



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO Diving World Headquarters
158 Garden Grove Road, Lincoln, NB, Canada

ISSUE 37

What's New

Welcome to the **February 2014** edition of The **COJO Diving Safety Stop Newsletter**.

January was crazy with courses!! COJO had the PADI **Ice Diver** course, DAN **DEMP Instructor** Course and DAN **BLS** Course just to name a few!! COJO also did the **Cavern Diver** course which was awesome!!! For dives during January, COJO held the New Year's Day Dive as well



as some beautiful diving in **Eastport**, **Wallace Cove** and **Killarney Lake!!**

February is shaping up with **tons of presentations** and courses!! There is a **Rebreather Basics** for people interested in CCR Diving by Al Klima, **PADI Project Aware** course by Juanita, **TDI / SDI** sponsored presentation on **The bends** with our very own Doc Octo, John Prendergast and an awesome presentation on **Diving in the St John River** by Doug and Larry Fairweather that promises to be a fricken blast!!!

Doc Octo is back again with another awesome column on **Surviving Diving Emergencies and Panic**. It is an awesome article and, a must read for anyone, especially interested in Tech Diving!! Don't miss it!!

COJO encourages you to send in your pictures for the **Photo Of The Month**. If your picture gets chosen, your picture and name will be published in the Safety Stop and you could win a coupon redeemable for merchandise or services at COJO Diving.

If you would like to stop receiving this newsletter please reply to this e mail with "Unsubscribe Me" in the Subject Line

Thanks and Safe Diving!!
Connie and Joe
COJO Diving



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Courses Completed During January

During **January**, COJO completed the following courses:

- **PADI** Ice Diver (Classroom Only)
- **PADI** Cavern Diver Course
- **TDI** Gas Blender Course (Basic)
- **DAN** Basic Life Support Course
- **COJO** Drysuit Diver Course
- **DAN** DEMP Instructor Course



As well as working we would like to send out a **HUGE** congratulations to **PADI** Dive Masters **Matt Towns**, **Dan Keith** and **John Prendergast**. These three have finished their PADI Dive Master course and are a **welcome addition to COJO Diving's awesome Dive Team!!!!** Woo Hoo!!!

Courses To Come

For **February**, we will be doing a few dive courses. We have

- **2 Feb 14** – **COJO** Discover SCUBA Diving (Woodstock)
- **12 Feb 14** – **PADI** Project Aware Specialty
- **27 – 28 Feb** – **NSS / CDS** Cavern / Basic Cave (With Jim and Reggie at **Cave Country Dive Shop**, Florida)

As well as several **Open Water** students dying to get in the water!! Don't miss out!!





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Excursions During January

For January **COJO Diving** helped to sponsor the **Central Valley Adult Learning Association's 1st Annual Polar Bear Plunge!!!** What an awesome experience and thanks to Central Valley Adult Learning for a chance to participate!! COJO had a ten person crew out to help with the festivities!!

During the plunge, **Joe and Alastair** acted as in water Safety Divers. They each managed to still get a dive or two under the ice before and after the dip!! Joe in his sidemount rig and Al on his rEvo CCR!!! Awesome time!!





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SEMINARS IN-HOUSE

The Switch to CCR: Rebreather Basics (3 Feb 14)

This seminar will be by [Alastair Klima](#), newly minted Rebreather Diver and will be aimed at information on what our Southern Connection instructor, [Jim Wyatt](#) put AI through on his recent course. We will be looking at the pros and cons of rebreather diving and why this is such a useful tool!!! Don't miss out!!



I've Got You Under My Skin (19 Feb 14)

COJO's [Doc Octo](#) will be doing a presentation on [Decompression Illness](#), how to avoid, detect and treat. Doc Octo is a regular in this publication and has great insights on [Dive Medicine](#)!! It will be an awesome presentation!!

Underwater River Treasures (28 Feb 14)

Local COJO Divers [Doug](#) and [Larry Fairweather](#) will be in to share some of the awesome treasures they find in the local [Underwater Exploration](#) of the [St John River](#) system!!! These guys will amaze you with their treasures!!!!



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EXCURSIONS TO COME Cave Diving Excursion

That's right!! COJO is headed back to Cave Country to do some awesome cavern and cave training!! This year we will be completing a few Cavern certifications as well as some Intro To Cave with a few students!!! Our awesome Southern Connection, Jim Wyatt will be heading up the training and Joe will be there to carry his gear and get his picture taken!! Joe may even get in a couple dives at The Eagle's Nest and Blue Heron Bridge!! It promises to be an awesome Trip!!!!





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NEWFOUNDLAND 2014!!!

That's right, we are planning another trip to **Newfoundland** for July 19 to 26, 2014!!! If you have never been to Newfoundland and haven't been on these wrecks **now is the time!!** If you have been there, nothing more needs to be said!! It is **World Class Diving** and will be a **World Class Trip**.

We are well into the planning and we have collected deposits. **There are just 3 spots available** so if you are interested, let us know. This is the trip of a lifetime!! We will be offering several courses such as **Advanced Nitrox and Decompression Procedures**. Don't miss out!!

If you are interested, send a note to info@cojodiving.com for details!!





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Ask Doc Octo...

Surviving Diving Emergencies



In the mid-sixties Frank Herbert wrote a wonderful science fiction series based on and named for the desert world of Dune. As part of his training Paul Atreides, the future ruler of Dune, would be called upon to recite this litany against fear.

