



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: **Ocean Quest Adventure Resort, Newfoundland**

ISSUE 102

What's New

Happy Canada Day and **Independence Day** to all!! Welcome to the **July 2019** edition, of the **COJO Diving Safety Stop Newsletter!!**

This summer has been an absolutely **crazy awesome summer!!** As always, COJO has been going crazy with courses and events!! Although our charter this month was cancelled, the new **COJO Charters** are running awesome!!



June is usually a crazy month and, this year has not changed!! Holy!! COJO had Open Water checkouts, Full Face Mask and Comms Training, the Pirate Dive Event, **Abyss** came over to sponsor events, Peak Performance Buoyancy and A TON MORE!!! **Woo Hoo!!**

Now, it is only fitting that the newsletter is being released while COJO is away in **Newfoundland** diving with our awesome friends, **Ocean Quest Adventure Resort!!** July seems to be getting crazy as well!!

A quick reminder, COJO Diving is closed from 1 July to 7 July due to the Bell Island wreck trip. COJO will be open for business on 8 July!!

COJO's Summer 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 June

June was **simply awesome!!** The amount going on at COJO unbelievable!! Just to prove it, we are currently in Newfoundland with Ocean Quest!! **Woo Hoo!! What an amazing year so far!!** Here are all the courses during June

- **PADI** – Open Water Diver (Checkouts)
- **PADI** – Basic Wreck Diver course (Limited Penetration)
- **COJO** – Full Face Mask with Underwater Communications
- **PADI** – Rescue Diver course
- **PADI** – Peak Performance Buoyancy
- **PADI** – Advanced Open Water course

What an incredible month of training and, a HUGE congratulations to **Joey** and **Ali** on completing their **PADI Wreck Diver (Limited Penetration)** course on location in Newfoundland!! **Woo Hoo!!**





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Courses to Come

Looking ahead for the rest of the Summer, the **Training Calendar** is full with tons of courses and options for classes for all levels!! If you know someone who is interested continuing the diving adventure, let them know we have all kinds of options coming up!! **Courses are filling up!!**

If you are interested in any of them or, if you don't see what you are looking for, just send a note to us at cojodiving@gmail.com or on **Facebook** for more information!!



- 9 to 10 July – **PADI** – Open Water Diver course
- 12 to 14 July – **PADI** – Advanced Open Water course
- 12 to 14 July – **PADI** – Rescue Diver course
- 19 to 21 July – **COJO Rescue** – Heavy Recovery course
- 4 Aug – **COJO Rescue** – Public Safety Diver Challenge
- 24 to 25 Aug – **COJO** – Recreational Sidemount course
- And tons more!!





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Events During June

During June, COJO had a blast!! Below are a few of the events for the month!! **Woo Hoo!!**

Dive Buddies 4 Life – Basking Shark Talk

This event was awesome!! A very special thanks to **Ali Perron** for coming and doing a amazing presentation on the **Basking Shark!!** This discussion managed to go well beyond the beautiful Basking Shark and, explained at a level we all (even Joe!!) could understand about pollution, single-use plastics and what we as divers and people need to do to protect the oceans and, the earth!! Thanks very much Ali!! For more awesome **Dive Buddy 4 Life** info, add them on Facebook or go to their website www.divebuddies4life.com !! Woo Hoo!!



