



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO World Headquarters, Lincoln, NB, Canada

ISSUE 85

## What's New

Welcome to the **February 2018** edition of the **COJO Diving Safety Stop** newsletter.

**January** was a very busy month kicking off the 2018 season with First Aid training, Discover Scuba and Open Water classes!!

The **Winter Weather** has slowed down the diving but a few divers are still getting dives in!

Come on out and visit the shop and, if you haven't been out diving, get to the pool on one of the pool nights!! Woo hoo!!



### COJO's Winter Store Hours:

Monday	5pm to 9pm
Tuesday	5pm to 9pm
Wednesday	5pm to 9pm
Thursday	5pm to 9pm
Friday	5pm to 9pm

Thanks and Safe Diving!!  
Connie and Joe  
COJO Diving



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## Courses During January

Open Water Classes and First Aid classes have kicked off in the pool in **January!!** We are also doing groups for **Discover Scuba** in Fredericton and Bathurst. If you have a group, contact us for a private class, or join one of our scheduled classes!!

- **PADI – Open Water Diver course**
- **PADI – Dive Master Course**
- **PADI – Discover Scuba course**
- **PADI – Public Safety Diver**
- **Red Cross – First Aid & CPR**
- **DAN – Oxygen Provider**





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## Courses To Come

**Looking ahead** for the rest of winter, the Training Calendar has tons of courses and options for classes for all levels!! If you are interested in any of them or, if you don't see what you are looking for, just send a note to us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) or on **Facebook** for information on when we can run it for you!!

Don't forget, the winter is an awesome time to **get your gear** in to be **serviced** and get it ready for Spring-time diving!! **COJO World HQ** and **COJO North** have awesome **full-serve service centers** for all your dive gear!!



- 3, 17, 25 Feb – **PADI** – Open Water Diver (Fredericton)
- 12, 14, 26 – **PADI** – Public Safety Diver (Fredericton)
- 3 Feb – **COJO** – Discover Sidemount Course (Fredericton)
- 7-8 Feb – **Red Cross** – Standard First Aid & CPR (Level C)
- 10 Feb – **PADI** – Discover Scuba (Bathurst)
- 10-11 Feb – **PADI** – Open Water Course (Bathurst)
- 15 to 18 Mar – **PADI** – Ice Diver course (Atlas Park)
- 25 Mar – **PADI** – Open Water Diver (Fredericton)







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### Special Notice for March COJO-Va A Mexico!!

The shop will be closed March 5 – 14  
We will be back with awesome pics though!!  
Sorry for the inconvenience!!





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### Diving Vacation!!



**The first time planning a dive trip can be intimidating.**

**Review these tips to make your next dive trip an AWESOME one!**

**Packing** – We like to keep smaller and more compact items in our carry-on, in particular items that are personal and expensive. For example regulators, dive computer, mask, camera, and dive lights. Do check your airline regulations for how to transport batteries as usually these must be in carry-on bags. Do check your airline for baggage limits including the carry-on which has a size and weight limit. And prepare for situations where fully booked flights may require passengers to check all larger carry-on bags. Do make a checklist for packing, and keep a copy of a list for what is in each bag (in case one is lost or stolen).

**All-Inclusive Dive Resorts** – Look for recommendations from other divers you personally know or trusted review sites. Some of the resorts are great, but some are downright dodgy. Find out exactly what is included, for example if they say “unlimited shore diving”.. where is the shore, and what is included with that? If the resort includes meals, find out about where the food is available



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from and restrictions on times to eat. Find out what they use for a boat and how many divers will be on it, and how many divemasters/guides? If you are renting gear, ask what gear is available and maintenance policies.

**Boat Operators** – We look for the size of the boat and how many divers they will book per trip. Smaller boats usually are making a faster run out to popular reef sites, ahead of the crowds from bigger boats. Check if the operator is running multiple charters a day (if so, they may rush your dives). We look at where the boat is able to go for dives, sometimes there are local permits that limit which operators can go to the better dive sites.

**Dive Sites** – Ask what dives are available and how they are decided, and make sure these dives are within YOUR limits. Consider your training level, your equipment, and your experience. New divers on their first dive trips are often placed into situations where they will dive beyond their limits. Just say no! If it is just inexperience, for example diving off a boat for the first time, tell the boat crew you are new and you'd like assistance. They have absolutely done this for many divers in the past!

**Exposure Protection** – We have all seen the divers that go south and dive in shorts and a t-shirt. Not only is that uncomfortable, but it's downright chilly between dives and after multiple days of diving. There is also the risk of marine life stings and scrapes on bare skin, so cover up the legs and arms in the water. Full body dive skins are available, and micro thin .5mm suits too. Consider a light hood as well!

**Hydration** – Besides the dehydration during travel, and dry hotel rooms.. we are out in the sun and water enjoying our beautiful dive vacation. Remember to stay hydrated! Effects of dehydration range from being thirsty to having a headache, and can be potentially downright dangerous for divers. Dehydration has been linked to cases of decompression sickness.

**Dive Certifications** – Don't forget to bring your certification cards! And keep pictures of your cards on your phone. Also bring your log book, it may be requested to prove you have been diving recently.

**Bring an Underwater Camera** – While it's nice to look at other diver pics, having your own is amazing! Check with your local dive shop or operator to purchase or rent a camera.

Final point, leave time on the trip to just relax! Make sure you have a full "down day" before you fly home. For one reason, you need to respect your "no fly time" after your wonderful days of diving. But you also need time for your gear to dry, or it will be heavy for the flight home!

Enjoy your dive vacation!!





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### Canex No-Interest Payment Plan

**\$499.99 - \$6,500 up to 36 months**

For serving and retired military members and their families, RCMP, DND staff and other serving members and staff, the Canex plan is an excellent option! Contact us for more details or click the logo to go to the Canex site:



**Complete  
Sidemount  
Packages**



**Cold Water  
Dive  
Packages**



**Dry Diving  
Packages**



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### FEATURED COURSE

## **PADI/SDI Ice Diver and Ice Diver Instructor Course** **15 to 18 March (Atlas Park)**



**Full Course \$300.00 + HST**  
**“Discover” Session \$75.00 + HST**

If extreme, unusual and challenging scuba diving appeals to you, try diving under the ice. Ice diving is one of the most adventurous scuba specialties because you learn how to plan and carry out dives under the ice, in a group, safely and in a very fun and exciting manner.

**Pre Requisites** for the Diver course or Discover session

- 18 Years Old
- PADI Advanced Open Water Diver (Or Equivalent)

**Pre Requisites** for the Instructor course

- SDI Open Water Instructor (Or Equivalent)
- SDI Ice Diver (Or Equivalent)
- Current Medical (signed by physician) (Ask us for details)
- Up to date Membership fees and insurance





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### February Special!!



**25% OFF ALL IN STOCK  
TRAVEL LUGGAGE**

\*\* Offer valid until February 28, 2018

**We don't stock what you want?**

**No problem!**

**We will **Special Order** your favourite luggage for any brands that we carry, and no shipping charge to our Lincoln store!**



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### COJO "Throwback" Pic!

#### July 2015 – PADI Women's Dive Day

A few of "the gals" headed down to Eastport ME for a day of diving and an awesome lunch put on by The Commons (Connie, Claire, Miriam, Val, Jessica)



**COJO also has a YouTube Channel where you can view some of our dives as well as training videos. It is constantly being updated so don't miss out!!**

**[Click for COJO YouTube Channel](#)**

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

Connie and Joe!!