



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO World Headquarters, Lincoln, New Brunswick

ISSUE 70

What's New

Welcome to the **Nov 2016** edition of the **COJO Diving Safety Stop** newsletter.

October was nutty with courses and excursions!! **COJO** began the month with **Open Water** checkout dives at **Atlas Park**, completed the **Zombie Apocalypse Diver** course and had two **Underwater Pumpkin Carvings**!! As well, they added **two new compressors** to the fleet. One portable and one that will be going in next spring to add to the capabilities of COJO around New Brunswick!!



The weather is closing in and getting quite cold outside but, the diving is still awesome!! There are **tons of dives** coming up as well as tons of events such as the **Underwater Christmas Tree Decorating** and the **COJO Christmas Party**!! Don't miss out on all the gifts!!

Also, this month, **Joe** will be doing a **presentation** at **Autism Connections** on the AWESOME marine life off Deer Island and in the Bay of Fundy!! This will be a totally awesome time for the children and adults there!!

Doc Octo is back with a rerun of an awesome article, "**Calling The Dive**" You might remember this one from a while back. What an awesome article!! Thanks Doc!!

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 October

During **October**, COJO ran a ton of courses.

- **PADI** – **Open Water Course**
- **PADI** – **Zombie Apocalypse Diver Course**
- **PADI** – **Discover SCUBA Diving**
- **PADI** – **Divemaster Course (Ongoing)**
- **SDI** – **Instructor Crossover Course**
- **PADI** – **Bubblemaker Course**





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Courses To Come

Looking ahead and moving into **November and beyond**, We will be **shifting gears** for the winter, concentrating on **pool training**, and courses like **Visual Inspector** for Cylinders and **First Aid** as well as many, many more courses!!

Have a look at the calendar and **Get enrolled or sign up now!!!!**



- **22 Nov – EFR / DAN – Basic First Aid**
- **23 Nov – EFR / DAN – CPR with AED**
- **26 Nov – PADI – Discover SCUBA Diving**
- **26 Nov – SDI – Instructor Evaluation**

If you would like information on courses for 2017 or on our **Training Calendar**, contact us at cojodiving@gmail.com for more details!!



CREATING CONFIDENCE TO CARE



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Events During October

Zombie Apocalypse Diver Course!!



During October, **COJO** held their annual **PADI Zombie Apocalypse Diver course**!! It was totally awesome!! A very special thanks to **Diver Ed** and **Captain Evil** from Bar Harbor for coming down to help with the course!! **What a total Blast!!** Special thanks to **all that helped out** and great job to all of our students. This course refreshes and teaches many skills from **Open Water, Search and Recovery, Rescue, Intro to Tech** and **many, many more**!! Great job to the whole **COJO** (undead) crew!! Woo Hoo!!



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Underwater Pumpkin Carvings!!

Atlas Park Pumpkin Carving!!

This year, **COJO** was at **Atlas Park** to help celebrate their Halloween by supporting the **Pumpkin Carving** that they ran there. Great job to **Hubert, David** and **Jason** for the set up and organization of the event!! What an awesome time!! Thanks for letting us support the event and we look forward to next year!!



New River Beach Pumpkin Carving

Also, **COJO** ran the **Pumpkin Carving** at **New River Beach** as well. This one was set to run on one of the crappiest days of the diving season for weather but turned out **absolutely amazing!!** The weather, and participants, made this into one of the best events of the year!! Thanks to all who participated!! **Great Job!!**





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And Now, Doc Octo!!

Calling the Dive



When I was growing up, I knew a kid who routinely wet his pants because he didn't want to come inside when he was having fun. I get it, who wants any good time to end? In the same way, we all love to dive but there are times when we should just go inside. There are a lot of good reasons to cancel a dive; illness, a dive above our training level, poor conditions or just a bad vibe. In theory you'd think that cancelling a dive would be easy, but let's look at some of the powerful psychological barriers that stand in our way.

Investment in the dive. Divers spend a huge amount of time, effort and money to do what they love. Against my better judgement, let's look at the cost for a typical Saturday diving trip from Fredericton to Deer Island. Aside from losing a day for doing anything else, we are looking at five hours of travel, fifty dollars in gas and food and about an hour of preparation and cleaning. Divers willingly spend this (or more) to enjoy a dive that last about an hour. If you know how hard it is to cancel a routine dive to Deer Island, can you imagine how hard it would be to cancel one of those "dives of a lifetime?"