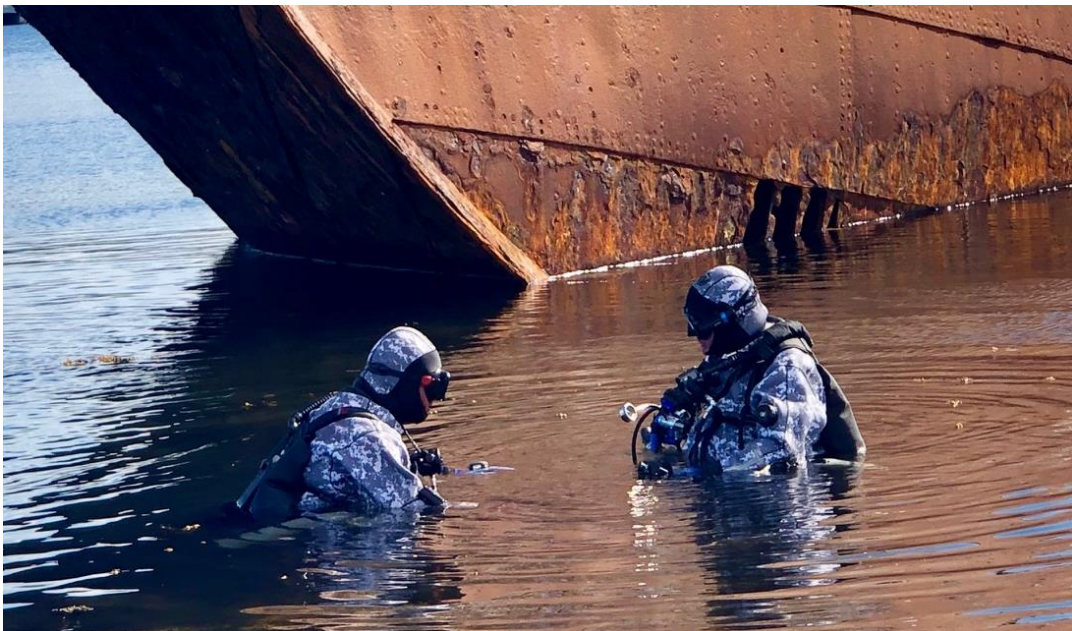


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Abyss and Doc Octo – COJO Pirate Dive

Once again, **Doc Octo** put on an amazing **Pirate Dive event!!** This year he had some help from his first-mate **Frank Oullette** and, special guests **Denise** and **Gim Gheorghe** of **Abyss Diving Suits!!** They came all the way from Nova Scotia to add a spectacular flair to an already awesome event!! There were prizes for everyone and a ton of food!! Great job to all!! **Woo Hoo!!**





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Events & Trips to Come

Newfoundland 2019!!

This one is actually ongoing so check out our facebook page for some picture-perfect imagery from "The Rock"!! Woo Hoo!!



July 20 - 21

PADI Women's Dive Day, a **Dive for Debris** event at **Pea Point**, plus the **REEF Great Annual Fish Count** events.

Aug 17 - 18

We will again participate in the **Great Fundy Coastal Cleanup** event with our partner **Nature Trust of NB!** For 2019 we plan a return to **Grand Manan**, and make a weekend of it!

Aug 31 – Sept 1st

We will return for a few days diving at **Perce QC**. Amazing marine life, and dive with the seals on this great charter dive trip. **We still have a few spots available!**



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Sep 21 - 26

We will return for diving at Les Escoumins in QC and a charter weekend at the Saguenay River. This trip is **SOLD OUT!**

Stay tuned for more dive trips in 2019! Are you interested in a location but don't see it on our calendar? Contact us and let us know!



Woo Hoo Seal Saver!!



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And now, by popular demand, Doc Octo!!



Assessing Risk

*On a long enough timeline, the survival rate for everyone drops to zero.
Fight Club*

Every activity in life carries with it some risk. In the US, 450 people a year die falling out of bed, while another 13 are crushed to death wrestling those big vending machines for free snacks. Some may argue that the benefits associated with the necessities of living such as eating, sleeping or working justifies taking some risk. But what about the risks associated with things that aren't absolutely necessary? In this month's column we will touch on just that; how we assess the risks associated with diving.

First, let me spoil the ending. Here is a bitter truth that all psychologists know, we suck at assessing risk. The problem is that most of our thinking, and that includes the assessment of risk, is done using mental shortcuts called heuristics. Psychologists tell us using heuristics saves time and usually we get a workable answer. But sometimes these mental shortcuts fail and wow, do they fail miserably. Just look at Las Vegas. I think we can all agree that those beautiful casinos were built because the house wins more often than the players. Why does the house win? News flash, because we suck at assessing risk and the house doesn't. Don't believe me? Lets do a quick experiment and test your skill to assess probability. Imagine a die with four green faces and two red faces. The die will be rolled 20 times and the sequence of greens (G) and reds (R) will be recorded. Which is the most likely sequence; RGRRR, GRGRRR or GRRRRR? If you picked the second sequence, well you'd be wrong. You're in good company, but you are still wrong. The correct answer is the first sequence, if you don't believe me do the math. The point of this example is that quick answers are often flawed. Psychologists call flaws in these mental shortcuts cognitive biases. Now, lets look at a few of the common biases that might make you take unnecessary risks while diving.

The Optimism or affect bias. "Its just a beautiful day and I feel great, what could go wrong?" Here's the point; nature, physics and physiology don't care that you "just feel great." How you feel has nothing to do with the risk of an activity, your performance or the need to prepare and train. I'm sure Scott will back me up on this one, but the universe doesn't care about you. Even if it did, chances are pretty good it hates you. Sheck Exley, one of the pioneers of cave diving, spent a great deal of time analyzing cave diving fatalities. From this analysis he distilled many of the rules of safe diving we still use today. One common theme in many of his



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grim case reports; people who broke all the basic rules just couldn't imagine anything could happen.

