



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 69

## What's New

Welcome to the **Oct 2016** edition of the **COJO Diving Safety Stop** newsletter.

**September** was crazy busy with courses and excursions!! **COJO** began the month on Deer Island running an **Advanced Open Water** course. An is ending it, at Atlas Park with **Open Water Checkouts** and a **PADI Rescue Diver Course!!** With trips and courses in between, What a busy Month!! COJO has another **PADI Dive Master course** starting up so if you are



interested, send us a note to [cojodiving@gmail.com](mailto:cojodiving@gmail.com) or give us a call!! Become a **COJO Pro!!** There are none like us!!

The new service building and new **"Used Gear Room"** are now open!! This promises to give the World Headquarters way more capacity to serve you!! What a busy and exciting time!!

**Connie** was also able to sneak away and do a **Les Escoumins** visit!! Dive Master, **Claire Bare** and her were able to get a ton of diving in!! Don't miss the write up!!

**Doc Octo** is back with his next installment of **"Your Brain on Diving (Part II)"** You might remember this one from a while back. What an awesome article!! Thanks Doc!!

### COJO's Fall 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 September

During **September**, COJO ran a crazy amount of courses.

- **PADI** – Advanced Open Water Course
- **PADI** – ReActivate Course
- **PADI** – Discover SCUBA Diving
- **PADI** – Divemaster Course
- **PADI** – Open Water Diver Course
- **DAN** – Emergency Oxygen Instructor Course





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### Courses To Come

**Looking ahead** and moving into **October and beyond**, We will be slowing down for October because Joe will be on a course for the month however there will be a few courses running and tons of **SCARY** Events!! Don't miss out!!

**Get enrolled or sign up now!!!!**



- **1-2 Oct – PADI Open Water Diver (O/W) (Atlas Park)**
- **8 Oct (Thru Fall) – PADI Dive Master Course (Atlas Park)**
- **15 Oct – PADI Bubblemaker course**
- **16 Oct – PADI Zombie Apocalypse Diver course**
- **23 Oct – SDI Instructor Course (IE)**
- **29 Oct – PADI Discover SCUBA Diving**

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 September

#### Les Escoumins!!



© Connie Bishop

A September dive trip to Quebec has become an annual event for us. Timed mid-September we miss the crowds, and still benefit from great top-side weather and whale sightings too!

A dive trip should take in the areas of Les Escoumins, and Saguenay River. Les Escoumins is a beautiful municipality located on the North shore of the St. Lawrence River, with several points to access fantastic marine life diving. There is a marine park close by which is setup for divers, complete with big wheel barrows to move equipment from the parking area to where gear is setup to dive. Entries at the park are well marked and have stairs that lead into the water. Each entry has its own features, so worth trying them all and pick your favourite. There is a daily fee for divers to access the park and its facility.

Travel the Saguenay River to reach a site called Ste. Rose-du-Nord. This is well known to local divers, and for the first time diver it is an absolute must to have a guide. The site is unique with a layer of fresh water that extends 20-30ft deep, below is a clear (and dark!) bottom of sea water. Visibility is excellent, but it is a night dive due to the darkness from the river layer.

Our favourite lodging on this trip is at the Essipit Condos. Every room overlooks a protected cove that is very nice for diving and often visited by passing whales.

Marine life at these sites includes wolf fish, spiny lumpsuckers, various anemones, hydroids, nudibranchs, shrimps and crabs.

Contact us for information on the September 2017 trip!



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### Events To Come

#### Atlas Park Pumpkin Carving!!

This year, **COJO** will be in the Park, carving up a storm!! **COJO Dive Master in-training, Hubert Arseneau** will be heading up the event creating an underwater haunted swim and pumpkin carving event that is a must-see!! **Don't miss out!!**

Call or go on **Facebook** to get information on the event!!



#### New River Beach Pumpkin Carving

If you can't make it to Atlas Park or you just want **more diving and carving**, we will be having the annual **Bay of Fundy Pumpkin Carving** as well!! This year will be at **New River Beach**!! See **Facebook** or e mail us for details!!





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**And Now, Doc Octo!!**

## **This is your brain, now this is your brain on diving... Part 2-multitasking**

*"A clever person solves a problem. A wise person avoids it."  
-Albert Einstein*

In the last section of this two part series on diving and thinking, we discussed how your brain can use one of two thinking systems. System 1 is an automatic, fast but error prone system. In contrast, System 2 is thoughtful, slow but less likely to make errors. We concluded that with constant practice some diving tasks can be moved to automatic mode to free up processing room for more thoughtful tasks. We also discussed the necessity of System 2 over-seeing all tasks to prevent careless errors. In the second part of this series we will examine the related concepts of multitasking and task-loading.

