



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 49

What's New

Welcome to the February 2015 edition of The COJO Diving Safety Stop Newsletter.

This is the beginning of YEAR FIVE for the COJO Diving Safety Stop Newsletter!!

For January, COJO managed their New Year's Day dive as well as a January 2nd dive with some special friends!! What an awesome time over the holidays!!



Also during January, COJO completed several Discover Scuba Diving courses!! Congratulations to all the participants and, as always, AWESOME job to all COJO Dive Masters!!! Woo Hoo!!

Coming up in February, COJO will be running some First Aid courses!! Also don't miss out on the Central Valley Adult Learning Center, 2nd Annual Polar Bear Plunge!! It will take place on 22 Feb at the Yoho Lake Scout Lodge. For more information go to the Polar Bear Plunge link, or message COJO at cojodiving@gmail.com.

Doc Octo is back with part two of his article "This is your brain, This is your brain on Diving". This is an awesome, multi-part article on Task Loading. 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 During January

What a hard winter!! We have had a really tough time with this weather even getting a course completed!! We did manage to finish all of the pool skills for two people finishing their **PADI Open Water course**. Great job to both of you!!! The next step is a wet one!! Woo Hoo!!

We also managed three **Discover Scuba Diving Courses**!! Awesome job to all who came out!! COJO Dive Masters did an amazing job making sure all had fun!!

Things are starting to pick back up now. We have several course coming up on the horizon so don't miss out. **If you have training you would like to do, let us know** and we can find a place on the calendar to book it!!





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Courses To Come

Coming up **this winter**, we will be running the following courses

- 14 Feb **COJO** Discover Sidemount Diving
- 18 Feb – **DAN** Basic Life Support course
- 25 Feb – **DAN** Oxygen Provider course
- 11 to 15 March **PADI** Ice Diver course
- 21 March **COJO** Discover Sidemount Diving
- 19 to 22 March **SDI** Solo Diver Course
- TBA in March **PADI** Project Aware Course
- TBA in March **DAN** Dive Emergency Management Provider (DEMP) Course
- TBA in April **PADI** Equipment Specialty Course
- TBA in April **PADI** Rescue Diver Course
- 25 to 29 March **TDI** Intro to Technical Diving
- 27 Apr to 18 May **TDI / IANTD** Normoxic Trimix course

If you would like information on a course and you don't see it here or you would like more information on a course listed here, contact us at





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EXCURSIONS DURING JANUARY

For January, **COJO** took the plunge on the **Annual New Year's Day dive**. This year on **Deer Island**, Canada. It was an awesome dive and thanks to all who came out to start the year off right!! Some even wore WETSUITS!! **CRAZY!!**



The next day, **January 2nd**, COJO then went to **Eastport** to celebrate **New Year's with our American Friends!!** It seems, while we celebrate New Year's Day only, they celebrate **New Year's Day Week**. Kind of like Victoria Day Weekend!! Thanks to all who came out and especially to **Captain Evil, Edna Martin** for taking the pictures!! She never gets in the pictures!!





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EXCURSIONS TO COME

Polar Bear Plunge!!

This year is the **2nd Annual Polar Bear Plunge** for the **Central Valley Adult Learning Center!!** COJO will be out with many other sponsors to support this event!! It is an awesome way to both celebrate our Canadian Heritage by embracing the cold weather and also to do a quick heart-health check!!



High Springs, Florida!!

Quite often in March, COJO and crew head down to Florida for some awesome cave diving. **This March will be no exception!!** Connie and Joe will be heading down to beautiful **High Springs, Florida** where they will dive their guts out in **Ginnie Springs** and all of the local cave hot-spots!! Also during that time, **Doc Octo** will be going to finish his cave certification!! It promises to be the **trip of the year!!** If you are interested in cave training don't hesitate to call now!! We have tons of room on the trip!!





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Saguenay River, Quebec

This promised to be the **other trip of the year!!** Connie, Joe and the gang will be heading to **Quebec** to dive the **Saguenay River!!** This is an amazing river because of several reasons!! The first 30 feet or so is fresh water so it creates a really dark environment. Then when you get past the halocline and into the salt it is clear as a bell!! So you have **black water that is perfectly clear!!** Really awesome!!

Joe will be teaching a **Normoxic Trimix** course there because it is a Fjord and it is approximately **1 000 000 feet deep!!**, APPROXIMATELY.

We will also be exploring the deep there to see what kind of crazy creatures are making this their habitat!!

There will be **tons of divers** from all levels of training so if you want to come and dive 30 feet, it is awesome, if you want to come and dive 300 feet, it is awesome as well!! If you are interested, go to the **Facebook event page** on COJO and sign up or just send us a note for more info at cojodiving@gmail.com !!





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And Now, Doc Octo!! **This is your brain,** **now this is your brain on diving...** **Part 2-multitasking**



"A clever person solves a problem. A wise person avoids it."

-Albert Einstein

In the last section of this two part series on diving and thinking, we discussed how your brain can use one of two thinking systems. System 1 is an automatic, fast but error prone system. In contrast, System 2 is thoughtful, slow but less likely to make errors. We concluded that with constant practice some diving tasks can be moved to automatic mode to free up processing room for more thoughtful tasks. We also discussed the necessity of System 2 over-seeing all tasks to prevent careless errors. In the second part of this series we will examine the related concepts of multitasking and task-loading.

