

Training Dive Action Items

Pre Dive:

Analyze Gas and label contents on every tank to be used.

Record the starting pressure in all tanks to be used.

Inventory all gear needed and check all for proper operation before getting in the water.

Make and discuss with the team the dive plan taking in account for:

- Narcosis (Narcotic Potential)
- Decompression
- Oxygen Toxicity
- Gas Supply

Discuss gas management contingency plan with teammates.

Start of Dive:

Primary Light On, Stays on till end of dive.

Check suit inflation, flood and dump suit, stretch and confirm proper range of motion.

Bubble Check, S-Drill, Confirm gauge pressure in all tanks, and Calculate Turn Pressure.

Post Dive:

Post breathe highest FO2 Deco Gas while relaxing on the surface prior to exiting the water.

Record the ending pressure in all used tanks. (label them if they need to be topped up)

Document dive in log, get confirmation signatures from instructor and teammates.

Document the maximum actual exposures from the dive:

- Max Depth
- Average Depth
- Max Dive Time
- Max PO2 Exposure
- Max CNS Accumulation

Document Gas Consumption Rate:

Calculate gas consumption average in CuFt per min over the total dive and record in log:

1, Calculate the volume used in each tank. $(PSI\ used / Rated\ Fill\ PSI) \times Tank\ Volume$

2, Add all the volumes used together for a total volume

3, Find the average depth and convert to pATA

4, Record Max Dive Time

5, Total Volume in Cuft / Max Dive Time = CuFt per min

6, CuFt per min / Avg Depth pATA = SAC

Example: using 169 CuFt total for a dive to 43' (2.26pATA) for 153 min

$169\text{Cuft} / 153\text{min} = 1.10\text{ CuFt per min}$

$1.10\text{ CuFt per min} / 43\text{ft avg depth in pATA (2.26pATA)} = \text{SAC Rate of } 0.49\text{ CuFt/min}$