



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 48

## What's New

**Happy New Year!!!!** Welcome to **2015** and the **January** edition of The **COJO Diving Safety Stop Newsletter**.

The weather **totally sucked** in December! We only were able to complete one course!!

COJO did manage to get the **Annual COJO Christmas Party** in though and it was awesome!!



Joe was able to sneak a trip down to **Southern Ontario** to visit his children for a bit of Christmas cheer and also visited **Drexler Diving Systems** in **Harrow, Ontario**. If you are down that way, be sure to **check out his shop!!**

Just a reminder, COJO is now on **WINTER HOURS**. This means we will not be open on Fridays. Our hours are **MONDAY TO THURSDAY FROM 6PM TO 9PM!!** BUT we are still able to open if you need us. **Just give us a call!!**

**Doc Octo** is back with re-run on Winter Diving "**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 December

During December between the weather and all the pre-Christmas festivities, COJO only managed one course. It was a **PADI Rescue Diver course!!**

It was an awesome one though so it all works out!!

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!!

## Courses To Come

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

- 17 -24 Jan 15 **PADI Open Water Diver Course**
- TBA in March **COJO Discover Sidemount Diving**
- 19 to 22 March **SDI Solo Diver 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**
- TBA in February **PADI Ice 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 [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for more details!!



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### EXCURSIONS DURING DECEMBER

During December, COJO hosted their **Annual Christmas Party and Customer Appreciation Night** at the **COJO World Headquarters!!** Tons of people came out and partook in the partay!!!!

Special thanks to all the guests who made sweets!!! **Holy crap!!**







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### EXCURSIONS TO COME

#### 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!!



#### 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.

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](mailto:cojodiving@gmail.com) !!



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### And Now, Doc Octo!!

**This is your brain,  
now this is your brain on diving...  
Part 1**

When I first began to drive a car I was overwhelmed with how much I had to watch and do. At that time, I never imagined that driving would eventually become pretty much automatic. Lately, driving has become disturbingly automatic. Even though it happens all the time, I still get a creepy feeling when I realize that I have just driven through Truro and can't recall the trip. Though, to be fair, even if I was paying attention, I'm not sure that there is all that much worth recalling about Truro. My point is, that my experience with driving shows how a once overwhelming task has now become automatic. This process of having conscious tasks become automatic has now been explained by the psychologists who study how we think. Researchers now recognize that thinking is done using one of two systems. One system, (called imaginatively System 1) is quick, energy efficient and relies on mental "short-cuts" accumulated by experience. System 1 is the automatic function. The second system (System 2) is very energy expensive, methodical and slow. Usually we use System 2 when solving a novel problem or learning a new skill. Psychologists tell us that we spend about 95% of our lives using System 1. As we will see a little later, spending so much of our lives "on automatic" works well most, but not all, of the time.

Learning to scuba dive is in many respects similar to learning to drive a car. There are a set of necessary skills that are at first overwhelming. The mastery of these skills means that a System 2 task (like figuring out how to control buoyancy) is now moved to an automatic action based upon experience. The more we dive, the easier it gets as skills are moved to automatic System 1 style thinking. Just knowing there are two systems of thinking and how they work, provides some very valuable insights into safe diving.



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## **Lesson 1. For diving to become safe and efficient we have to dive more.**

Ok, seems easy enough and not too painful. The maintenance activities of diving, checking your computer, buddy, or SPG have to become automatic. Moving activities to "automatic" frees your mind for other tasks. All that sounds great; "I'm a diving machine". But, automatic skills decay without constant use. Conversely skills used frequently, correctly and under varied and trying conditions are very robust. To stay good at something you need to keep doing it.

## **Lesson 2. Safety drills must be practiced regularly to become automatic.**

This is an extension of lesson 1 and again, no surprises. If you don't practice sharing air, shut off drills or disconnecting lines how can you count on these being automatic System 1 activities? In most people, System 2 thinking (methodical and slow problem solving) doesn't work well in stressful environments. It certainly doesn't work well if you are overloaded trying to solve a gas management problem while performing a safety drill that's rusty. If you find yourself in an emergency underwater having to "figure something out" you're in big trouble.

## **Lesson 3. Not all things done "on automatic" are good.**

Sometimes we do stupid things "without thinking". For example, I have seen any number of experienced woodworkers cut off a finger tip by putting it intentionally into a spinning blade. Familiarity made them comfortable; being comfortable made them careless. That's the problem with System 1 thinking; it's quick and easy but error prone. That experience of "catching yourself" just before you do something stupid is actually System 2 overseeing your automatic System 1 thinking. The point is, diving requires active thinking not only about the tasks taking place, but also watching out for careless thinking. Imagine checking your SPG during a dive. System 1 thinking is when you look at that SPG and see you have lots of gas. System 2 thinking is noticing that you do have lots of gas, but that the needle hasn't moved in 10 minutes. System 2 thinking (not based on rush assumptions) correctly indicates that there is some kind of problem (like the manifold isolator being closed). Vigilance is a System 2 function.



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### **Lesson 4. Build firm habits and rules to save yourself from yourself.**

As mentioned above, System 1 thinking is fast and easy but prone to mistakes. Experts who study thinking errors have suggested various strategies to prevent people from making mistakes. One well known strategy is called a forcing activity. An example of a forcing activity would be making pilots complete a pre-flight check list. "Oh, right fuel; glad we didn't forget that". A forcing activity makes you shift (at the most error prone step) to methodical System 2 thinking. Another example of a forcing activity would be that good dive shops insist that you check the oxygen content of your own tank prior to leaving. A firm "no exceptions" habit of gas checking would have saved a diver several years ago who perished using the wrong gas mix at depth. Breaking rules is pretty much how all those sad diving stories start.

In summary, your brain switches back and forth from System1 to System 2 all the time. System 2 is slow, but necessary to learn skills and to keep an eye on faulty thinking that crops up using System 1. Complex dives require active thinking using both systems. Next month we will discuss how System 1 and 2 thinking play a role in task loading and why you may not be as good at multitasking as you think.

**Awesome article Doc Octo!! This comes from experience because he has had several psychologists study how he thinks!! Great job!!**

**I, for one, am always amazed at the originality of naming these systems and such!! One and Two, whew!!**





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### Featured Course (Jan 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.

**Two sessions available** already in **January**. 17<sup>th</sup> and the 24<sup>th</sup>.

**Price: \$25 + HST per person**

**Registration for 17<sup>th</sup>** by Friday, January 16<sup>th</sup>.

**Registration for 24<sup>th</sup>** by Friday, January 23<sup>rd</sup>.

**Don't miss out!!**





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### 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 photo was taken by **Samantha George**. Samantha took this awesome picture of her **absolutely amazing father** while they were in the Devonshire Mall in **Windsor Ontario**. It is quite common to have pirates in the mall, especially arrround Christmas!!

For her picture, Samantha wins a **free COJO Ball Cap!!**



**Awesome picture Samantha!! 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](mailto: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!!

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!!