



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 72

## What's New

**Happy New Year!!** and Welcome to the **January 2017** edition of the **COJO Diving Safety Stop** newsletter.

**December** was crazy!! **COJO** taught tons of courses, held the **Underwater Christmas Tree Dive** and the **COJO Christmas Party and Customer Appreciation Night!!** COJO still has the **COJO-North Dive Master course** ongoing as well tons of upcoming **Discover SCUBA Diving**, and tons of other courses both diving and non-diving for the winter months!! There is definitely something for everyone!!



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 **New Year's (Day After) Dive!!** This year, weather permitting, **COJO** will be heading to ring in the new year in a diver's way at **Claire's Beach** on **Deer Island!!** In case of weather, changes in the actual site will be posted on the COJO Facebook site. Just to keep the site chosen sheltered from the wind!!

During December, **COJO** had several courses and DSDs on the go!! What an awesome month!!

**Doc Octo** is back with a rerun of an awesome article, "**Diving and Women's Health**" 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 December

During **December**, COJO ran all of these courses.

- **PADI** – Enriched Air Nitrox (Freddy)
- **SDI** – Computer Nitrox Instructor course (Freddy)
- **COJO** – Drysuit Diver Orientation (Freddy)
- **EFR** – First Aid Level C with AED course (Freddy)
- **PADI** – Open Water Diver course (Freddy)
- **DAN** – Oxygen Provider Course (Freddy)
- **PADI** – Bubblemaker course (Freddy)
- **PADI** – Discover SCUBA Diving (Freddy / Bathurst)
- **PADI** – Divemaster Course (Bathurst)



Great job to all!! What a crazy awesome month!!



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## Courses To Come

**Looking ahead** for **2017**, We have the **Training Calendar** updated and have a **TON** of courses available!! If you are interested in them or, if you don't see what you are looking for, just send a note at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) or on **Facebook** for information on when we can run it for you!! For winter, will be shifting gears and concentrating on **pool training**, and courses like **Visual Inspector and Valve Repair** and **First Aid** as well as **many, many more courses!!** Check out our events on **Facebook** for information!!



- 6 Jan (Through Winter) – **PADI** – **SEAL Team**
- 7 Jan – **DAN** – **Neurological Assessment**
- 7 Jan (Through Winter) – **PADI** – **SEVERAL Open Water Courses**
- 14 – 15 Jan – **TDI** – **Visual Inspection Procedures Course**
- 17 – 18 Jan – **EFR** – **First Aid Level C with AED**
- 23 Jan – **DAN** – **Emergency Oxygen for Divers**
- 15 – 16 Mar – **PADI** – **Ice Diver course (Classroom)**
- 17 to 19 Mar – **PADI** – **Ice Diver course (Dives)**

If you would like information on courses for **2017** or on our **Training Calendar**, contact us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for more details!! There is still tons of space!!



**CREATING CONFIDENCE TO CARE**





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### Events During December

#### COJO Christmas Party / Customer Appreciation Night



Every year **COJO** has their annual **COJO Christmas Party and Customer Appreciation Night!!** This year was CRAZY awesome!! We had well over a **million people**, estimated!! There were gifts for all, and **Katelynn Chase** even brought Joe a Birthday Card!! **Thanks Katelynn**, and thanks to **all who came out** to help us celebrate the holidays!!

**A very special thanks to all our customers!! You have made COJO Diving the HUGE success it is as the largest and fastest growing dive facility in the Maritimes!!**

And that's not being braggadocious!!



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### COJO Christmas Tree Dive



On 10 December, a ton of divers were out for the **COJO Christmas Tree dive!!** **Custom's Beach** was blown out so we had to use the **Ferry Landing** for the entry. The divers did the **Short Drift** or the **Short Circuit** off the landing. It was an awesome dive!! The weather was absolutely freezing but the **Eskimo Shelter** made for a nice place to gather after and warm up while enjoying hot chocolate!!

Thanks to all who came out!!



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### Events To Come

### COJO New Year's Dive!!



As in year's past, **COJO** is again hosting the **New Year's Dive** on **January 2<sup>nd</sup>** at 1:30 ish at **Claire's Beach, Deer Island!!** This is always a HUGE success and has **international attendance!!** You can see by the pictures from years before, we have people from Maine, Massachusetts and New Brunswick!! This is the event of the year (so far)!! Don't miss out!! Tune in to **COJO Diving** on **Facebook** for information in case we get blown out tomorrow or the site needs to change but so far it all looks awesome!!

