



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 61

What's New

Welcome to the **February 2016** edition and the **5th year of the COJO Diving Safety Stop** newsletter.

January was awesome!! Typically, January through to March is very hard to predict the weather and get any dives at all, let alone courses in. This year, **COJO** managed to sneak in a **Recreational Sidemount** course that was totally awesome!! Great job to all on the course, especially the wetsuit divers!!



The **COJO New Year's dive** was **MAX** capacity with over 12 divers out to celebrate!! Awesome job to all for braving the crazy wind and finding a quiet spot to tuck into the water!! The **COJO Shelter** was awesome that day!!

COJO also had an awesome meeting with **The New Brunswick Archaeological Society** and discussed moving forward with them, **NB Nature Trust** and **COJO Exploration Group** on several new projects!!! INCLUDING a presentation on 17 Feb!! DON'T MISS IT!!!

Doc Octo is back with a re-run we asked him to do on one of his best articles, ever!!! **Surviving Diving Emergencies!!!** Thanks Doc!!

This month we are **excited** to announce our new "**Rent to Own**" program! Check out the article later in this newsletter!!

COJO Lincoln Store Hours:

Monday	6pm to 9pm
Tuesday	3pm to 9pm
Wednesday	3pm to 9pm
Thursday	5pm to 9pm
Friday	3pm to 9pm

Thanks and Safe Diving!!

Connie and Joe
COJO Diving



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Courses During January

During **January**, COJO ran quite a few courses.

- **PADI/SDI** – Recreational Sidemount
- **PADI** – Discover Scuba Diving
- **PADI** – Dive Mater Skills Session
- **COJO** – Drysuit Orientation
- **SDI** – Visual Inspector Procedures course
- **TDI** – Basic Gas Blender course
- **DAN** – Oxygen Provider's course
- **PADI** – Enriched Air Diver course

Great job to all of the students!! Especially those Sidemounters, **John Harrington**, **Jacques Doucet** and **Paul Merriam** who completed the dives in wetsuits!! **Hubert teased them the whole time!!**





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Courses To Come

Looking ahead into the rest of **winter and spring**, we have **plenty of courses scheduled!!** We are looking to do quite a few early in the new-year and keep training all year long!!!!

- 13 – 14 Feb – **PADI** – SEAL Team course
- 21 Feb – **PADI** – SEAL Team course Dive 2
- 28 Feb – **PADI** – SEAL Team course Dive 3
- 13 March – **PADI** – SEAL Team course Dive 4
- 20 March – **PADI** – SEAL Team course Dive 5

- Feb 2016 – **PADI** – Divemaster Course
- 13 Feb – **PADI** – Discover Scuba Diving
- 24 Feb – **DAN / EFR** – Oxygen Provider course

- 4 to 6 March – **PADI** – Ice Diver Specialty course
- 9 March – **PADI** – Enriched Air Diver course
- 16 March – **DAN / EFR** – Oxygen Provider course
- 23 to 27 Mar 2016 – **PADI** – Ice Diver Specialty

- 13 April – **PADI** – Enriched Air Diver course
- 14, 16, 23 April and 7, 8 May – **PADI** – Rescue Diver course

- Jan - Apr – **PADI** – Winter Session Open Water Course

If you would like information on courses for 2016 or on our **Training Calendar**, contact us at cojodiving@gmail.com for more details!!





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Events During January

COJO New Year's Dive

Every year, at New Year's, **COJO** heads out with a group of brave (crazy) divers to brave the -40 weather and go for a dive to start of the new year!! This year, the only change was that we did it on **2 January** so people could get some sleep after ringing in the new year and, the weather was **WARMER!!!!** Woo Hoo!! A group of **about 14 divers** headed to **Deer Island** and because of the wind, we dove the Ferry Landing. This dive was a bit higher current but turned out to be a totally awesome dive!! Afterwards, we all warmed up in the **COJO Shelter** with Timbits, hot chocolate and stories of the dive!! Thanks to all who came out and **Happy New Year!!**





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EVENTS TO COME!!

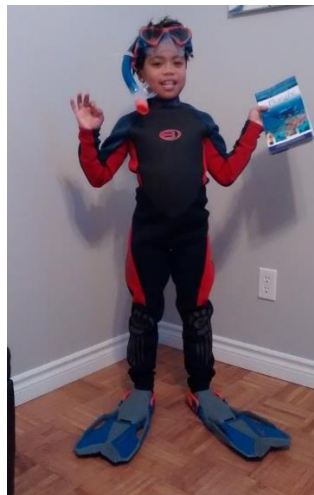
New Brunswick Archaeological Society Presentation



On **17 February**, join us and **New Brunswick archeologist Chelsea Colwell-Pasch** for a fascinating introduction to the field of **Underwater Archaeology!!**

Chelsea will discuss the work that has occurred in New Brunswick to date, and the work yet to do. She will also bring an **assortment of artifacts** to talk about, and talk about the **NB Archaeology Society** and in particular, **shipwrecks!!**

This event will be at the **COJO World Headquarters** and if you are interested, send us a note or go to the **COJO Diving Facebook Event page** to sign up!!





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PADI SEAL Team Event



The **PADI Seal Team** is for young scuba divers **8-11 years old** who are looking for **action-packed** fun in a pool by completing exciting **AquaMissions!!**

PADI Seal Team includes doing some **cool stuff in the pool**, **meeting friends** and **sharing in the adventure of the underwater world**.

