



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 56

What's New

Welcome to the **September 2015** edition of The COJO Diving **Safety Stop** Newsletter.

August was nuts!! COJO was absolutely flat out with our **Kingsclear** expedition and dive training!! As well, we had tons of guided dives and **Discover Scuba Diving** classes. Joe went to Ontario to visit his first **GRANDSON, Zander Bos** and while on his way back he stopped for a nap and a couple dives in Brockville!! Awesome!!



Joe also completed the “**Going Tech**” information night. This was a really awesome night of defining what skills were learned on the **Introduction to Technical Diving** and what the diver could expect when taking the course.

Due to crappy weather, COJO had to cancel the New River Island expedition!! They will be rescheduling it in the future so stay tuned for more information!! A very special thank you to **Nature Trust of New Brunswick** and to **Michelle Richards** of **AKONA Adventure Gear** and **Emotion Kayaks** for the support for this expedition!! You are helping make it possible!!

Nature Trust had their **Frye Island Nature Preserve** clean-up which went absolutely amazing!! Great job to the Nature Trust and thanks for keeping our land clean!!

Doc Octo is back with an awesome article giving us some “visibility” on **Flying After Diving**. This article will help us to see things clearer on some of the views, misconceptions and myths associated with the subject!! Be sure to take your time to read it so you don't get clouded vision with the subject!! **Thanks Doc**, and here's mud in your eye (so to speak)!!

Thanks and Safe Diving!!

Connie and Joe
COJO Diving



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Courses During August

During **August**, all of the following courses went on!!

- **PADI** – Open Water Diver course
- **PADI** – Rescue Diver Course
- **TDI** – Normoxic Trimix course
- **COJO** – Drysuit Diver course
- **COJO** – Going Tec Info Night
- **PADI** – Dive Master Course
- **COJO** – Discover Diving course





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Courses To Come

For **September** and beyond, **COJO** will be crazy busy running the following courses!!

- Continuing – **PADI** – Dive Master course
- 2 Sept – **PADI** – Computer Nitrox course
- 3 to 6 Sept – **PADI** – Advanced Open Water course
- 10 to 13 Sept – **TDI** – Intro to Technical Diving course
- 10 to 13 Sept – **TDI** – Technical Sidemount course
- 17 to 20 Sept – **PADI** – Open Water Diver course
- 17 Oct – **PADI** – Zombie Apocalypse Diver Course
- 22 Oct – **PADI** – Computer Nitrox course
- 24 to 25 Oct – **PADI** – Advanced Open Water course

All the way through to December will be absolutely **CRAZY** with courses. If you would like information on a course you don't see here or on our **Training Calendar**, contact us at cojodiving@gmail.com for more details!!





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EVENTS DURING AUGUST

New River Island Expedition

Unfortunately we had to cancel the New River Island Expedition. The weather looked like it was going to be totally awful!! BUT it was actually awesome so we saved what we could and went out on the Kingsclear Expedition!! A very special thanks to **Jessica Bradford** of the **Nature Trust of New Brunswick** and to **Michelle Richards** of **Akona / Emotion Kayaks** for all the support!! These organizations are awesome!!

Kingsclear Expedition

The **Kingsclear Expedition** has been on-going for a few months now. This expedition is to explore and map the old town of Kingsclear that was flooded when the Mactaquac Dam was built back in the late 50s!! So far there have been **over 30** dives on the expedition and approximately 1000 feet of line has been laid in one of the **most demanding environments anywhere**!! A very special thanks to all who are involved in this massive project!! Great work to all!!





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EVENTS TO COME!!

PADI Zombie Apocalypse Diver Course

The most Fun and Challenging **PADI** Specialty course, ever!

Obtained over the course of 2 scenario-based dives, you will earn your 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**.

All students are encouraged to wear zombie makeup and dive gear for their open water dives!

Classroom & Dives will be October 17:

9:30am - 11am - Classroom (on site)

11am - Noon - Teams & Dive setup

Noon-12:30pm - Lunch

12:30pm - 4:30pm - Two Dives (while avoiding zombies)

5pm - Celebrate (if you survived the zombie attacks) and certificate presentation

**** watch out for contamination and biting zombies while stopping for lunch!!**





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And Now, Doc Octo



Come fly with me, let's fly away

Shelley had a fantastic week diving in Mexico. Cozumel was amazing, with at least 3 no-decompression dives daily. On the morning of her departure, she reluctantly headed to the hotel lobby for the bus ride to the airport and the six hour direct flight home. Shelley was a cautious and experienced diver with 122 incident-free dives. A frequent traveller, she was also well aware of the DAN guidelines about flying after diving. She knew that a week of multiple daily dives would require a surface interval of at least 18 hours. With her flight leaving at 6 pm Saturday, she calculated she could still safely dive Friday morning.

