	67	62	57	52	48	44	40	36	32	28	25
40	140	129	120	111	104	97	91	85	79	74	69	64	60	55	51	48	44	40	37	34	31	27	22	18
50	80	75	71	67	63	60	57	53	50	47	44	41	38	36	33	31	28	26	24	21	19	17	16	13
60				55	54	52	49	47	44	42	39	37	35	33	31	29	27	25	23	21	19	17	16	14
70						40	38	36	34	33	31	29	27	26	24	22	21	19	18	16	15	13	12	10
80							30	29	28	26	25	23	22	21	19	18	17	15	14	13	11	10	9	8
90										25	24	23	22	21	19	18	17	16	15	13	12	11	10	9
100											20	19	18	17	16	15	14	13	12	11	10	9	8	
110													16	15	14	14	13	12	11	10	9	8	7	
120															13	12	12	11	10	9	8	7	6	
130																	10	9	8	8	7	6	5	

TABLE 3 • REPETITIVE DIVE TIMETABLE

Section Two

face interval it will take for you to change from pressure group S (at the end of your first dive) to pressure group D (at the beginning of your second dive). Find pressure group S along the diagonal slope of Table 2 and pressure group D along the bottom. Move in from pressure group S and up from pressure group D until you find the box where they intersect. There you find 1:19 - 1:27 (Figure 13). Since you're looking for

Figure 12
Your dive profile
should now look
like this.



the minimum surface interval, your answer is 1:19. You must wait at least one hour and 19 minutes between the two dives that you planned in this example.



Note that you've found the answer for dives planned to the limits. For conservation, in actually making the dives, dive for shorter times and/or allow a longer surface interval so you remain well within RDP limits.



Section Two

SAMPLE PROBLEMS—FIND YOUR MINIMUM SURFACE INTERVAL

Find the minimum surface intervals required to complete the series of dives in the sample problems below, then check your answers against the answers given. Be sure your answers are correct before proceeding. Remember, drawing the dive profiles helps you avoid confusion.

1. First dive: 60 feet/40 mins. Second dive: 60 feet/40 mins. The minimum surface interval is:

- a. 1:42
- b. 1:21
- c. 1:12
- d. 1:20

Answer: b. 1:21.

Start with Table 1. After a dive to 60 feet for 40 minutes (40 minutes is not listed, so you must use 42), your pressure group is Q. Next go to Table 3. Find 60 feet on the left side and follow the row horizontally to the right until you find the first adjusted no decompression limit (number in the bottom, blue portion of the box) that is 40 minutes or greater. The number you find is 41. Follow the column up to find pressure group C. Turn to Table 2 and find where pressure group Q on the diagonal intersects with pressure group C on the bottom.

In that box, 1:21 - 1:42, 1 hour and 21 minutes is the minimum surface interval needed to make the two dives safely.

2. First dive: 50 feet/60 mins. Second dive: 40 feet/70 mins. The minimum surface interval is:

- a. 0:14
- b. 0:07
- c. 0:11
- d. 0:32

Answer: c. 0:11.

Start on Table 1. Under 50 feet find 60 minutes, which puts you in pressure group S. Now turn to Table 3. Find the 40-foot row starting on the left side and follow it to the right until you find the first adjusted no decompression limit on the bottom (blue portion of the box) that is 70 minutes or greater. The number you find is 71. Come up the column vertically until you find the pressure group P. Turn to Table 2 and find where pressure groups S and P intersect by following S from the diagonal slope horizontally and P from the bottom vertically. The interval you find is 0:11 - 0:14. Eleven minutes is the minimum surface interval required to make these two dives safely.



Section Two

SAMPLE PROBLEMS—FIND YOUR MINIMUM SURFACE INTERVAL

3. First dive: 60 feet/50 mins. Second dive: 50 feet/60 mins. The minimum surface interval is:

- a. 1:26
- b. 1:34
- c. 1:18
- d. 1:34

Answer a. 1:26.

Start on Table 1 and find 50 minutes in the 60-foot column (50 is not there, so you must use 52 minutes). This puts you in pressure group U. Go to Table 3 and find 50 feet on the left side. Follow the 50-foot row horizontally from left to right until

you find the first adjusted no decompression limit (the number in the bottom, blue portion of the box) that is 60 minutes or greater. You find 61 minutes and follow the column up vertically to find pressure group D. On Table 2, find pressure group U on the diagonal and pressure group D at the bottom and find the surface interval where they intersect. At the intersection you find 1:26 - 1:34, so 1 hour and 26 minutes is the minimum surface interval needed to make the two dives safely.

Section
ThreeDive Tables
Definitions
Review

You've learned the following terms in the discussions on dive computers and in learning to use the RDP. This list provides a convenient and quick reference and review.

Actual Bottom Time (ABT) — In repetitive diving, the total time actually spent under water (in minutes) from the beginning of descent until leaving the bottom for a direct continuous ascent to the surface or safety stop.

Adjusted No Decompression Limit — The time limit for a repetitive dive that accounts for residual nitrogen, found on Table 3 of the RDP Table. Actual Bottom Time should never exceed the adjusted no decompression limit.

Ascent Rate — The proper speed for ascending, which is no faster than 60 feet per minute. A rate slower is acceptable, and appropriate.

Bottom Time — The time from the beginning of descent until the beginning of a direct, continuous ascent to the surface or safety stop.

Decompression Diving — Diving that requires planning stops during ascent to avoid decompression sickness. In recreational diving (no decompression diving), a decompression stop is considered an emergency procedure only, and is never an intentional part of the dive plan.

A vertical rectangular graphic on the left side of the page, featuring a grayscale image of a rocky or coral reef underwater. The text 'Section Three' is overlaid on the right side of this graphic. 'Section' is in a smaller, regular font, and 'Three' is in a much larger, bold font.

Section Three

Dive Profile — A drawing of your dive plan, used to avoid confusion and omissions when using the dive tables.

Multilevel Diving — Planning profiles that credit you for slower nitrogen absorption when you ascend to a shallower depth. This provides more no-stop dive time. The Wheel version of the Recreational Dive Planner can be used for multilevel diving.

No Decompression Limit (NDL) — The maximum time that can be spent at a depth before decompression stops are required. Also called “no-stop time.”

No-Stop Dive — A dive made within no decompression limits because you don’t have any required emergency decompression stops.

Pressure Group — A letter used on the Recreational Dive Planner to designate the amount of theoretical residual nitrogen in your body.

Repetitive Dive — A dive that follows another while there’s still a significant amount of residual nitrogen in your body. Using the Recreational Dive Planner, this is a dive made within six hours of a previous dive.

Residual Nitrogen — The higher-than-normal amount of nitrogen remaining in your body after a dive.



Section Three

Residual Nitrogen Time (RNT) — An amount of nitrogen, expressed in minutes (found on Table 3 by using a pressure group letter) for a specific depth, that you add to the actual bottom time of a dive to account for residual nitrogen from a previous dive.

Safety Stop — A stop made between 10-20 feet — usually 15 feet for three or more minutes at the end of a dive for additional safety. The safety stop is recommended after all dives (air supply and other considerations allowing), and required on those to 100 feet or greater, and those coming within three pressure groups of the no decompression limit.

Surface Interval (SI) — The amount of time spent on the surface between two dives. It is usually recorded in hours:minutes (e.g. 3:25 — 3 hours, 25 minutes).

Total Bottom Time (TBT) — The sum of Residual Nitrogen Time and Actual Bottom Time after a repetitive dive, used on Table 1 to determine the pressure group.

Recreational

Dive Planner

Instructions for Use



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