The Dunning-Kruger effect. Seems for some people, the less they know (or the less skill they have) the greater their confidence. Psychologists studied this phenomenon after hearing of the bank robber McArthur Wheeler. Wheeler being a bright fellow, had heard that lemon juice could be used as invisible ink. This gentleman would cover himself with lemon juice prior to a robbery to render himself, well invisible. You ask yourself, how could anyone be that stupid? Well, in Wheeler's mind he was a master criminal. Beware, there are people that believe despite minimal dive training, they can tackle any challenge. Of course they are wrong, there is no substitute for the slow and steady acquisition of any skill. Ironically, people with the most skill, often underestimate the degree and importance of that skill.

The Gamblers fallacy. This is the belief that individual random events are influenced by prior random events. This is the reason people wear diapers while running the slots in Vegas. They figure that because the machine has not paid out, it soon will. The diapers are there because their bladders usually give up before the machine does. Of course that sounds crazy, but let's do another thought experiment. I flip a coin and it has pulled heads for the last ten tosses. What is the chance the next toss will be heads? Of course, it is 50%. The probability of an independent event is not influenced by the preceding random events. So how could this pertain to diving? How about not checking the oxygen content of your dive gas? Sure, every other time it was fine. Just because you got away with cutting corners and breaking rules, doesn't mean your good fortune will continue. As often quoted; "These problems tend to be self correcting".

The Availability Heuristic. In these instances people overestimate the risks associated with dramatic, publicized or personal events. Conversely, people underestimate the risks of the mundane. For example, a few years ago everyone was alarmed that a great white was found in the Bay of Fundy. Family members feared for my life, I was just a shark meal waiting to happen. Not very likely, just look at the annual Diver's Alert Network fatality report. The major cause of diver fatality in my age group? Not sharks, that's clear, nope plain old boring heart attacks brought on by high cholesterol, high blood pressure, diabetes and smoking. Who could have seen that coming? But the point is that a death by shark attack, even though very unlikely is assigned a higher risk because of its violence. Similarly, common events are assigned lower risk because they are everyday. Forget the sharks, lack of fitness and unattended cardiovascular risks will kill more divers than Jaws. We're not gonna need a bigger boat.

Conformity Bias. A neat set of experiments from psychologist Solomon Asch in the 50's told us things about ourselves we probably didn't want to know. Basically, we are a bunch of spineless wimps who cave at the first smell of group disapproval. Here is the experiment. Solomon presented subjects with a series of lines and asked them to find two that matched in length. When subjects were alone there was no problem, people could easily match lines of equal length. However, add a group of people hired to influence the experimental subject and Ta-da; people will ignore their own views and side with the group. Ok, let's imagine we are at a dive site and it looks bad. The group feels that after all the effort to get there, we should just dive. "Come on, you wimp let's dive, and while you're at it, have a cigarette." Beware the power of group influence. The dive credo "any diver can end any dive for



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any reason" was created for just this situation.

Cult indoctrination. If you think you are too clever to fall for any of the above logical flaws, you're wrong. As humans we are wired to listen to authority figures, follow those of higher status and defer to the group. Further, out of necessity we are forced to use flawed mental shortcuts to save time. However, knowing how we think is, I feel, the first step in avoiding some of these logical missteps. Now, go out there and dive like Connie told you.



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Product Highlights

Each month we like to bring attention to products that we stock and found are awesome in some way. We may even have a great deal on them! However, the best deal for all divers is to have an active and successful local dive shop.

Please buy local!!



Paralenz Camera and Accessories

Every once in a while a product comes out that totally impresses us! The Paralenz camera takes video and photos, and automatically white balances at depth. It's an amazing compact camera that works great with the included mask mount.

Contact us for details!!



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Monthly FUN FACT

"An Atlantic hagfish can make enough slime in one minute to fill a bucket."

Republished from: <https://www.factretriever.com/fun-fish-facts>

Head, Honor. *Amazing Fish (Amazing Life Cycles)*. Pleasantville, NY: Gareth Stevens Publishing, 2008

Photo Credit: <https://www.practicalfishkeeping.co.uk/fishkeeping-news/weird-fish-of-the-week-atlantic-hagfish/>





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COJO "Throwback" Pic July 2009

Joe seen here diving on the Whaler Wrecks in Newfoundland.



**A very happy wedding anniversary to Rick and Debbie Stanley of Ocean Quest!!
I don't know how you it Debbie!! Woo Hoo!!**



[Click for COJO YouTube Channel](#)

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

Connie and Joe!!