



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO North in Atlas Parc, Pointe Verte, New Brunswick

ISSUE 76

## What's New

Welcome to the **May 2017** edition of the **COJO Diving Safety Stop** newsletter.

April has been **absolutely crazy!!** There was some awesome **diving** going on as well as tons of a ton of courses and trips!! Joe is at **COJO North** setting up the store and new compressor to have it ready for use!! Thanks to Mark, David, Hubert and Jay for all the help!! As well, COJO has been busy preparing students for Open



Water Courses and their open water dives!! They have had over 30 students between COJO World HQ and COJO North!! CRAZY!!

The water is starting to warm up now!! The temps are still really cold though!!

Coming up in May **COJO World HQ** will be having the **Diver's Social and Swap Meet** on **7 May from 10am to 2pm** and at **COJO North**, on **May 13<sup>th</sup>** there will be a Open House and Meet-and-Greet from 10am to 2pm!! Come on out and see us at either one or both!! Woo Hoo!!

This month **Doc Octo** is back for a **Health & Diving** article about "Calling The Dive". A very important safety rule that too often gets missed and, can lead to divers doing a dive that they just aren't ready for!!

### 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 April

During **April**, COJO ran the following courses.

- **PADI** – Dive Master course
- **PADI** – Open Water course (Freddy)
- **PADI** – Open Water course (Bathurst)
- **PADI** – Enriched Air Diver
- **Red Cross** – Standard First Aid
- **DAN** – Dive Emergency Management Provider course
- **EFR** – Standard First Aid course
- **TDI** – Basic Gas Blending course
- **COJO** – Cylinder Service Technician course



Great job to all the new gas blenders!! Always remember to take care and  
don't take shortcuts!!  
Or you will have to deal with Jaw Breaker!!



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## Excursions During April

During April, **COJO** was very busy getting the shops in order for the upcoming summer dive season!! We have been upgrading the **COJO World HQ** with new rooms and floors and getting COJO North ready for the Grand Opening!! It is going to be a CRAZY SUMMER!! Woo Hoo!!

A very special thanks to all the people that have been helping with both shops!! It has been crazy and we appreciate all the work!! This summer, we will have Air and Nitrox at both COJO World HQ and COJO North!! Don't miss out!!

## Courses To Come

**Looking ahead** for **May**, and beyond, The Training Calendar has been updated again and we have tons 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!! We are getting back into open water courses as the water slowly starts to warm up and we have a ton of courses coming up such as **Advanced Open Water, Rescue Diver, Sidemount Diver, Wreck Diver** and much more!!



- 18 May – **PADI** – Advanced Open Water (Freddy, Bathurst)
- 19 May – **PADI** – Enriched Air Diver (Freddy, Bathurst)
- 20 – 22 May – **PADI** – Advanced Open Water dives (Deer Island)
- 27 May – **PADI** – Bubblemaker (Bilingual)(Freddy)
- 3 June – **PADI** – Sidemount Diver Course
- 3 June – **PADI** – Rescue Diver course
- 3 June – **PADI** – Open Water Checkout dives
- 22 to 24 June – **TDI** – Intro to Tech / Tech Sidemount course
- 25 June – **PADI** – Wreck Diver course
- 30 June – 3 July – **PADI** – Wreck Diver checkouts (Tobermory)
- 4 – 7 July – **PADI** – Rescue Diver course



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### Events to Come!!

#### COJO Dive Social, Sale and Swap

Our annual **COJO Social**, sale and swap will be split in two this year!! We will be doing one at **COJO's World Headquarters** on **7 May** for the people in that area and then the next weekend on **13 May**, we will do the **COJO North Dive Social, Sale and Swap**!! Don't miss out on this as it is also our **COJO North (Atlas Park) GRAND OPENING** and it promises to be the event of the year!! At both, we will have snacks and a **BBQ at Atlas Park** too for Joe!!

Also during these events, **All Divers** are encouraged to bring in their gently used gear to sell on one of the tables that will be set up. **Divers-in-need**, are encouraged to come in and take a look at what others are selling and make some deals!! As always, **COJO staff** will be there in case there are any questions with gear or anything else!!

