



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 50

What's New

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

This has been a rough winter for diving!! The normal dive spots are snow covered and very hard, to impossible, to get into!!

However for February, COJO did managed an **Oxygen Provider** course and an **OPEN WATER DIVER COURSE!!!** GREAT JOB to Malcolm on his **PADI Open Water Course!!**



COJO also managed to get in a pool session for the Dive Masters to practice skills and get ready for the upcoming cave expedition as well as some Dive Master skills that get rusty in snow!!

The **2nd Annual Central Valley Adult Learning Association Polar Bear Plunge** was a **complete success!!!** Thanks to all the COJO volunteers that came out to help and thanks to Central Valley for having us back again this year!!

Coming up in March, COJO will be running a ton of courses!!

This month because **Doc Octo** is **CAVE TRAINING!!** **John Feehan** wrote an article on the **proper way to vomit on a dive boat!!** Doesn't sound good, but sea sickness is something that plagues a lot of divers!! Good knowledge in case anyone is heading South!!

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 February

Winter has been rough!! We have had a really tough time with this weather getting any water courses in at all!! We did manage to finish **Malcolm Mulligan's PADI Open Water course**. **Great job Malcolm!!** He showed crazy perseverance in a wetsuit with 1° C water temps!!!



Dive Master Matt was back at work completing a **DAN Oxygen For SCUBA Diving** course!! Great job to **Mike Fox**!!





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Courses To Come

Here come the courses!! Starting in March, we have several courses starting. Including the **COJO Dive Master Internship!!** Congratulations to **Michael Lallier** and **Alan Fewkes** on being accepted to that program!! We can't wait to work with you!!

- 11 to 15 Mar – **PADI Ice Diver** course
- 16 and 20 Mar – **COJO's PADI Dive Master Internship** kick off
- 18 Mar – **DAN Basic Life Support**
- 19 to 22 Mar – **SDI Solo Diver** course
- 21 March – **COJO Discover Sidemount Diving**
- 17 March – **PADI Project Aware** Course
- 25 to 29 March – **TDI Intro to Technical Diving**
- 27 Jun to 1 July – **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 for more details!!





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EXCURSIONS DURING FEBRUARY

Polar Bear Plunge!!

This year was the **2nd Annual Polar Bear Plunge** for the **Central Valley Adult Learning Center!!** **COJO** was out with many other sponsors to support this event!! It was totally awesome!! What a way to celebrate our Canadian Heritage by embracing the cold weather and to help out adult literacy at the same time!! **Thanks to all the volunteers who worked tirelessly throughout the day!!**





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EXCURSIONS TO COME High Springs, Florida!!

COJO and crew are on their way!!! Woo Hoo!! We are headed down to Florida for some awesome cave diving. 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!! They are also making a trip to Marianna and diving out of Cave Adventurers for a day or two!! It is going to be awesome!!! During that time, **Doc Octo** will be going to finish his cave certification!!



Saguenay River, Quebec

This promised to be the **other trip of the year!! We had to postpone this trip due to the heavy snow and ice but June 27th to July 1st** 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, Our Special Story!!

How to vomit on a dive boat

By John Feehan

Ok, not the most tasteful title, I know, but hopefully it got your attention. I have always wanted to write a dive article about mastering some dive skill. I see many more competent divers writing all these articles helping people master various skills. And I thought, well, what am I good at, what do I have a lot of practice doing? The answer, vomiting on boats, hence my article.

If you are like me, you like to have variety in your diving. After all, how many times a year can you dive Old Garden Beach? The challenge is that at some point, if you want variety, you have to get on a boat. For me, that is a problem as the thought of going on a boat makes me sick. Fortunately, my desire for variety overwhelms my fear of being sick.

So, here is my advice to those who want to go out on a boat but are afraid of getting sick.

Rule #1 – Never, ever, ever throw up on the crew. This is the one rule that cannot be violated. They can make your life better or use you to chum the waters with or without a suit on. The most challenging time is when you have a crew member in front of you trying to get you into your gear and out into the water where you will feel better. No matter what, don't throw up on the crew while they are helping to get you into the water. Stop your dive, throw up later, it doesn't matter.

Rule #2 – Never throw up on the boat. There is a big ocean out there. Aim carefully and hit the water. When feeling sick, I usually clear out a section of the boat in the middle along the gunnels. I sit on the deck usually on a cooler or on my knees so I am closer to the ocean. I never miss.

Rule #3 – Try your best not to get sick. Easier said than done. Sometimes I take the medicine (which always makes me tired). More often, I stand in the middle of the boat (unless getting ready to retch I mean dive, see #1) and look at the horizon. When talking with people I never look at them.

Get as much of your gear ready while you are still at the dock. If necessary, get into your suit. People may look at you funny, but pulling on a suit or putting together gear while rocking back and forth is a sure way to get sick. Avoid this by getting ready when the boat is not rocking.



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If it is a two tank dive, you have two choices to switch your gear. First, have someone else do it for you (threatening to vomit, while humiliating, usually works). Second, do it while looking at the horizon (requires familiarity with your gear). Third, skip the second dive and find a nice spot by the gunnel. Wait until you get back to the dock to change out of your suit.

Rule #4 – Puke and get it over with. Just hang your head over the side, remove the contents of your breakfast, lunch or dinner and you will usually feel well enough to get in the water.

Rule #5 - Get under the water as fast as possible. Unfortunately, this does not always solve the problem. I will let you decide whether to puke in your regulator or not. This is a technical question that requires the advice of someone more skilled than I. Personally, I puke in the regulator and simply wash it out after.

Rule #6 - After the dive on the way home (if your boat captain will allow it) enjoy a beer. Don't know why but it always seems to settle my stomach. Of course others suggest that ginger ale has the same effect, but why bother when beer works!

Rule #7– Don't let seasickness get in the way of enjoying boat dives. There are too many great places to dive to let a little mal de mer get in the way.

John Feehan is a former boat dive coordinator for the NEADC (ironic huh). He choose not to add photos for obvious reasons.





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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 March 21st by Thursday, March 19th.

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 logo was made by **Malcolm Mulligan**. This is a picture of Malcolm's last dive at Custom's / Kan Kat Beach on Deer Island, NB. Malcolm wanted to complete his PADI Open Water course before heading down South. We ended up with the coldest weekend in February to finish him up!! **Great Job Malcolm!!**

For his new logo and the great job, **Malcolm wins a COJO Diving mask strap!!**



".. as excited as I was to go back outside in the minus 28 degree weather, and submerge myself in the 33 degree water, I was a little hesitant to pull on the wet wetsuit, but it soon warmed from my body heat and was actually quite comfortable.." (Malcolm Mulligan)

**We'll have more of Malcolm's Winter Dive Experience next month.
Awesome picture Malcolm!!**

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!!

Our Saguenay Trimix course and dive trip has been moved from May to the July 1st weekend. Please check out our COJO Training Calendar at www.cojodiving.com for details!!

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!!