

START

# RECREATIONAL DIVE PLANNER™

TABLE 2  
SURFACE INTERVAL  
CREDIT TABLE

DIVING SCIENCE & TECHNOLOGY CORP.

DEPTH (feet)	35	40	50	60	70	80	90	100	110	120	130	140																	
A	10	9	7	6	5	4	4	3	3	3	3	↓	▶ A																
B	19	16	13	11	9	8	7	6	6	5	5	4	▶ B																
C	25	22	17	14	12	10	9	8	7	6	6	5	▶ C																
D	29	25	19	16	13	11	10	9	8	7	7	6	▶ D																
E	32	27	21	17	15	13	11	10	9	8	↓	7	▶ E																
F	36	31	24	19	16	14	12	11	10	9	8	8	▶ F																
G	40	34	26	21	18	15	13	12	11	10	9		▶ G																
H	44	37	28	23	19	17	15	13	12	11	10		▶ H																
I	48	40	31	25	21	18	16	14	13	↓			▶ I																
J	52	44	33	27	22	19	17	15	↓	12			▶ J																
K	57	48	36	29	24	21	18	16	14	13			▶ K																
L	62	51	39	31	26	22	19	17	15				▶ L																
M	67	55	41	33	27	23	21	18	16				▶ M																
N	73	60	44	35	29	25	22	19					▶ N																
O	79	64	47	37	31	26	23	20					▶ O																
P	85	69	50	39	33	28	24						▶ P																
Q	92	74	53	42	35	29	25						▶ Q																
R	100	79	57	44	36	30							▶ R																
S	108	85	60	47	38								▶ S																
T	117	91	63	49	40								▶ T																
U	127	97	67	52									▶ U																
V	139	104	71	54									▶ V																
W	152	111	75	55									▶ W																
X	168	120	80										▶ X																
Y	188	129											▶ Y																
Z	205	140											▶ Z																

40  
NO-DECOMPRESSION  
LIMITS

SAFETY STOP  
REQUIRED

TABLE 1  
NO-DECOMPRESSION  
LIMITS AND GROUP  
DESIGNATION TABLE



Z Y X W V U T S R Q P O N M L K J I H G F E D C B A  
CONTINUE ON OTHER SIDE

PRESSURE GROUP AT END OF SURFACE INTERVAL

DEPTH (feet)	Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A	
35	205	188	168	152	139	127	117	108	100	92	85	79	73	67	62	57	52	48	44	40	36	32	29	25	19	10	
40	140	129	120	111	104	97	91	85	79	74	69	64	60	55	51	48	44	40	37	34	31	27	25	22	16	9	
50			80	75	71	67	63	60	57	53	50	47	44	41	38	36	33	31	28	26	24	21	19	17	13	7	
60				55	54	52	49	47	44	42	39	37	35	33	31	29	27	25	23	21	19	17	16	14	11	6	
70					1	3	6	8	11	13	16	18	20	22	24	26	28	30	32	34	36	38	39	41	44	49	
80							40	38	36	34	33	31	29	27	26	24	22	21	19	18	17	15	14	13	11	8	4
90								2	4	6	7	9	11	13	14	16	18	19	21	22	24	25	27	28	31	35	
100									30	29	28	26	25	23	22	21	19	18	17	15	14	13	11	10	8	4	
110										25	24	23	22	21	19	18	17	16	15	13	12	11	10	9	7	4	
120											2	3	4	6	7	8	9	10	12	13	14	15	16	18	21		
130												20	19	18	17	16	15	14	13	12	11	10	9	8	6	3	
															16	15	14	14	13	12	11	10	9	8	7	6	3
																2	2	3	4	5	6	7	8	9	10	13	
																	13	12	12	11	10	9	8	7	6	5	3
																			2	3	4	5	6	7	8	10	
																				10	9	8	8	7	6	5	3
																							3	4	5	7	

TABLE 3 • REPETITIVE DIVE TIMETABLE

The Recreational Dive Planner is designed specifically for planning recreational (no-decompression) dives on air only. Do not attempt to use it for planning decompression dives.

**Safety Stops** - A safety stop for 3 mins at 15 ft is required any time the diver comes within 3 pressure groups of a no-decompression limit, and for any dive to a depth of 100 ft or greater.

**Emergency Decompression** - If a no-decompression limit is exceeded by no more than 5 mins, an 8-min decompression stop at 15 ft is mandatory. Upon surfacing, the diver must remain out of the water for at least 6 hrs prior to making another dive. If a no-decompression limit is exceeded by more than 5 mins, a 15-ft decompression stop of no less than 15 mins is urged (air supply permitting). Upon surfacing, the diver must remain out of the water for at least 24 hrs prior to making another dive.

**Flying After Diving Recommendations** - 1) Wait a minimum surface interval of 12 hours prior to ascent to altitude. 2) If you plan to make daily, multiple dives for several days or make dives that require decompression stops, take a special precaution - an extended surface interval beyond 12 hours before flight.

**Diving at Altitude** - Diving at Altitude (1000 feet or greater) requires use of special procedures.

**Special Rules for Multiple Dives**

If you are planning 3 or more dives in a day: Beginning with the first dive, if your ending pressure group after any dive is W or X, the minimum surface interval between all subsequent dives is 1 hr. If your ending pressure group after any dive is Y or Z, the minimum surface interval between all subsequent dives is 3 hrs.

**Note:** Since little is presently known about the physiological effects of multiple dives over multiple days, divers are wise to make fewer dives and limit their exposure toward the end of a multiday dive series.

**General Rules**

- Ascend from all dives at a rate not to exceed 60 ft per min.
- When planning a dive in cold water or under conditions which might be strenuous, plan the dive assuming the depth is 10 ft deeper than actual.
- Plan repetitive dives so each successive dive is to a shallower depth. Limit repetitive dives to 100 ft or shallower.
- Never exceed the limits of this planner and whenever possible avoid diving to the limits of the planner. 140 ft is for emergency purposes only, do not dive to this depth.

White area indicates Residual Nitrogen Time (RNT) in minutes and is to be added to Actual Bottom Time (ABT).

Blue area indicates adjusted no-decompression limits. Actual Bottom Time (ABT) should not exceed this number.

$$\begin{aligned} &\text{Residual Nitrogen Time (RNT)} \\ &+ \text{Actual Bottom Time (ABT)} \\ &= \text{Total Bottom Time (TBT)} \end{aligned}$$

**CAUTION:** This product for use only by certified divers or individuals under the supervision of a certified scuba instructor. Misuse of this product may result in serious injury or death. If you are unsure as to how to properly use this product, consult a certified scuba instructor.

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