

Tina's Compendium Scuba Diving

by Bettina von Schweinitz

Introduction

Papa enjoyed scuba diving. He became certified in Open Water Scuba Diving in 1968 while we were in England. Papa became an instructor while we were stationed in South Carolina in 1971.

Papa would dive locally and went on some Scuba Diving trips into Florida and Jamaica. When we lived in Saudi Arabia in 1978-1980, he dived in the Arabian Sea. He was planning on a trip to the Grand Cayman Islands, but there is recorded that he ever went. Papa did no more dives after coming back from Saudi Arabia in 1980.

In 1975, at age of 15, I became Open Water Scuba Certified by the YMCA in Austin. I then joined Papa on a couple of diving adventures.

In 2021, Chris and I decided to become Open Water Scuba Diving certified by PADI. We succeeded in passing our tests on 3 October 2021. Our objective was to dive around some of the Caribbean Islands, in honor of our Papa.

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Papa Scuba Diving and pre-1975

It is recommended that when Scuba Diving that you go underwater with a partner. Sometimes Papa would stretch this 'highly' recommended rule of Scuba Diving. Papa would find a nice quiet lake that had something interesting not too deep down. Then he would take Mutti and I along. We would paddle or motor out in our little Johnny boat and put out the diving flag. Papa would dive down while Mutti and I stayed in the boat, waiting. It worked well.

Papa would join the local Scuba Diving Club. Sometimes we would join him on the outings. In South Carolina we would snorkel on the surface while the club was diving below. By the time we were in Alabama, I was big enough to use Papa's English Tank and equipment. The English Tank was $\frac{3}{4}$ the size of an American Tank. So, on a couple of shallow dives, I joined in. My partner was always Papa and he made sure that all went well. To make sure that we stayed close together but still had the freedom to look around, we both held onto the end of a thick rope about 4 feet in length (between loops). We were never deeper than 30 feet.





1975 Certification by YMCA

When we moved to Austin, Texas I attended an Open Water Scuba Diving class at the local YMCA. This was before dive computers. I had to learn how to use a depth gauge, dive watch, and air pressure gauge. And then put all that information into a worksheet to determine how long I could stay down and what the decompression times would be on the way back up. Lots of math. Luckily, I inherited Papa's ability with math and formulas.






2021 Sep/Oct Chris and I certify Open Water Scuba Diving

In August 2021, Chris and I did a Caribbean Cruise. We did a Dolphin Swim Experience excursion at Cozumel Mexico. It was a wonderful experience. Right next door there was a group that was doing a snorkeling excursion. We decided that on our next cruise we were going to do snorkeling.

By the time we were back in Austin Texas, snorkeling had morphed into wanting to do a Scuba Diving in honor of our Papa.