Don't miss out!!

#### COJO – Soldier On Open Water Course!!



This **August**, COJO will be running a **Soldier-On, PADI Open Water course** to offer wounded veterans and current soldiers of the Canadian Armed Forces a chance to get their PADI Open Water Diver certification!! A very special thanks to **PADI Canada** for supporting and sponsoring the event and to **Mike Cotts** for all the work he is doing on the project!!

Also a very special thanks to soldiers **everywhere** for serving the country!! We appreciate what you do for us!!





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# Calling the Dive

By: **Doc Octo**



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



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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.**

**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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### COJO Financing Options Now Available!!

For purchases as low as \$499, COJO customers (OAC) can now take advantage of no-interest and low-interest options with payment plans up to 36 months.

#### Canex No-Interest Payment Plan

**\$499.99 - \$6,500 up to 36 months**

For serving and retired military members and their families, RCMP, DND staff and other serving members and staff, the Canex plan is an excellent option! Contact us for more details or click the logo to go to the Canex site:



#### COJO Diving Financial Services

**\$2,000 - \$10,000 up to 36 months**

COJO Diving Financial Services is a great low-interest option for all customers looking to keep existing their existing credit line open! No fees and we offer an early payout option as well!



**For more details go to our website:**

**[Financing Options](#)**



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### Other Great Programs from COJO!

#### COJO Discount Program

We offer several discount options for our military, EFR workers, full-time students, and supporters of Nature Trust of NB!

Read more [here](#).

#### 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!

Read more [here](#).

#### COJO Weight Replacement Program **NEW!!**

At COJO Diving we understand that emergency situations happen, and it may be necessary for divers to ditch their weights in order to achieve positive buoyancy at the surface. If you purchased your weights from COJO, contact us on how to replace your weights FREE of charge.

Read more [here](#).

#### COJO Pony / Bail-out Refill Program **NEW!!**

At COJO Diving we strongly encourage all divers to carry a completely independent air source for emergency bail-out situations. We will top-up and refill pony bottles following use in an emergency or following annual inspections or hydros, or just any time to bring those tanks up to full pressure.

Read more [here](#).





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### **Featured Course** **4 to 7 July (Fredericton)** **PADI Rescue Diver Course**



**Cost \$300.00 + HST**

Challenging and rewarding best describe the Rescue Diver course. Building on what you've already learned, this course expands on what you already know about how to prevent problems and how to manage them if they occur!!

**Pre Requisites** for the PADI Rescue Diver course

- 12 years or older
- Have a PADI Adventure Diver cert (or equivalent from other agency)
- Be trained and current (with proof) of first aid and CPR

#### **Schedule**

- Online training and exam – Prior to 4 July
- July 4, 5pm – Class and Skill Dives
- July 5, 5pm – Skill Dives
- July 6, 5pm – Skill Dives
- July 7, 5pm – Skill Dives and Class



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### Gear Highlight!



We are thrilled to be a dealer for Ikelite, who provide a full line of housings, strobes and accessories for underwater photography for beginning divers up to full professional photography! Just ask Connie how many cameras and housings she has!!

### Featured Product



The Ikelite housing for the Olympus Tough TG-3 & TG-4 provides a perfect starter underwater solution with a lot of capability. The TG-4 has amazing macro capability, and ability to define and save custom settings. Add a tray, arms and strobes for the ultimate underwater solution! Contact us for info!!

**Canadian MSRP \$949+HST**  
**(Only \$31/month on Canex 36mo plan!)**



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### COJO "Throwback" Pic!

**April 2011 – Maine, USA**

**Underwater Photography class with photojournalist Jeff Toorish, great class!!**

**(L-R – Connie, Claire LeBlanc, Wayne Printy, Jeff Toorish, Jeff Stenzel, Scott Heffeman)**





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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!!**

**[Click for COJO YouTube Channel](#)**

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

Connie and Joe!!