



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 34

What's New

Happy Halloween and welcome to the November 2013 edition of The COJO Diving Safety Stop Newsletter.

October slowed a bit as far as courses because COJO started to get ready for some awesome excursions! Connie will be heading to Florida this month to dive Blue Heron Bridge again with Claire and Monica Schandel. The reason she is going however isn't only for the diving this time. She will be hitting DEMA 2013 while there!! This promises to be a fantastic trip filled with marine creatures and dive gear galore!!



October, although slower, still saw COJO running a Rescue Diver course, Open Water course and continuation of the Dive Master course.

Not to mention the fantastic annual Underwater Pumpkin Carving that had over 25 divers out to take part in!! This event was simply off the hook!!!

Also, back by popular demand, Doc Octo's column. This time on Fitness and Diving!! 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



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Courses Completed During October

During **October**, COJO was working on the following courses:

- **PADI** Dive Master Course
- **COJO** Discover SCUBA
- **PADI** Rescue Diver Course
- **PADI** Open Water Course
- **COJO** Drysuit Orientation



Congratulations to **Amanda Savoie** and **Roger Whitten** on completing their **PADI Rescue Diver Course** and great job to Instructor Extraordinaire **Juanita Power!!** Special thanks to **Chris Neadow** for assisting on the course!!

Courses To Come

So far for **November** we have the **DAN DEMP** course running but that is about it because of Connie's excursion to **Florida** for **DEMA** and Joe's excursion to **Camp Petersville** to freeze his brains out!!

For **December** however, we have quite a bit going on!!

- **12 to 15 Dec** – **PADI** Self Reliant Diver Course
- **16 to 22 Dec** – **TDI** Advanced Nitrox / Decompression Course
- **TBD** – **PADI** Open Water Course



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Excursions During October

During **October**, there was our annual **Underwater Pumpkin Carving** put on by Connie and Dive Master Claire!! The event was a totally awesome success and **over 30 divers** showed up to carve pumpkins and dive at New River Beach!! COJO gave out some **fantastic prizes** and also managed to raise **115 dollars** to the **Reid's Reef** foundation that **Mike Murphy** is heading up. This foundation will be putting in a few **artificial reefs around New Brunswick** for divers to enjoy!!



Photo Credit : © Lori-Beth Armstrong 2013



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

EXCURSIONS TO COME

Christmas Tree Dive

December has typically been our month to enjoy all kinds of Christmas festivities and **this year is no exception!!** This year we will be hosting an **Underwater Christmas Tree Decorating** on 14 December as well as our second annual **COJO Diving Christmas Customer Appreciation** night!! Make sure to come in, check us out and get your **Christmas Gifts** from under our **COJO Christmas Tree!!**





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

NEWFOUNDLAND 2014!!!

That's right, we are planning another trip to **Newfoundland** for July 20 to 27, 2014!!! If you have never been to Newfoundland and haven't been on these wrecks **now is the time!!** If you have been there, nothing more needs to be said!! It is **World Class Diving** and will be a **World Class Trip**.

We are still in the planning stages and we will need deposits quickly to get our spots but this will be the trip of a lifetime!! We will be offering several courses such as **Advanced Nitrox and Decompression Procedures**. Don't miss out!!

We have an information night scheduled for 19 November and as always if you are interested, send a note to info@cojodiving.com for details!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Ask Doc Octo...

Survival of the fittest



Dear Doc Octo,

I have a bucket list. I decided just after my heart attack that before I retire next year I'm going to get into shape. I just feel that after watching reruns of Sea Hunt that scuba diving is the way to do it. I've also convinced my wife that I need the best of everything gear-wise and she's in. So just how fit can I expect to get from diving?

Sincerely, Hart Paynes



Dear Paynes,

While I would like to congratulate you on an imaginative strategy for convincing your spouse that diving and new gear will save your life, there are a few things to set straight. The first and most important is; that unless things have gone terribly wrong, scuba diving is not exercise. Consider this quote from Michael Strauss, author of Dive Science.

"SCUBA diving is not considered a good exercise for aerobic conditioning. If SCUBA divers do everything "right," by maintaining neutral buoyancy, drifting with currents, and breathing slowly and deeply while underwater, they should expend less energy than when resting on land".