12129 Ranch Rd 620 N #440
Austin Texas 78750
(512) 219-1220

Invoice - Sale

BETTINA VONSCHWEINITZ-24482606
(512) 906-2319

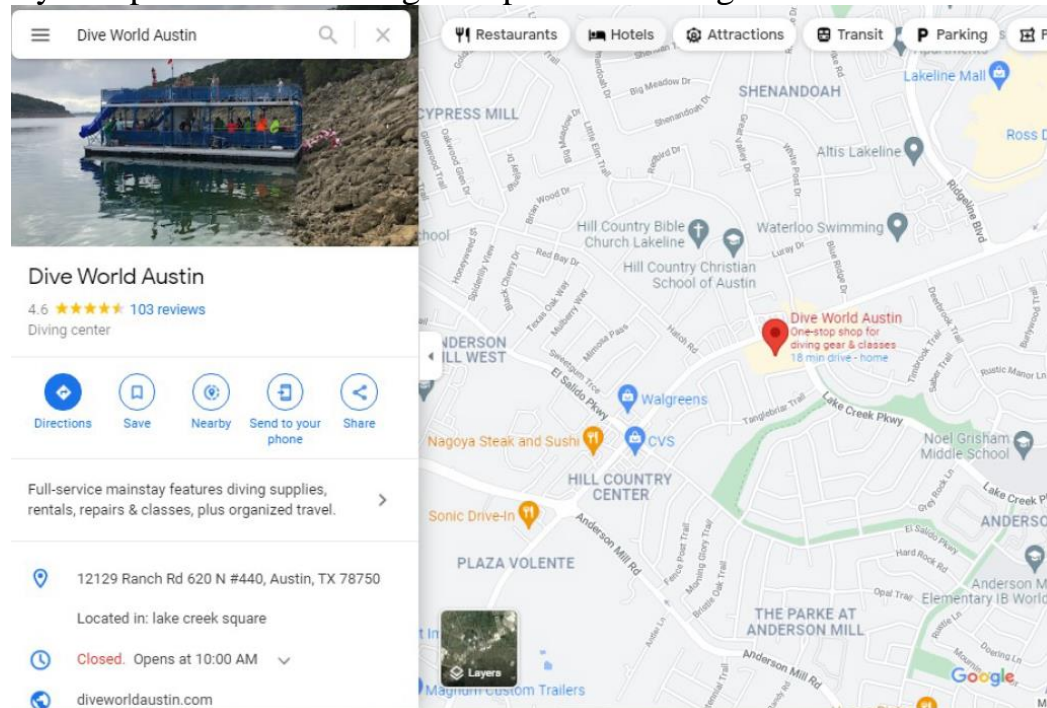
Qty	Del.	Unit Price	Description	PC	Tax	Type	Ext. Price
1	1	450.00	Inst. ?Traditional Open Water Course	R	No	Course	450.00
1	1	0.00	TOW-SEP2528OCT0203/TOW-TOW-SEP2528OCT0203 CREW-PAK-OW W COMP SIMULATOR STUDENT SLATE W/ POL/BLUE LOG BOOK P60353SP/P60353SP Serial Numbers :	M	1	Product	0.00

Invoice number: 13337
09-01-2021- 02:52:57 PM
Sales Person: Adrianna P


Sub Total \$450.00
Taxable Amount \$0.00
Total Amount \$450.00
You Saved \$152.90
Credit/Debit Auto#Visa 0244#411025 \$450.00
Balance Due (This invoice) \$0.00

Signature: _____

By 1 September we had signed up for a course given at Dive World Austin




8/31/2021
Certified Scuba Diver Course | Dive World Austin | Central Texas
PADI



DIVE WORLD AUSTIN

12129 RR 620 #440 Austin

DIVE WORLD AUSTIN



HOME
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TRAVEL & EVENTS
RENTALS & REPAIRS
COMMUNITY
MORE
CONTACT US

GET CERTIFIED

Open Water Course Options

You have three options for Open Water Certification:

1. Traditional Classroom Bundle
2. eLearning Bundle
3. Split eLearning and practical dives

Traditional Open Water Bundle

\$450*

Includes both Open Water theory (classroom) and practical (pool and lake dives)

SIGN UP FOR CLASS

This is a classic approach to conducting development training in the dive center's classroom using hard copies of the training materials. Our weekend classes allow you to complete your scuba certification in two consecutive weekends. The first weekend (or two days if a weekday course) consists of classroom and pool instruction (8:00 AM- 6:00 PM). On the second weekend (or final two days if a weekday course), you head to Lake Travis for your open water training dives (8:00 AM- 2:00 PM).

eLearning Bundle

\$450*


Includes Open Water eLearning code for online learning and practical (pool and lake dives)

SIGN UP FOR CLASS

PADI eLearning means the classroom portion of work is completed in the comfort of your own home, at your own pace using study tools that integrate text, images, and video into interactive learning experiences through a mobile device or

LEARN TO DIVE

Special pricing for Military, Scouts, First Responders available. Please contact our store staff at (512) 219-1220.



Dive World Austin prides itself on small classes to give our students a premium, personalized experience. Our open water classes are capped at a maximum of six students. Our pros are professional, approachable, and knowledgeable—simply the best!

To enroll in a PADI Open Water Diver course (or Junior Open Water Diver course), you must be 10 years old or older. You need adequate swimming skills and need to be in good physical health. No prior experience with scuba diving is required!

