



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 68

What's New

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

August was absolutely crazy with both COJO courses and with supporting other diving activities!! **COJO** began the month at their **Atlas Park** facility running courses and supporting **Claude Dessureault** and his awesome Scallop Diving trip!! COJO also ran another **Tara Manor Discover Scuba**, a **DAN DEMP** program and tons more!! **What a busy Month!!**



A **HUGE** thanks to **Roger Whitten** and **Jason DeGrace** for all of the help filling tanks and managing all the diving at **Atlas Park!!** Great team!!

COJO has been busy finishing off the addition of the new service building and rental / used gear rooms at the world headquarters!! What a busy and exciting time!!

Joe was also able to sneak away and visit **Brockville** for a dive and go visit his **family, kids, and grandson** in **Windsor Ontario** for a week!! Awesome time!!

Doc Octo is back with another awesome article!! You might remember this one from a while back. What an awesome article!! "**Your Brain on Diving**"!! 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 August

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

- **PADI** – Self-Reliant Diver Course
- **PADI** – Sidemount Diver Course
- **PADI** – Rescue Diver Course
- **PADI** – Divemaster Course (Cont'd)
- **EFR** – First Aid and CPR Course
- **PADI** – Open Water Diver Course
- **DAN** – Dive Emergency Management Provider Course
- **EFR** – First Aid and CPR Course (AGAIN!!!)
- **PADI** – Enriched Air Nitrox Course

Great Job and good luck to **Jeremy Richard**!! Jeremy has been accepted to Holland College for **Commercial Diving**. He has been working his butt off getting ready!! It was a pleasure to work with you and have an awesome time!! Woo Hoo!!





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Courses To Come

Looking ahead and moving into **fall 2016**, we have plenty of courses scheduled!! We are getting booked up so if you are interested in any of the courses listed, don't delay!! **Get enrolled now!!!!**



- 1 to 4 Sept – PADI Advanced Open Water Diver course
- 11 Sept – PADI ReActivate
- 24-25 Sept – PADI Open Water Diver (Pool) (St Andrews)
- 25 Sept – COJO Discover Diving (St Andrews)
- 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

If you would like information on courses for 2016 or on our **Training Calendar**, contact us at cojodiving@gmail.com for more details!!





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Events During August

Atlas Park Dive Extravaganza!!

From 1 to 8 August, **Joe** deployed to **Atlas Park** and ran a **Solo/Self Reliant Diver course, Recreational Sidemount Course, EFR First Aid and CPR course** and **Rescue Diver course**. All the while he, with tons of help from the **Atlas Park Clan**, also ran the "COJO-To-Go" portable fill station about 18 hours a day to support **Claude Dessureault** and his **Advanced Open Water / Scallop diving trip!!** What an awesome time and what awesome people!! Special thanks to **COJO's team David Petrie, Hubert Arseneau** and **Jason DeGrace** as well as **Roger and Hailey Whitten** for all of the help during the entire week!! Great job to all on JOBS well done!! Woo hoo!!



COJO-To-Go!!



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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 1

When I first began to drive a car I was overwhelmed with how much I had to watch and do. At that time, I never imagined that driving would eventually become pretty much automatic. Lately, driving has become disturbingly automatic. Even though it happens all the time, I still get a creepy feeling when I realize that I have just driven through Truro and can't recall the trip. Though, to be fair, even if I was paying attention, I'm not sure that there is all that much worth recalling about Truro. My point is, that my experience with driving shows how a once overwhelming task has now become automatic. This process of having conscious tasks become automatic has now been explained by the psychologists who study how we think. Researchers now recognize that thinking is done using one of two systems. One system, (called imaginatively System 1) is quick, energy efficient and relies on mental "short-cuts" accumulated by experience. System 1 is the automatic function. The second system (System 2) is very energy expensive, methodical and slow. Usually we use System 2 when solving a novel problem or learning a new skill. Psychologists tell us that we spend about 95% of our lives using System 1. As we will see a little later, spending so much of our lives "on automatic" works well most, but not all, of the time.

Learning to scuba dive is in many respects similar to learning to drive a car. There are a set of necessary skills that are at first overwhelming. The mastery of these skills means that a System 2 task (like figuring out how to control buoyancy) is now moved to an automatic action based upon experience. The more we dive, the easier it gets as skills are moved to automatic System 1 style thinking. Just knowing there are two systems of thinking and how they work, provides some very valuable insights into safe diving.

Lesson 1. For diving to become safe and efficient we have to dive more.

Ok, seems easy enough and not too painful. The maintenance activities of diving, checking your computer, buddy, or SPG have to become automatic. Moving activities to "automatic" frees your mind for other tasks. All that sounds great; "I'm a diving machine". But, automatic skills decay without constant use. Conversely skills used frequently,



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correctly and under varied and trying conditions are very robust. To stay good at something you need to keep doing it.

Lesson 2. Safety drills must be practiced regularly to become automatic.

This is an extension of lesson 1 and again, no surprises. If you don't practice sharing air, shut off drills or disconnecting lines how can you count on these being automatic System 1 activities? In most people, System 2 thinking (methodical and slow problem solving) doesn't work well in stressful environments. It certainly doesn't work well if you are overloaded trying to solve a gas management problem while performing a safety drill that's rusty. If you find yourself in an emergency underwater having to "figure something out" you're in big trouble.

Lesson 3. Not all things done "on automatic" are good. Sometimes we do stupid things "without thinking". For example, I have seen any number of experienced woodworkers cut off a finger tip by putting it intentionally into a spinning blade. Familiarity made them comfortable; being comfortable made them careless. That's the problem with System 1 thinking; it's quick and easy but error prone. That experience of "catching yourself" just before you do something stupid is actually System 2 overseeing your automatic System 1 thinking. The point is, diving requires active thinking not only about the tasks taking place, but also watching out for careless thinking. Imagine checking your SPG during a dive. System 1 thinking is when you look at that SPG and see you have lots of gas. System 2 thinking is noticing that you do have lots of gas, but that the needle hasn't moved in 10 minutes. System 2 thinking (not based on rush assumptions) correctly indicates that there is some kind of problem (like the manifold isolator being closed). Vigilance is a System 2 function.

Lesson 4. Build firm habits and rules to save yourself from yourself. As mentioned above, System 1 thinking is fast and easy but prone to mistakes. Experts who study thinking errors have suggested various strategies to prevent people from making mistakes. One well known strategy is called a forcing activity. An example of a forcing activity would be making pilots complete a pre-flight check list. "Oh, right fuel; glad we didn't forget that". A forcing activity makes you shift (at the most error prone step) to methodical System 2 thinking. Another example of a forcing activity would be that good dive shops insist that you check the oxygen content of your own tank prior to leaving. A firm "no exceptions" habit of gas checking would have saved a diver several years ago who perished using the wrong gas mix at depth. Breaking rules is pretty much how all those sad diving stories start.

In summary, your brain switches back and forth from System 1 to System 2 all the time. System 2 is slow, but necessary to learn skills and to keep an eye on faulty thinking that crops up using System 1. Complex dives require active thinking using both systems. Next month we will discuss how System 1 and 2 thinking play a role in task loading and why you may not be as good at multitasking as you think.



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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 (Sat), 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

The advertisement features a man on the left wearing the black Thermalution undersuit and holding a small remote control. On the right, a mannequin displays the same undersuit. The text is centered between the two images.

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](#)



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

Connie and Joe!!