I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.

I recently thought of this wonderful passage when I read an article by well known Canadian Diver, David Sawatzky. Dr. Sawatzky's article concerned advice on surviving diving emergencies and is largely based upon the work of Dr. John Leach, an expert in survival psychology. Dr. Leach, using observations from both large and small scale disasters, has made sobering and powerful predictions about human behavior in the face of crisis. One common theme is that during an emergency almost everyone is initially paralyzed with disbelief. Following this initial shock, approximately 10% of victims will quickly recover, process this new unexpected situation, and save themselves. Another 10% will engage in futile and counter productive behaviors and likely perish. The remaining 80%, sadly, will do nothing. That's right, the majority of us when faced with a fearful situation will remain motionless and do nothing. The survival literature grimly describes people sitting quietly in their seats, with an exit in sight, while their grounded plane was consumed by flames.





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Dr. Sawatzky firmly states that in a diving emergency most of us will be unable to remember abstract training details or reason our way out of a problem. Since neither panic nor paralysis at depth are particularly useful strategies, the data indicates that 90% of us will be able to save a buddy or ourselves. Happily however, all is not lost. It is an interesting and wonderful quirk of the human mind, that while memory and reasoning are often lost in an emergency, well-learned drills are not. In a crisis, people can (and do) employ the behaviors that they have learned by repetition. But the trick is; the survival procedures must be practiced to be available for use. Dr. Sawatzky's specific recommendations are a combination of emergency drill practice, visualization and consistent equipment layout and are listed below:

Practice emergency drills. Low on gas, out of gas, lost buddy, light failures, mask flooding, stuck inflators, entanglement, fin loss and more. Why not practice at least some of these on every dive?

Visualize possible emergencies and your response. This mental exercise allows you to practice your response to equipment failure. Statistically, if you dive enough every piece of equipment will eventually fail. So, start at your head and work downward; imagine each piece of equipment failing and your response. If nothing else this should motivate you to have well maintained equipment and at least one response for each of these imagined disasters.

Keep your gear as simple as possible. David describes a pre-dive exercise where he physically touches each piece of equipment and thinks about its role. He also advises, if possible, to wear the same gear configuration for each dive. When it hits the fan, its just nice to have things simple.

David's final advice is concerns the temptation for divers to engage in ever riskier dive activities, even if their personalities are not equipped to handle the potential stresses of these activities. His advice is simple. First, if you are prone to panic in an emergency you should not dive. Furthermore, if you handle emergencies poorly, you should restrict your diving to less complex dives in good conditions and in shallow water. The final take



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home message is from Yoda, "Train yourself to let go of everything you fear to lose".



This was a very informative article and anyone who has done any tech training here at COJO has heard very similar philosophies of training. This is because John and Joe both subscribe to the same principles and also because they watch Star Wars together!!



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February's Featured Course

PADI Project Aware (12 Feb 14)



This is a great opportunity to pick up a **PADI Specialty** over the Winter!! The **Project AWARE** course is a non-diving specialty and is a credit towards the **Master Scuba Diver** Rating, the highest non-professional rating available in the PADI system for education.

The underwater world needs heroes. You can be one of them by championing the causes of the world's most fragile and important aquatic ecosystems.

No Prerequisites for this course!

Course Cost: \$80.00+HST



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FEBRUARY'S FEATURED PRODUCTS

COJO Chammyz Jackets!!

Chammyz are soft, yet durable garments, designed to provide the utmost in warmth and comfort — offering the highest level of protection against rapidly changing weather conditions. Their unique design promotes maximum water absorption from your body. Our resilient line of active gear is worn and endorsed by boaters, lifeguards, surfers, water skiers, swimmers, divers, winter sports and outdoor enthusiasts throughout the world.

- Moisture Wicking – Absorbs and Evaporates**
- Fabric Dries Quickly – Keeps You Dry**
- Breathable – Maximum Comfort**
- Lightweight – Comfortable and Breathable**
- Blocks UVA/UVB rays – Sun Protection: Rated at 50+**



1 SURF BOMBER - \$79.00



2 CLASSIC PULLOVER - \$67.00



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Photo of the Month

Our February Photo of the month was sent in by **Logan Penney**, a COJO Junior Diver and soon to be **Junior Technical Diver!!** Logan and his dad, Jim were recently on an awesome dive excursion in Riviera Maya and Cozumel!!!

Great shot Logan!!!

For this awesome picture, Logan has won 10% off a Recreational Sidemount Course!! Sorry Jim, couldn't help it, he is awesome!! Oh and Jim wins Fish of the week!

GREAT JOB!!!



Keep sending in those pictures!!



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Other News

Our book "**Sidemounting for the Recreational Diver**" is available online or in our store. We kept the costs low and there are some fantastic lessons in it for all divers, not just Sidemounters.



We would love for you to follow us on Facebook. Become a friend of COJO Diving at <http://www.facebook.com/COJODiving>

Come in and visit us at the **COJO Diving World Headquarters!!** We have a beautiful facility with a nice fireplace to sit and warm up at after a cold day of diving. There is always lots of coffee and hot chocolate and Joe usually has fresh popcorn on!!

Thanks and we are looking forward to diving with you soon!!

Connie and Joe!!