I remember knowing several years ago when it was time to buy a new computer. Being cheap, I had put it off. However, newer programs had become more complex and my old computer had limited processing power. It drove me crazy when I would open a new program and everything became painfully slow. Eventually the computer became so useless, that I bit the bullet and bought a new one. The point of the story is that the human mind has similar problems with multitasking. We all have limited "computing power" and unfortunately we can't simply upgrade the motherboard. Psychologists have studied our limited processing power and the idea of multitasking extensively. One surprising result of these studies is that; we ain't nearly as good at multitasking as we think we are. Not surprisingly, this research also provides some great insights about diving. Listed below are the popular myths about multitasking and what the research really shows.

1. *Multitasking is more efficient.* Absolutely not; it turns out that this idea is just bunk. Research has shown repeatedly that multitasking is much slower than running sequential tasks. One reason multitasking is slower is that each time the brain switches tasks, extra time is required to re-orient you to the current status of each task. Some researchers feel that this added time can actually double the time



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spent doing tasks. **Adding multiple roles or goals to a dive is less efficient. Dive goals and roles should be simple.**

2. *Multitasking is less likely to result in errors.* Again, this is absolutely wrong. Consider the case of cell phone use while driving. Research has shown conclusively that cell phone use (again because of multitasking) is associated with increased errors and slowed reaction time. In short, mistakes are more likely to occur when your attention is divided among multiple tasks. Perhaps the author Dick Masterson was wrong when he remarked that "F####ing up two things at once isn't multitasking". It may very well be that multitasking is "F####ing up two things at once". **Watch out for dives with multiple goals, they will by their nature be more prone to error.**

3. *Multitasking is a good way to learn new tasks.* The evidence is quite the opposite, memory function decreases dramatically while multitasking. Good instructors know this intuitively and have students perform a single skill at a time before moving to the next skill. This also explains why basic skills are often taught in a pool, where one does not have to multitask by dealing with a complex environment. **Teaching in diving should be done in a stepwise methodical fashion to maximize the retention of material.**

4. *"But I'm happiest when I'm doing lots of things".* We often believe that multitasking makes us happy because we chase multiple goals at once. The research however shows that true happiness comes from focusing our attention on a single task. Knowing this explains why diving photographers get enormous pleasure out of staying in one place and focusing on one subject. **The most satisfying dives are well planned and simple.**

5. *Multitasking has nothing to do with mood.* The term multitasking is used by the public and psychologists to refer to multiple mental jobs. Divers usually use the term **task loading**. There is an important distinction. Task loading includes not only mental jobs but the environmental conditions and the diver's state of mind. Let's use the example of using the cell phone while driving. We already know from numerous studies that this kind of multitasking delays reaction time and leads to errors. Now let's worsen the environmental conditions, perhaps the heater isn't working and it's the dead of winter. Ok, now stir in some anger, perhaps the driver just had an argument with his boss. I think you're getting the point. This is a disaster waiting to happen. Bottom line; multitasking plus mental state and environmental conditions equals task loading. Emotional and environmental factors affect how much thinking you are going to be able to do on a dive. Therefore, we should reduce the number and complexity of tasks if we have a poor mental state or the diving conditions are poor. Contrary to popular wisdom it seems that, **"When the going gets tough, the tough get stupid".**



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Recent research also suggests....wait the phone is ringing and it seems I have some Facebook messages. Hey what's that burning smell? Oooh look a squirrel....





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Featured Course (Feb thru March)

PADI Discover Scuba Diving



Have you ever wondered what it's like to breathe underwater?

If you want to find out but aren't quite ready to take the plunge into a certification course, **Discover Scuba Diving** is for **you!**

During the Discover Scuba Diving experience you'll learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world.

- Learn what wearing scuba equipment feels like and how easy it is to move around underwater while wearing it
- Find out what it's like to breathe underwater and learn whether you can be comfortable there.
- Learn some basic skills and safety rules that will carry over to your full scuba certification course when you take the next step.

Price: \$25 + HST per person

Registration for Feb 14th by Friday, February 13th.

Registration for March 21st by Friday, March 21st.

Don't miss out!!



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Feb to March 2015

FEATURED PROMO

REFER A FRIEND!!

That's right, if you refer a friend to take the **PADI** Open Water Diver Course you will receive a **\$25 Gift Certificate** redeemable for store merchandise!!

Don't miss out on this great way to encourage friends to learn to dive, **the way the world learns to dive!!** With **PADI!!**





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Photo of the Month

This picture was taken on the New Year's Day week diving that COJO did. This particular dive was in Eastport Maine where photographer Edna Martin (Captain Evil) caught Connie doing a two-step dance move, with back-up dancers Diver Ed, Tri-view (Jerry Shine) and Storm Bringer (Joe) in the back!!

For her picture, Edna wins a [two free pizzas at COJO's World Headquarters!!](#)



Awesome picture Edna!! Keep up the great photography!!

Keep sending in those pictures!!



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Other News

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

Our book "Sidemounting for the Recreational Diver" is available either In Store or by e-mail. For information about the most awesome way to dive send a note to info@cojodiving.com !!



Our new book, "The Technical Tao of Joe" will be out this summer!! Don't miss out!! This book gives you insights on Joe's ways of teaching. Awesome for anyone taking a course through COJO or from anywhere!!

One of our customers, Michael Lallier got a new puppy. Fay came to visit COJO!! What a cutie!! Blue Nosed Pit Bull!!



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, free internet and Joe usually has fresh popcorn on!!

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

Connie and Joe!!