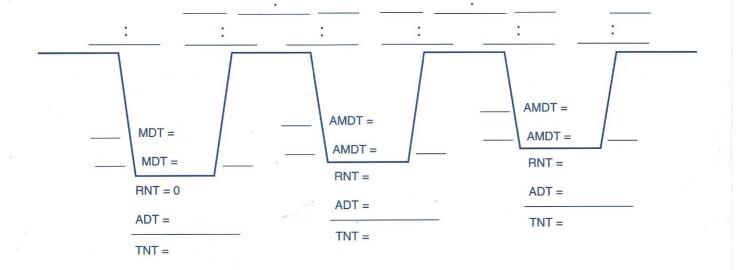


DIVE PLANNING WORKSHEET



TERMS AND ABBREVIATIONS USED IN DIVE PLANNING

Repetitive Dive – Any dive made less than 24 hours after a previous dive. **ADT** – Actual Dive Time – The time

from the moment of descent until returning to the surface.

Letter Group – A letter symbol for the amount of Residual Nitrogen remaining in the body from previous dives.

SIT - Surface Interval Time - The time spent at the surface between dives.

RNT - Residual Nitrogen Time - The nitrogen in minutes remaining in the body from a dive or dives made within the past 24 hours.

AMDT – Adjusted Maximum Dive Time - The maximum Dive Time for the depth of a dive minus the RNT.

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

REMEMBER

- Consider all dives made shallower than 401/12m as 401 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.