



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 84

What's New

Merry Christmas, Happy New Year and welcome to the **January 2018** edition of the **COJO Diving Safety Stop** newsletter.

December was a very busy month with all the events for the holidays!!

COJO's **Scuba Santa** was a HUGE success and tons of people came out to visit and meet Santa both at **COJO World HQ** and **COJO North!!**
Woo hoo!!



The COJO **Christmas Party** was also an awesome night of fun and, tons of customers and friends came out to have a great time with food and fun...**And tons of gifts!!**

The diving has been very slow due to the temperatures being ridiculously cold but, January is shaping up to be another awesome start to a year of crazy diving!!

COJO's hours now are back to normal so don't be a stranger!! Come on out and visit in the new year and, if you haven't been out diving, get to the pool on one of the pool nights!!

COJO's Fall and 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 December

Due to the crazy, busy Christmas season and a busy Public Safety side, COJO ran very few courses during **December!! But WOW, they were awesome fun!!**

- **PADI – Open Water Diver course (Private)**
- **PADI – Dive Master Course**
- **PADI – Bubble Maker course**





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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 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, 4 Jan – **Red Cross** – **First Aid/CPR** (Fredericton)
- 6 Jan – **PADI** – **Discover Scuba** (Fredericton)
- 6 Jan – **PADI** – **Open Water Diver** (Fredericton)
- 13 Jan – **Red Cross** – **First Aid / CPR** (Atlas Park)
- 14 Jan – **DAN** – **Oxygen Provider** (Atlas Park)
- 8 to 18 Jan – **PADI** – **Public Safety Diver course** – (Atlas Park)
- 3 Feb – **PADI** – **Open Water Diver** (Fredericton)
- 10, 11 Feb – **PADI** – **Seal Team course** (Bathurst)
- 15 to 18 Mar – **PADI** – **Ice Diver course** (Atlas Park)
- 25 Mar – **PADI** – **Open Water Diver** (Fredericton)





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Events During December

COJO Christmas Party and Customer Appreciation Night!!

At Christmas time, COJO loves to help get people in the spirit and we throw our annual **Customer Appreciation Night** with our **Christmas Party**!! This year was a totally awesome party with TONS of people coming by to say **Merry Christmas** and **Happy New Year**!! What an awesome time!!





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SCUBA Santa Dives

This was the first year we did the **Scuba Santa!!** We always had tons of people come out for the Underwater Christmas Tree Decorating but, some years it was very hard to find a good spot to dive, due to weather and, some years the temps were crazy-cold so the dive was limited to drysuit divers. Even then, there were years that we needed to rent vehicles and have warming tents to keep from hypothermia!!

This year, we decided that having the **Underwater Christmas Tree Decorating** in a pool would be way better!! All could come out, even ex-**Seal team** members, and enjoy the underwater with us...And SANTA!!!! Woo hoo!! The events took place in Fredericton and in Bathurst and both were absolutely crazy busy!!

A very special thanks to all who came out and a very special thanks to all the instructors / dive masters who kept everyone having an awesome time!! Woo hoo!!

Check out the [video](#) on our YouTube Channel!!





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Events to Come!! COJO-Va A Mexico!!

COJO will be going to **Mexico** for a two-week get-away from these freezing temps!! The first week will be **Cozumel diving**!! We will be doing tons of open water dives on the island with **Liquid Blue Divers**!! They offer smaller boats with no overcrowding and steel tanks for extra bottom time!! This will be an awesome diving trip!! Don't miss out!!

The second week will be **Tulum Cave and Cavern** diving!! We will be meeting up with **Doc Octo** for some awesome sub-terrain adventures!! The caves in Mexico are **absolutely crazy** and if you ever thought about taking a cavern course, let us know. We would love to show you the beauty hidden in the Yucatan!!

If you are interested in either (or both) of these adventures, **send us a note** and we will get you the details!!



Photo Credit: Thanks to ProTec Dive Center Tulum for the photo!



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Winter Diving!!



It's the season when local divers are doing one of 3 things – thinking how to stay warm for an icy cold Winter dive, making plans for dives down South, or simply waiting until Spring to dive again.

Whether you are a wetsuit or drysuit diver, Winter conditions are a challenge.. surface temperatures are below freezing, wind chill drives the temp down even further, and ocean temps are dropping as well. We face challenges with wind exposure on the few sites that are still accessible due to snow or ice!

So why do it?? Few divers that enjoy a Winter dive complain! There is a fierce satisfaction that comes with being a “true” Canadian diver, shoveling a path to the water.. or at times snowshoeing or tobogganing gear in. In some areas the visibility is near sparkling with reduced plankton in the water, and less fresh water run-off from the frozen surface. And there is never a problem to find a parking spot!

