



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 57

## What's New

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

**September was crazy busy!!** COJO was **absolutely flat out** with our **Kingsclear** expedition and dive training!! As well, the **Eastport Pirate Festival** was this month!!

COJO kicked off their "**Local Dive-A-Month**". They will sponsor **a local dive each month** (until the ice comes) to try to get more local dives in the **St John River and local waterways**.



Stay tuned to our **Facebook Page** for the next scheduled local dive!! For details contact COJO or watch on our facebook group!! It will be awesome!!

This month is **Zombie Apocalypse** month!! On 17 October, COJO will be running the first **Zombie Apocalypse Diver Course** EVER in Atlantic Canada. Don't miss out!! For details contact us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) or on our Facebook page!!

On October 24<sup>th</sup>, COJO will host the **Annual Underwater Pumpkin Carving** at New River Beach. Don't miss it!!

**Doc Octo** has been crazy with work and couldn't get an article done this month but don't worry, he gave us a re-run for the month!! All about **Fitness to Dive!!** Don't miss it!!

**COJO WILL BE CLOSED 2 - 9 NOVEMBER DUE TO DEMA AND A TRIP TO BLUE HERON BRIDGE!!**

**STARTING IN NOVEMBER THE STORE WILL BE CLOSED ON FRIDAYS EXCEPT BY APPOINTMENT DUE TO COJO WINTER HOURS!!**

Thanks and Safe Diving!!

**Connie and Joe**  
COJO Diving



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### Courses During September

During **September**, all of the following courses went on!!

- **PADI** – Enriched Air Nitrox course
- **PADI** – Advanced Open Water Diver course
- **PADI** – Open Water pool sessions
- **TDI** – Technical Sidemount Diver course
- **COJO** – Discover Sidemount Diving
- **COJO** – Drysuit Diver course
- **PADI** – Dive Master Course





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### Courses To Come

For **October** and beyond, **COJO** will be crazy busy running the following courses!!

- **Continuing – PADI – Dive Master course**
- **3 – 4 Oct – PADI – Open Water Diver course checkout dives**
- **3 Oct – COJO Drysuit Orientation course**
- **17 Oct – PADI – Zombie Apocalypse Diver Course**
- **18 Oct – EFR – Emergency First Response course (First Aid)**
- **21 Oct – PADI – Advanced Open Water classroom**
- **22 Oct – PADI – Computer Nitrox course**
- **24 to 25 Oct – PADI – Advanced Open Water course**

If you would like information on a course you don't see here or on our **Training Calendar**, contact us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for more details!!





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### EVENTS DURING SEPTEMBER

#### Eastport Pirate Festival

Every year COJO heads to Eastport Maine for the annual Pirate Festival. This year was no exception!! COJO met up with a huge group of divers for the festival and had a total blast!! Thanks to all that came out!! A very special thanks to Meg McGarvey for allowing us to use the parking at the Sardine Factory!! Woo Hoo!!

#### Kingsclear Expedition

The **Kingsclear Expedition** has been on-going for a few months now. This expedition is to explore and map the old town of Kingsclear that was flooded when the Mactaquac Dam was built back in the late 50s!! So far there have been **over 30** dives on the expedition and approximately 1000 feet of line has been laid in one of the **most demanding environments anywhere**!! A very special thanks to all who are involved in this massive project!! Great work to all!!





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### EVENTS TO COME!!

#### COJO Underwater Pumpkin Carving Dive

Join us for a few hours at New River Beach we'll take our harvest pumpkins and knives and jump in the water! Carve out your best, scariest pumpkin face.. and take in some "scary" sights underwater!

Afterwards we'll have a BBQ with hotdogs (even scary veggie dogs!!), hot chocolate and coffee, and other snacks too.

This is a dive event that is all about having some fun with the diving.. and you may just leave with a prize too!

**Where:** New River Beach

**Date:** Saturday, October 24

**Time:** 10am - 1:30pm

Price: \$5.00 (this also gets you a raffle ticket for cool prizes!)





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**And Now, Doc Octo!!**



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





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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 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, other 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



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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) is a horrible death.

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.



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### Featured Certification



### PADI Zombie Apocalypse Specialty

The most Fun and Challenging PADI Specialty course, ever!

Obtained over the course of 2 scenario-based dives, you will earn your certification by completing a unique series of challenges and obstacles. Divers will test their survival skills, rescue skills and a few skills they didn't even know they had. At the end they will obtain the most sought after certification card in SCUBA history: Zombie Apocalypse Diver.

This is open to Open Water Divers and Junior Open Water Divers, minimum age 12. Did you know, this course also counts towards your PADI Master Diver rating? How cool is that!

All students are encouraged to wear zombie makeup and dive gear for their open water dives!

#### **Classroom & Dives will be October 17:**

**9:30am - 11am - Classroom (on site)**

**11am - Noon - Teams & Dive setup**

**Noon-12:30pm - Lunch**

**12:30pm - 4:30pm - Two Dives (while avoiding zombies)**

**5pm - Celebrate (if you survived the zombie attacks) and certificate presentation**

**\*\* watch out for contamination and biting zombies while stopping for lunch!!**

Introductory Course Price: **\$125.00+HST**

- Includes classroom, open water dives, textbook and zombie bracelet (made from real zombie skin!!)

- On course completion, students will receive a Certificate of Completion and PADI Distinctive Specialty c-card.



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To October 31, 2015

### FEATURED PRODUCT

**Aqualung Fusion One / Fusion Fit Drysuits**



**\$750.00 Plus Tax!!**



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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 DRIVE THRU GAS FILL STATION is up and running!!



That's right, pull up, get your Nitrox without ever leaving your car or having to carry your tanks into our compressor room!! Simply drive up, get your gas and take off!!

Our new book, "**The Technical Tao of Joe**" will be out by this Christmas!! 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!!



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

Connie and Joe!!



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### Parting Shot...



This month's Parting Shot was sent in from **Ben Misiuk**, a diver from Newfoundland that purchased a **Bare** Drysuit from us and took it to the **Arctic!!** Beautiful shot Ben!! Keep sending those pictures in!!

"In that picture we were preparing to sample a population of clams, and our sample point was right under a big chunk of ice. We collected around 100 clams from that dive, which will be used to learn more about the *Mya* clam population in the area. Other dive work included installing traps to capture baby clams (spat) for analysis, and installing temperature loggers that will record water temperature over the next year. We logged about 20 dives; temperature were between -2 to 1 degree. We got a lot of work done and had a great time, the gear worked excellent!"

Ben