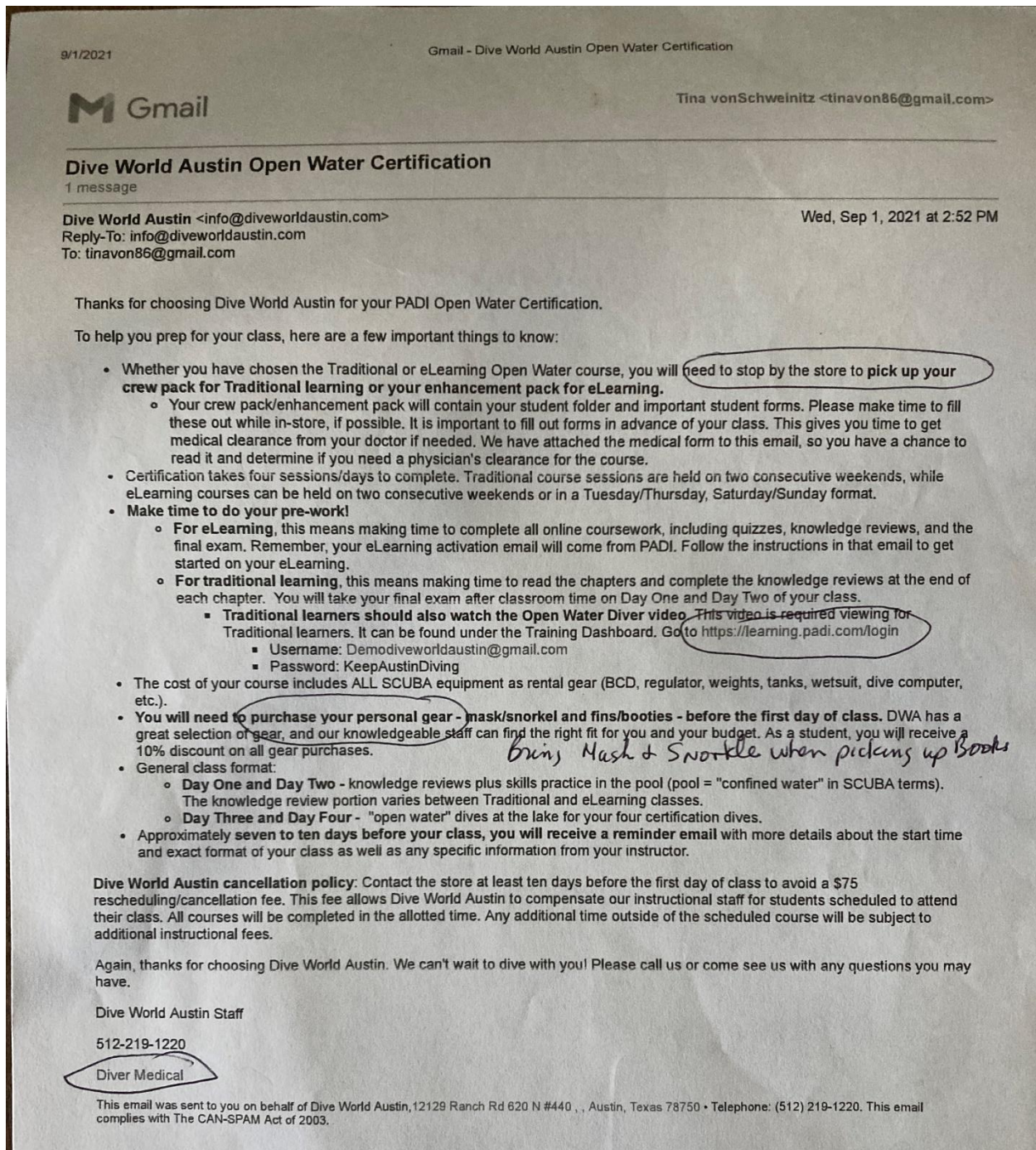
What will I learn?

- Learn the basic theories and best practices of scuba diving in a classroom session
- Put theory into practice when you jump in our heated, indoor pool
- Head out to Lake Travis (15 mins away!) to complete your open water dives.