Shelley arrived at the airport and after the usual check-in, her plane departed without incident. About an hour into the flight, after the plane had reached cruising altitude, she began to notice a general discomfort in her right upper arm. With time, the discomfort progressed to intense pain and over the next 2 hours into complete paralysis of the arm. Now unable to move her right arm, the flight crew feared she was having a stroke and diverted the flight. On arrival at the airport, she was transferred by



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ambulance to a tertiary care hospital. At the pleading of Shelley's husband, a DAN physician was contacted on arrival at the hospital and Shelley was eventually moved to a recompression chamber. During recompression, much of the pain in her arm resolved. Unfortunately, resolution of the numbness in her arm took many treatments, spread over several days.

This cautionary tale is intended to highlight several important aspects of DCS and flying. First, there is an increased risk of DCS for divers who fly. Not surprisingly, the risk increases with the number of dives and with decompression dives. The recommended surface interval after diving and prior to flight on commercial aircraft, is 12 hours for a single dive and 18 hours for multiple dives or multiple days of diving. Also, with very little data, the folks at DAN recommend a surface interval "substantially longer than 18 hours" for dives involving decompression stops. These recommendations are based on both Doppler studies and expert opinion presented at a DAN scientific conference in 2004.

The second take-away point is that even if you do everything right, you can still get bent. You've heard this story before; the risk of DCS is influenced by multiple factors including the conditions of the day and the diver. Interestingly, the unique physiological susceptibility of each diver was clearly illustrated in a study published just this year. Danilo Cialoni and his colleagues showed that under similar dive conditions some people always produce post-dive ultrasound detectable heart bubbles, while others never do. The story then gets a little weirder. Ultrasound analysis of many of the "bubbler" divers (even after a 24 hour surface interval) also showed new bubble production during air-flight. This suggests that even after 24 hours some "bubbler" divers have still not shed the excess nitrogen accumulated from diving. This would also suggest "bubblers" would physiologically be more likely to get bent, at anytime especially during flight. We all use the same guidelines, but clearly we are not all the same.

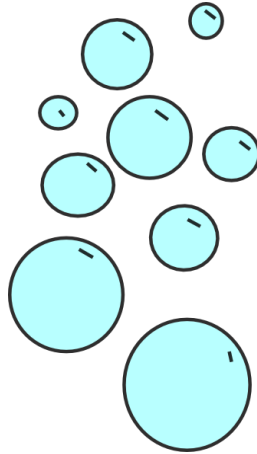
Other divers have taken note of Cialoni's interesting observations. This year Shearwater research (a technical diving computer manufacturer) stated that the results of the Cialoni study reinforce their position of not putting a "no-fly" flashing icon on their computer (as seen with many recreational computers). They felt that the expiry of the "no-fly" icon provided false reassurance, and the "bubbler" divers would still be at increased risk. Time will tell, perhaps someday divers will be risk-stratified by their tendency to produce ultrasound bubbles post-dive. In that case, perhaps different dive algorithms specific for "bubbler" and



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"non-bubbler" divers would be appropriate. Very cool. I, for one, welcome our new physiologist overlords.





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Featured Certification



PADI Zombie Apocalypse Specialty

The most Fun and Challenging PADI Specialty course, ever!

Obtained over the course of 2 scenario-based dives, you will earn your 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.

This is open to Open Water Divers and Junior Open Water Divers, minimum age 12. Did you know, this course also counts towards your PADI Master Diver rating? How cool is that!

All students are encouraged to wear zombie makeup and dive gear for their open water dives!

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Introductory Course Price: **\$125.00+HST**

- Includes classroom, open water dives, textbook and zombie bracelet (made from real zombie skin!!)

- On course completion, students will receive a Certificate of Completion and PADI Distinctive Specialty c-card.



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To October 31, 2015

FEATURED PRODUCT

Aqualung Fusion One / Fusion Fit Drysuits



\$750.00 Plus Tax!!



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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>

Our DRIVE THRU GAS FILL STATION is up and running!!



That's right, pull up, get your Nitrox without ever leaving your car or having to carry your tanks into our compressor room!! Simply drive up, get your gas and take off!!

Our new book, "**The Technical Tao of Joe**" will be out by this Christmas!! Don't miss out!! This book gives you insights on **Joe's ways of teaching**. Awesome for anyone taking a course through COJO or from anywhere!!



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

Connie and Joe!!



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Parting Shot...



This is a picture taken of our newest addition to the COJO World Headquarters, the COJO Drive Thru Gas Fill Station. This is absolutely the most awesome addition ever!! Now you can get a gas fill without having to lug your doubles out of your ... sporty red Mazda!!