



## TERMS AND ABBREVIATIONS USED IN DIVE PLANNING

**TNT** – Total Nitrogen Time – The sum of RNT and ADT. This figure is used to obtain a letter group after repetitive dives.

- Consider all dives made shallower than 40'/12m as 40' dives.
- On any dive, ascend no faster than one foot every two seconds (30ft/9m per minute).
- For maximum dive time, make all repetitive dives shallower than your previous dive.