The PADI Seal Team program teaches **responsibility** and **respect** for the **aquatic realm**.

AquaMissions 1 - 5, covers basic scuba diving skills, such as breathing underwater, clearing a mask of water, recovering a regulator and swimming around experiencing the **sensation of being weightless**.

Complete these AquaMissions and become a recognized **PADI Seal Team** Member. Your experience **may also count towards** the **PADI Open Water Diver course!!**

The Classroom Session will be at COJO World Headquarters here in Lincoln, NB on 13 Feb at 1pm.

The **pool sessions will be at the Fredericton Indoor Pool** through Feb and March!! Be sure to send a note to cojodiving@gmail.com or go on our Facebook event page if you are interested!! **Let's keep the kids active!!**

As always, parents are encouraged to come out and encourage their kids...and Joe!! Call and let us know if you have any questions or wish to sign up!!



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And Now, Doc Octo!!



Surviving Diving Emergencies

In the mid-sixties Frank Herbert wrote a wonderful science fiction series based on and named for the desert world of Dune. As part of his training Paul Atreides, the future ruler of Dune, would be called upon to recite this litany against fear.

I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.

I recently thought of this wonderful passage when I read an article by well known Canadian Diver, David Sawatzky. Dr. Sawatzky's article concerned advice on surviving diving emergencies and is largely based upon the work of Dr. John Leach, an expert in survival psychology. Dr. Leach, using observations from both large and small scale disasters, has made sobering and powerful predictions about human behaviour in the face of crisis. One



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common theme is that during an emergency almost everyone is initially paralyzed with disbelief. Following this initial shock, approximately 10% of victims will quickly recover, process this new unexpected situation, and save themselves. Another 10% will engage in futile and counter productive behaviours and likely perish. The remaining 80%, sadly, will do nothing. That's right, the majority of us when faced with a fearful situation will remain motionless and do nothing. The survival literature grimly describes people sitting quietly in their seats, with an exit in sight, while their grounded plane was consumed by flames.

Dr. Sawatzky firmly states that in a diving emergency most of us will be unable to remember abstract training details or reason our way out of a problem. Since neither panic nor paralysis at depth are particularly useful strategies, the data indicates that 90% of us will be able to save a buddy or ourselves. Happily however, all is not lost. It is an interesting and wonderful quirk of the human mind, that while memory and reasoning are often lost in an emergency, well-learned drills are not. In a crisis, people can (and do) employ the behaviours that they have learned by repetition. But the trick is; the survival procedures must be practiced to be available for use. Dr. Sawatzky's specific recommendations are a combination of emergency drill practice, visualization and consistent equipment layout and are listed below:

Practice emergency drills. Low on gas, out of gas, lost buddy, light failures, mask flooding, stuck inflators, entanglement, fin loss and more. Why not practice at least some of these on every dive?

Visualize possible emergencies and your response. This mental exercise allows you to practice your response to equipment failure. Statistically, if you dive enough every piece of equipment will eventually fail. So, start at your head and work downward; imagine each piece of equipment failing and your response. If nothing else this should motivate you to have well maintained equipment and at least one response for each of these imagined disasters.

Keep your gear as simple as possible. David describes a pre-dive exercise where he physically touches each piece of equipment and thinks about its role. He also advises, if possible, to wear the same gear configuration for each dive. When it hits the fan, its just nice to have things simple.



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David's final advice is concerns the temptation for divers to engage in ever riskier dive activities, even if their personalities are not equipped to handle the potential stresses of these activities. His advice is simple. First, if you are prone to panic in an emergency you should not dive. Furthermore, If you handle emergencies poorly, you should restrict your diving to less complex dives in good conditions and in shallow water. The final take home message is from Yoda, "Train yourself to let go of everything you fear to lose".





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COJO NEW “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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PADI Ice Diver Specialty

Course Price: **\$300.00+HST**

- Includes classroom Mar 1 (6pm – 10pm), site setup Mar 4 (evening) & open water dives Mar 5-6 (all day Sat, until approx. noon on Sun) at Atlas Park near Bathurst, NB.

Equipment Rentals and Park diver entrance fees are extra

If the spirit of adventure and unusual, challenging diving appeals to you, try **diving under the ice**. You will complete a minimum of three ice dives for your certification. Dives are typically done as a group working with support personnel, divers, tenders, and safety divers. You are under the ice to learn to control **buoyancy**, **navigate** under the ice, and keep in contact with the lead diver and tenders via line pulls. This course is available in March.

To enroll in the Ice Specialty course, students must be at least 18yrs old, and Advanced Open Water (or equivalent). Gear rental packages are available

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

Interested in a **Discover Ice Diving** instead of the full course? Price is **\$75.00+HST**, includes the classroom and one Instructor-led dive on Mar 5 or 6.





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Featured Product

COJO "Critter Wear"

Wolf Fish Print currently in Stock



T-Shirts Regular \$25.00

Various sizes and colours in stock!



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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>

COJO Has a new 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](#)

COJO's New Dive Vehicle!!

COJO has a new dive vehicle!! **Watch for us at a dive site near you in 2016!!**



Our new book, "**The Technical Tao of Joe**" will be out by Summer 2016!! Don't miss out!! This book gives you insights on **Joe's methods and teachings for both Recreational and Technical Diving**.



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

Connie and Joe!!