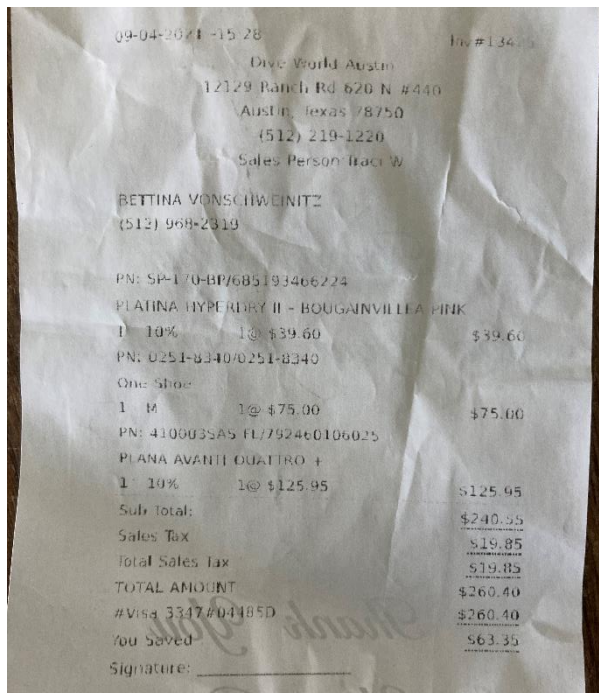
What is included?

- Training Materials (Book/Touch Code, PADI log book, ERDPML/Computer Simulation Card, Student File Folder, PADI sticker, and Blue zipper pouch. *Must pick up and complete ALL training materials BEFORE the start of class*)
- Instructor Fees

<https://www.diveworldaustin.com/get-certified>
1/3



So, I stopped by the store on September 4th and pickup my package of goodies. I also bought Fins, Snorkel and Diving Boots.



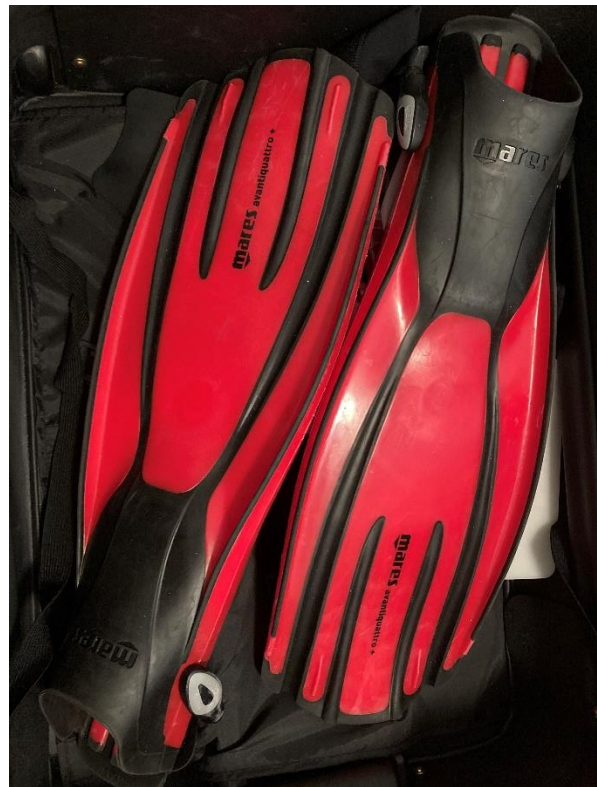
Snorkel, Fins, Boots



I already had a diving mask



Diving Boots



Fins to match the boots

The rest of what I needed would be provided by Dive World Austin for the Open Water Test.

But first we had to watch some video's, lots of video's.