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Research shows human beings tend to minimize their perception of risk in situations when a lot of time and energy has been invested. "Well, sure it is a month's pay on one hand of poker, but I spent a lot of money getting to Vegas...". Many times divers will over-ride their good judgement and dive anyway because of money, time or some goal. It should come as no surprise then that the larger the investment, the more reluctant we are to cancel. Furthermore, in some cases the pressure may come not only from ourselves, but other divers as well. One solution to this problem is to recognize that in situations of high investment (money, time or a goal) our judgement will be impaired. Ideally, a clear-headed diver should be willing to stop within feet of a goal if the conditions are not right. Remember, **high stakes make for big mistakes.**

Disappointing our Dive Buddies. From an evolutionary point of view, social animals who don't get along with the group, get left behind and die. Despite some BS self-image we have of ourselves as rugged individuals, we are all hard-wired to go along with the herd. Not flattering, but we often defer to a group decision, despite our better judgement. With that in mind, we might fail to cancel a dive because we don't want to disappoint our friends. Potentially, disappointed buddies don't dive with us again and might say mean things about us on Facebook. One fix for this problem is simple, **if you think you need to cancel, then do it early.** Cancelling early does two things; first it minimizes the inconvenience to the group. Don't flatter yourself, your buddies will get over you not being there. Second, cancelling early minimizes your personal investment in the dive. As we already discussed, the lower your investment, the easier to make a sound decision. If you wait until you are at the dive site, you are more inclined to "give in" and dive against your initial decision.

Looking bad. Sometimes we dive when we shouldn't because we worry how it will look to others. Our self-image is on the line, but on closer inspection the logic here is quite flawed. If you were hoping to impress your buddies by diving (when you shouldn't have) and get into trouble at depth, try to imagine your new popularity. So if you have reached your gas limit early, or are too cold or just uncomfortable, better to turn a dive before a small problem becomes a big one. Frankly some of the best divers I've known respect those who decide that "today is just not a good day" or it's time to turn the dive early.



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In the 1970s Sheck Exley, the father of diving accident analysis, developed perhaps the best rule for calling a dive, "Anyone can cancel any dive for any reason." Smart rule, every cancelled dive is a team decision and everyone's ego is safe. Finally, **saving your buddies from dealing with an emergency that you created is just plain polite.** Since being a Canadian is all about being polite, cancelling a dive doesn't make you a candy-ass, it makes you a patriot!

So the final take-home message is simple:

1. **Beware impaired judgement when there is a big investment in the dive. Remember, high stakes make for big mistakes.**
2. **If you need to cancel, do it early.**
3. **Saving your buddies from an emergency that you created is polite, and therefore Canadian.**





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COJO “Rent To Own” Program

The **COJO “Rent to Own” Program** is born from the need for divers to get into their own gear sooner. You’ve already decided the diving sport is awesome and you want to go diving as much as you can! But spending money on rental gear doesn’t allow you to save up to buy your own gear. This program supports your dive habit AND gets you into your own gear sooner!

How It Works

- You set up an appointment for a gear consultation, and we put together your perfect gear package.
- We provide you a quote.
- You pay at least 30% deposit towards your personal “**Rent To Own**” gear package.
- Every time you rent items from our awesome rental fleet that are in the same category as your “**Rent To Own**” package, 100% of those rental fees go towards your gear package!
- Once you have at least 60% down towards your personal “**Rent to Own**” package, we’ll order in your shiny new gear for your personal rental use until your package is fully paid!

More detail is available on our website [here](#).

[Contact Us](#) to setup your appointment!



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Featured Course (November to March) 17 to 19 March (Back Up Dates 24 to 26 March) PADI/SDI Ice Diver Course Ice Diver Instructor Course



\$300.00 + 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 course (Diver)

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

Pre Requisites for the course (Instructor)

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



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Featured Product "THERMALUTION"

It's time to **redefine your diving!**

Tired of being **cold** on your dives? We have the solution for you!

We are pleased to be new dealers for the **Thermalution** product line. Thermalution have a series of shirts and vests that brings powered heat into the water with you, whether you are diving wet or dry.

**ADVANCED
YELLOW GRADE**

Thermalution Yellow Grade is the first power heated undersuit to endorse the ground breaking heating technology with a **wireless control system**. It is an advanced model for those who wish to dive deeper and stay longer under the sea.

PSD08-BI Size: XS, S, M, L, XL, XXL

The advertisement features a man on the left wearing the black vest and holding a remote control. On the right, a mannequin displays the vest. A double-headed arrow below the mannequin indicates its size.

It's **waterproof**, **washable**, and available as a **wireless solution**.

Contact us for a quote! Or come in and try it, we have a demo model in store!

Read more about the styles & models [here!](#)



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COJO "Throwback" Pic!



**Doug, Daphne, Connie and Dave - Drysuit Diver Course, June 2014 at the
Cambridge Narrows Quarry**



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Other Awesome News!!

COJO Diver, **Jeremy Richard** is progressing well in his **Commercial Diving** course!! **Great job Jeremy!!** Keep it up and one day your parents can retire and live off of you!! Here he is shown in the standard COJO Diving Pose!!



Great Job to COJO Diver **Katelynn Chase** who has been out to the last **THREE COJO Events!!** She has been at the **Zombie Apocalypse Course**, **The Pumpkin Carving** in **Atlas Park** and the **Pumpkin Carving** at **New River Beach!!** What a dedicated diver!! **Woo hoo!!**



We would love for you to follow us on **Facebook**. Become a **friend** of **COJO Diving** at <http://www.facebook.com/COJODiving>

COJO 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!! Check out the latest pumpkin carving videos on there!!

[Click for COJO YouTube Channel](#)

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

Connie and Joel!!