Also, **COJO North** is having their **FIRST ANNUAL New Year's Dive!!** It will be at **Petit Rocher Wharf** on **January 2<sup>nd</sup>** starting around 1pm!!

If you would like to know more, send us a note at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) or message us on Facebook for times or any other info!!

**Happy New Year to all!! Woo hoo!!**





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And Now, Doc Octo!!



## Diving and Women's Health

In the 1956 play *My Fair Lady*, Professor Higgins openly laments "Why can't a lady be more like a man?". Perhaps he was intimidated by the unique aspects of female physiology and their influence on diving safety. Happily the wonderful folks at DAN are not daunted and have published several excellent reviews on this topic. I hope you feel it is equally wonderful that I have ripped off these articles, just to give you the bottom lines.

### Pregnancy

Is it safe to dive while pregnant? Now, some of you may be thinking, "Great, as if morning sickness, back pain, people commenting on your diet, size and the litter box wasn't enough". Yes, it now appears that the "buzz-kills" of the world want you to stop diving as well. Unfortunately however, there is some evidence for an increase in fetal malformation associated with diving. The problem is understandably hard to study. Good luck recruiting pregnant divers to engage in an activity possibly linked to fetal damage. So that leaves two other ways to study the issue. Retrospective studies and animal studies. Retrospective studies look at women who were pregnant (and unaware) and dived and compare them to matched control women who did not. The data is not as robust, but does give some interesting results. Several of these studies did show an association with birth defects and diving. Animal studies (at least some) show a similar trend. It is as yet unclear if the issue is the "silent bubbles" that occur on ascent or the increased ppO<sub>2</sub> at depth. In any case, the bottom line is; **don't dive if you are**



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**pregnant.** If you have been diving and find out later you were pregnant, the data suggest you are likely fine, but let your doc know.

### Breast feeding and diving

Around here, I would think the logistics of this would be incredibly daunting. Pack your gear, the baby and the baby gear, "Check". Time your dive to the tides in the Bay of Fundy, "Check". Catch the ferry, keeping everyone happy, "Check". Feed your child (hungry or not) far enough in advance of the dive to allow appropriate pre-dive prep, "Check". Dive and try to not worry since you gave her to Matt and he's teaching her infantry songs, "Check". I think there is a PADI specialty for someone that pulls off that one. If you can do the planning, take comfort in the knowledge that there are no concerns for the amount of nitrogen present in breast milk after diving. Bottom line; **It is safe to dive and breast feed.**

### Breast implants

Whether done for cosmetic reasons or reconstruction post-mastectomy, breast implants are relatively common. Tests putting implants in a hyperbaric chamber (one can only imagine what kind of a day this was) showed insignificant bubble production on ascent. The bottom line; **breast implants are generally safe in diving.**

### Menstruation and diving.

Retrospective data from analysis of DCI incidents suggests increased risk while menstruating. One study based on 956 female divers with DCI showed 38% were on their period when they got bent. One explanation offered was period-associated fluid retention (more tissue to off-gas) but again no firm answers. Bottom line; **always dive conservative profiles, particularly if you are on your period.** Oh yes, apparently there is also no increased risk of shark attacks if you are on your period. So your older brother was wrong about that too.

### Oral contraceptives

As you recall, oral contraceptives usually contain a mixture of synthetic estrogen and progesterone (there are exceptions to this). The concern was that the pro-clotting effect of estrogen might fire off the coagulation cascade that is believed to be a part of DCI. However, the current thinking is that these medications do not pose an increased risk to female divers. It's comforting to know that the pigs that were also force fed hormones and then "bent" in a chamber were also ok. Bottom line, **it is generally safe to be on the pill and dive.**

These are just the highlights, I encourage you to hit the DAN site there are many other research articles on these issues.





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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

**17 to 19 March (Back Up Dates 24 to 26 March)**

**PADI/SDI Ice Diver Course**

**Ice Diver Instructor Course**



**Full Course \$300.00 + HST**

**“Discover” Session \$75.00 + 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 Diver course or Discover session

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

**Pre Requisites** for the Instructor course

- 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

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!

COJO World HQ – June 2012



COJO World HQ – January 2017





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### Other Awesome News!!

The **PADI Seal Team** course is starting up again at our **Fredericton Store** this **January!!** This is an awesome course for all kids who love to learn how to carry out secret missions in the name of national security and fun!! **Register now** so you don't miss out!!



We would love for you to follow us on **Facebook**. Become a **friend** of **COJO Diving** at <http://www.facebook.com/COJODiving> or join us on Twitter (@cojodiving) or Instagram (COJO Diving)

**COJO also 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 Joe!!