I remember knowing several years ago when it was time to buy a new computer. Being cheap, I had put it off. However, newer programs had become more complex and my old computer had limited processing power. It drove me crazy when I would open a new program and everything became painfully slow. Eventually the computer became so useless, that I bit the bullet and bought a new one. The point of the story is that the human mind has similar problems with multitasking. We all have limited "computing power" and unfortunately we can't simply upgrade the motherboard. Psychologists have studied our limited processing power and the idea of multitasking extensively. One surprising result of these studies is that; we ain't nearly as good at multitasking as we think we are. Not surprisingly, this research also provides some great insights about diving. Listed below are the popular myths about multitasking and what the research really shows.

1. *Multitasking is more efficient.* Absolutely not; it turns out that this idea is just bunk. Research has shown repeatedly that multitasking is much slower than running sequential tasks. One reason multitasking is slower is that each time the brain switches tasks, extra time is required to re-orient you to the current status of each task. Some researchers feel that this added time can actually double the time spent doing tasks.



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**Adding multiple roles or goals to a dive is less efficient. Dive goals and roles should be simple.**

2. *Multitasking is less likely to result in errors.* Again, this is absolutely wrong. Consider the case of cell phone use while driving. Research has shown conclusively that cell phone use (again because of multitasking) is associated with increased errors and slowed reaction time. In short, mistakes are more likely to occur when your attention is divided among multiple tasks. Perhaps the author Dick Masterson was wrong when he remarked that "F####ing up two things at once isn't multitasking". It may very well be that multitasking is "F####ing up two things at once". **Watch out for dives with multiple goals, they will by their nature be more prone to error.**

3. *Multitasking is a good way to learn new tasks.* The evidence is quite the opposite, memory function decreases dramatically while multitasking. Good instructors know this intuitively and have students perform a single skill at a time before moving to the next skill. This also explains why basic skills are often taught in a pool, where one does not have to multitask by dealing with a complex environment. **Teaching in diving should be done in a stepwise methodical fashion to maximize the retention of material.**

4. *"But I'm happiest when I'm doing lots of things".* We often believe that multitasking makes us happy because we chase multiple goals at once. The research however shows that true happiness comes from focussing our attention on a single task. Knowing this explains why diving photographers get enormous pleasure out of staying in one place and focussing on one subject. **The most satisfying dives are well planned and simple.**

5. *Multitasking has nothing to do with mood.* The term multitasking is used by the public and psychologists to refer to multiple mental jobs. Divers usually use the term **task loading**. There is an important distinction. Task loading includes not only mental jobs but the environmental conditions and the diver's state of mind. Let's use the example of using the cell phone while driving. We already know from numerous studies that this kind of multitasking delays reaction time and leads to errors. Now let's worsen the environmental conditions, perhaps the heater isn't working and it's the dead of winter. Ok, now stir in some anger, perhaps the driver just had an argument with his boss. I think you're getting the point. This is a disaster waiting to happen. Bottom line; multitasking plus mental state and environmental conditions equals task loading. Emotional and environmental factors affect how much thinking you are going to be able to do on a dive. Therefore, we should reduce the number and complexity of tasks if we have a poor mental state or the diving conditions are poor. Contrary to popular wisdom it seems that, **"When the going gets tough, the tough get stupid"**.

Recent research also suggests....wait the phone is ringing and it seems I have some Facebook messages. Hey what's that burning smell? Oooh look a squirrel....



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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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### Zombie Apocalypse Diver Course



**\$125.00 + HST**

Obtained over the course of 2 scenario-based dives, students will earn their certification by completing a unique series of challenges and obstacles. Divers will test their survival skills, rescue skills and a few skills they didn't even know they had. At the end they will obtain the most sought after certification card in SCUBA history: Zombie Apocalypse Diver.

#### Course Price Includes:

##### Manual

**PADI C-Card** (Clearly states that you hold the rank of Zombie Apocalypse Diver! Not that anyone will check your C-card after the world ends...)

**Certificate of Completion** (Suitable for framing... not that there are any frames left after the apocalypse, but you can use it as kindling.)

**Zombie Skin Bracelet** (To commemorate your training in survival diving. The bracelet is made with real zombie skin. Wearing it will help mask your odor to avoid the herd of walkers.)

**Classroom & Dives – October 16 (SUNDAY), COJO Classroom/Freddy**



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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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### Other Awesome News!!

The **COJO Diving Service Department** has expanded and is now up and running with the new **Service Department building**!! This will allow us to more efficiently complete Oxygen cleaning and servicing of all cylinders and other gear!!

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 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](#)

**Congratulations to Alex on a 100% on your PADI Open Water Exam!!**  
**AWESOME JOB!!**



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

Connie and Joe!!