PADI 210901 open diving video TOC

Open Water Diver Video

Introduction

1 Sep The PADI Open Water Diver Course 12 MIN 60ft/18m

Section One

1 Sep Being a Diver I 9:42 MIN 10m/33ft = 2 bar/Ata = $\frac{1}{2}$ Air Volume = $\times 2$ Air density

1 Sep Equipment I 15:52 MIN

2 Sep Your Skills as a Diver I 25:38 MIN

Section Two

2 Sep Being a Diver II 20:34 MIN

2 Sep Equipment II 6:30 MIN

2 Sep Your Skills as a Diver II 10:39 MIN

Section Three

3 Sep Being a Diver III 29:02 MIN

7 Feb Problem Management 13:46 MIN

3 Sep Equipment III 3:16 MIN

3 Sep Your Skills as a Diver III 5:55 MIN

Section Four

3 Sep Equipment IV 3:56 MIN

3 Sep Being a Diver IV 7:40 MIN

3 Sep Using Dive Computers I 10:41

5 Sep The Underwater World's Ambassador 1:26

5 Sep Your Skills as a Diver IV 10:20

Section Five

5 Sep Using Dive Computers II 6:13

5 Sep Being a Diver V 6:37

5 Sep Your Skills as a Diver V 5:55

5 Sep Conclusion 1:53

3hr 15min 8 sec

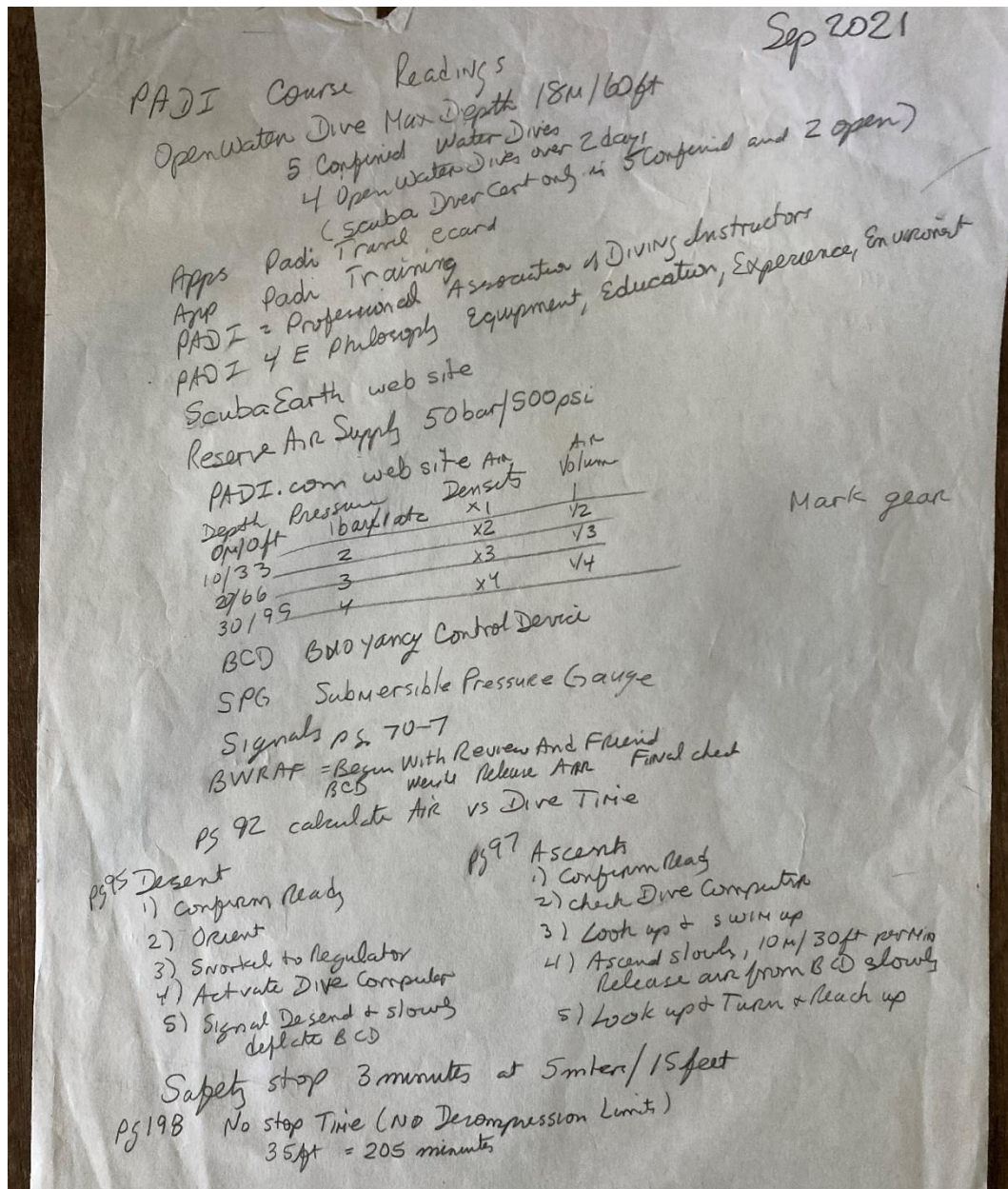
BRING or Buy

Mask
Snorkle
Visine
Ear dry
Mask defog
Boots
fins
Swimsuit
Sunscreen
Insect Spray
Towel
Cloths

Over 3 hours worth.



We also had to read the manual/text book before class



And I took lots of notes from both the videos and book reading.

I spent a lot of time at the YMCA pool practicing swimming and treading water. On 25 September class we were to demonstrate that could pass the basic swimming skills test: 10 minutes of treading water and swim 200 meters/yards with no aids (no fins or snorkel).

Then I received the instructions for the course and dive test day

9/20/21, 12:55 PM

Gmail - Traditional Open Water Course September 25/26 and October 2/3



Tina vonSchweinitz <tinavon86@gmail.com>

Traditional Open Water Course September 25/26 and October 2/3

1 message

Dive World Austin <info@diveworldaustin.com> Mon, Sep 20, 2021 at 12:16 PM
 To: jorge.corties.cano@gmail.com, jenkins001@yahoo.com, sandrakipatrick12@gmail.com, melissa_miller7767@yahoo.com,
 sandrakipatrick@gmail.com, tinavon86@gmail.com
 Cc: Carl Batzen <dsipwr350@yahoo.com>

Thank you for choosing Dive World Austin for your scuba certification. Your instructor will be Carl. We look forward to working with you.

If you have not started your coursework, it is time! Please read your Open Water course manual and complete all knowledge reviews before your course begins.

