



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 60

## What's New

**Happy New Year** and welcome to the **January 2016** edition of The COJO Diving **Safety Stop** Newsletter.

**December** was awesome!! COJO completed several courses and some training for themselves.

The **COJO Christmas Party** was absolutely amazing and the **Christmas Tree Dive** was awesome!! **Thanks to all that participated!!**



Coming up this month, actually **Saturday** COJO will have the annual **New Year's Dive**. This year, because divers tend to indulge a bit much on New Year's Eve, COJO moved the dive to **January 2<sup>nd</sup>**. The dive will be on Deer Island at Customs (Can Cat) Beach for the low. **The low on January 2<sup>nd</sup> is at noon!!**

Doc Octo is back and has an awesome article this month on **Calling the Dive!!** This is a very cool article and something that is worth a read for all divers!!

COJO has a new dive vehicle!! It is a mini-mini van, a Honda Fit. This vehicle is awesome!! Look for it at the local dive sites!!

**DUE TO DEMAND, COJO'S HOURS HAVE EXPANDED. THE NEW STORE HOURS ARE:**

<b>Monday</b>	<b>6pm to 9pm</b>
<b>Tuesday</b>	<b>3pm to 9pm</b>
<b>Wednesday</b>	<b>3pm to 9pm</b>
<b>Thursday</b>	<b>6pm to 9pm</b>
<b>Friday</b>	<b>3pm to 9pm</b>

**And gone diving Saturday and Sunday!!**

Thanks and Safe Diving!!

**Connie and Joe**  
**COJO Diving**



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### Courses During December

During **December**, COJO had the following courses.

- **PADI** – **Advanced Open Water** course
- **PADI** – **Open Water** course

As well, Joe completed his Visual Inspection Procedure Instructor Trainer update with SDI/TDI, and Mike and Joe completed the PSI Inspector course. With COJO tank inspections are conducted using the most current and comprehensive inspection standards in the industry!



### Courses To Come

Looking ahead into **2016**, 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!!!!

- **9 to 10 Jan** – **SDI** – **Recreational Sidemount Course**
- **9 & 23 Jan** – **PADI** – **Discover Scuba Diving**
- **Jan - Apr** – **PADI** – **Winter Session Open Water Course**
- **Feb 2016** – **PADI** – **Divemaster Course**
- **23 to 27 Mar 2016** – **PADI** – **Ice Diver Specialty**

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



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## Events During December

### COJO Christmas Party

This year, the **COJO Christmas Party** was absolutely awesome!! We had tons of people, both divers and family members from divers come and visit!! Thanks to all who brought gifts and food!! A special thanks to **Jessica, Richelle** and the **New Brunswick Nature Trust** who donated T-Shirts for give-aways to customers!! Awesome!!







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### COJO Christmas Tree Dive

On 5 December, COJO had their annual **Underwater Christmas Tree Decorating!!** It was an **awesome turnout** and gave us a chance to debut our new **Eskimo Shelter** which we will be using at all events during the colder diving seasons!! This shelter is going to be totally awesome for the Ice Diving Course coming up as well!! Great job to all of the Advanced Open Water students as well on the dives that day!!



Photo Credit © Jessica Bradford



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### EVENTS TO COME!!

#### New Year's Dive

This year on **January 2<sup>nd</sup>**, the COJO **New Year's Dive** is more of an institution than turkey at Christmas!! **COJO and crew** will be out for an awesome low tide dive at **12pm on 2<sup>nd</sup> of January 2016!!** We will head to **Custom's (CanCat) Beach** on **Deer Island** for the dive. Send us a note at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for details. Don't miss out!!.





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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?"

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.**





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**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.

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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### Featured Certification



### PADI Ice Diver Specialty

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

- Includes classroom, open water dives

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.

**To March 25, 2016**







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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!!**



**Happy New Year to all of our friends and customers!! It has been an awesome year here at COJO Diving and we look forward to diving with you again 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!!