Please consider these factors however when planning a Winter dive..

Before the dive – Do check expected weather to make sure wind or snow isn't expected to blow in during your dive, and check to see if you can even enter the site due to snow or ice. Control your exposure before the dive, stay warm and wear a hat and gloves while setting up your gear. Stay out of the wind as much as possible, and stay well hydrated!

Conservative Dive Plan – Keep the dive site, dive plan, depth and time much more conservative than you normally would in the summer. Consider your planned exposure time and “what if” scenarios if you have to surface unexpectedly.

Shorter Days – With Winter also comes shorter days, watch that your dive time doesn't have you exiting late in the day when the sun is getting low. Besides the possibility that you may not be certified to dive at night, adding an unplanned Night Dive to the stress of Winter diving is just asking for trouble!



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Ice Cover – If you aren't trained and geared for diving under the ice, don't do it! And if your site has loose ice cover in the area, make sure it isn't possible for the ice to flow in and block your exit. If your plan is to dive under the ice, make sure you are a certified Ice Diver, that you have the appropriate gear, and you are diving with a team including an Ice Diver certified buddy and surface tender.

Exposure Suit – As fun as it is to be the determined wetsuit diver making a Winter dive, the practical aspect is limited and safety is a large concern. You need to consider not only your exposure time in the water, but the trudge back to your vehicle.. and also the possibility of having to surface unexpectedly and not able to immediately get to shore. Hypothermia is a huge concern, even if everything goes as planned. If you want to dive in the Winter, drysuits are essential and that includes the training to use the suit properly.

Regulator – If you own or rent a regulator for diving in Canada, your regulator is most likely rated for cold water diving. If you aren't sure, take it to your local dive shop for a check over. In fact, take it to your local shop for a check over regardless before Winter diving. Always keep it warm and dry prior to the dive, to reduce the chance of a freeze-up at the surface or during the dive.

Weighting – If you are diving with extra layers under a drysuit, or a thicker wetsuit than normal.. remember to adjust your weighting accordingly as you will be more buoyant than on your summer dives.

Warm Clothes – After the dive, have a plan to change quickly into warm, dry clothing layers. Drysuit divers need to have spare clothing in case of the dreaded "flood"! Have a hat and gloves that you don't mind getting wet so you can pull them on right after the dive. Do bring nice warm drinks such as hot chocolate or warm broth to help the body warm up. And do make sure you have a solid plan to keep your vehicle key safe, we have seen divers locked out of their vehicles after a dive!

Multiple Dives – Forget it, your body won't be up to it let alone your gear which will immediately freeze up when you exit the water.. leave the multiple dives to the summer months!

If you decide to take on the challenge of Winter diving, send us some pictures and what you enjoyed most about it.. we would love to hear your story!





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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

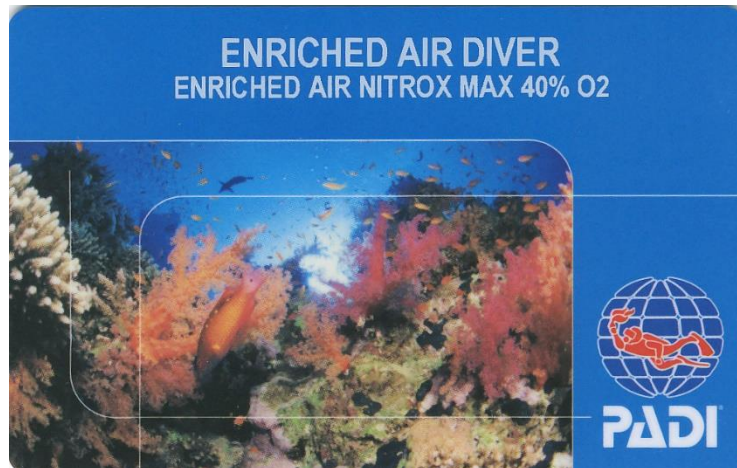
- SDI Open Water Instructor (Or Equivalent)
- SDI Ice Diver (Or Equivalent)
- Current Medical (signed by physician) (Ask us for details)
- Up to date Membership fees and insurance



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January Special!!



Exclusive Offer from COJO

Purchase any regular priced Nitrox capable dive computer and your Enriched Air course with us is FREE!

** Offer valid until January 31, 2018





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COJO "Throwback" Pic!

March 2015 – Discover Sidemount Class

Stephanie and John trying out sidemount diving in a Discover class in the pool!



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!!

MERRY CHRISTMAS AND HAPPY NEW YEAR!! Woo Hoo Hoo Hoo!!
Connie and Joe!!