So really, diving is not a way to get into shape, but rather a reward for being in shape. Which really begs the question; how fit do I need to be to dive? Exercise physiologists have estimated the amount of energy you might expend at any stage of a dive. As you can appreciate, this has to be a vague number. There is a world of difference between slipping into the Caribbean with an aluminum 80 and 3 mm wetsuit compared to donning a dry suit and wading out with doubles into the bay of Fundy. So while diving should be almost effortless, conditions are often not. It is also reasonable to expect that a diver might be required to fight surf, distance



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

or current to rescue himself or a buddy. So ideally fitter is better, but how much is enough? Neal Pollock a physiologist who does work for the diver's alert network (DAN) addresses this in the Journal of Hyperbaric Medicine. He suggests a baseline fitness of 7 METS for open water divers with a view to increasing this to a 10 MET capacity as training progresses. So lets talk about METs baby. A MET is a measure of metabolic activity. At rest we expend about 1 MET, while extreme athletes can produce efforts as high as 25 METs. A seven MET activity requires seven times the effort of doing nothing. Examples of 7 MET activities would include; slow cross country skiing, high impact aerobics, running at a slow pace (12 minute mile) or race walking. Again, these are the recommended minimum starting points for all open water divers. Recall that those with extreme disabilities dive under special modified conditions for which these recommendations really don't apply. Please also remember that most divers should be striving for the ability to do sustained periods of 10 MET level effort. Examples of 10 MET activities would include; running (10 min/mile pace), vigorous cross country skiing or swimming the breaststroke at a good pace. While Dr. Pollock suggest that 10 METs capacity for sustained periods is sufficient, others have argued for even higher fitness standards. Common sense would also argue that instructors and dive masters should be fitter since they are likely to be called to rescue others. In short, If you dive in extreme conditions, you really need to be in shape. Pretending you will never require higher levels of fitness is just that, pretending. Its just unfortunate that an activity as enjoyable as diving is not exercise. I appreciate that all this talk of death and self-restraint is a bit of a buzz-kill and I certainly don't want to leave you with the impression that diving is a particularly high-risk activity. The annual risk of death from diving is roughly comparable to recreational running or the use of a motor vehicle. Instead, I would rather you think of diving as a low-risk activity where the penalty for bad judgement (or poor fitness) can be tragic.





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

The second aspect of poor fitness is that it is associated with an increased risk of heart attacks. Turns out that the highest identifiable cause of diving fatalities (26%) is heart attacks. Contrast this to only 9% of deaths caused by equipment failures. Who has heart attacks while diving? Well, old dudes like me for one. Age is clearly an important risk factor for heart disease. For example, the risk of a heart attack for a 50 year old diver is 6 times that for a 30 year old. The other risk factors for heart disease are well known; high cholesterol, smoking, family history, diabetes and hypertension. Obesity is also a well established risk for diving fatalities. About 80% of diving deaths in 2007 occurred in those with weights in the overweight to obese range. Poor fitness may result in more than embarrassment, as your 16 year old daughter hauls your portly carcass from the surf.



Poor fitness is an important risk factor for heart attacks, which are a leading cause of diving fatalities. The other thing to consider is that poor fitness will likely cut your diving career short by years. So in response to Mr. Paynes, probably the best step would be seeing a cardiac rehabilitation specialist and cardiologist before even considering diving.

If you have a diving related question, just forward it to Joe. I'll do my best to address it in this column.



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

November's Featured Course

PADI Self Reliant Diver Course

The purpose of the **Self-Reliant Diver** specialty course is to recognize and accept the role of the buddy system and its contributions to diver safety while identifying and developing self-reliance and independence while diving. There are two reasons for an experienced diver to take the Self-Reliant diver course:

- To develop the skills of planning and carrying out dives without a partner when preferred or necessary.
- To sharpen skills of diving self-reliance, making the diver a stronger partner in a dive pair or team.

Course includes an evening of theory, and 3 open-water dives over 2 days. To enroll in the Self-Reliant course, students must be at least 18yrs old, have a minimum of 100 dives, and Advanced Open Water (or equivalent).



ONLY \$300.00!!!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

NOVEMBER'S FEATURED PRODUCTS

Dive Rite Classic Primary Reel!!

These reels position the handle on top, which helps divers who use a handheld light to hold both the light and the reel in one hand, freeing the other hand to work the reel. The frame of the Primary Reel comes with a series of pre-drilled holes so divers can change the handle position from a top-mount handle, to a side-mount handle or a left-hand operated reel.



~~\$65.00~~ NOW ONLY \$50.00!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Photo of the Month

For November, COJO's own Doc Octo was filmed with a Kracken here by COJO Diver Greg Best at Beaver Harbour's Mariner's Reach!! I can believe the Kracken but Doc Octo's smile looks Photo Shopped for sure!! This was an awesome day of diving that the guys had out at Beaver and they had some really great vis!! Great Picture Greg!! Keep those pictures coming!!

For his picture, Greg wins a free Nitrox fill up to 32%!!



Keep sending in those pictures!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

MWO Gino Sharpe



Canadian Military Combat Diver Gino Sharpe passed away on 27 October, 2013 while on a military exercise in Newfoundland. Gino was the longest serving Combat Diver in Canada and was a great mentor and friend to many military divers. He had touched many lives and shown many Combat Divers how to dive!! Thanks for your service Gino. You will be missed. CHIMO!