Also, if you have not had a chance to watch the Open Water Diver video, here's how:

Go to <https://learning.padi.com/login>

Username: Demodiveworldaustin@gmail.com

Password: KeepAustinDiving

This video is required viewing and can help you with your knowledge reviews! Note: it does NOT replace doing the coursework in the book.

Saturday, September 25 and Sunday, September 26 - Classroom + Pool Skills

- Arrive at 8:00 am at Dive World Austin
 - We have one eLearners joining this class. Elearners will arrive at 12:30 pm to attend the pool sessions. Bring your eLearning record with you along with completed forms.
- Bring your knowledge reviews from the course manual that show you have completed the reading for the class. This coursework takes approximately 8-10 hours, so plan accordingly.
- You will need personal dive gear consisting of scuba mask/snorkel and scuba fins/boots before the first day of class.
 - Students receive a 10% discount on in-store gear purchases. Please buy local!
 - Dive World Austin will do a complete mask and fin fitting to make sure you get the right gear. Your pool sessions also serve as a great time to make sure everything fits the way it should in the water and if anything isn't right, we can make exchanges on the spot.
 - Prepare your new mask by cleaning the inside of the lens/lenses with mask scrub to remove the film which will help your defog to work optimally.
 - Tip: we highly recommend two items: 1) a slap strap, which is a soft neoprene strap that makes putting on and taking off your mask easier, and 2) a mesh gear bag that makes it easier to carry all of your personal dive gear equipment.
- Read and fill out the forms attached to this email. *You do not need to fill out these forms if you filled out your folder and paperwork at DWA* when you picked up your crew pack. For any divers under 18 years of age, forms must also be signed by a parent/guardian. You may be subject to a rescheduling fee and be moved to a different class date if forms are incomplete. Please note:
 - Please note on the student folder:
 - Wherever it says "Instructor," please write "Dive World Austin staff"
 - Wherever it says facility or store, please write "Dive World Austin"
 - For the Diver Medical Form
 - Fill out the medical form completely. If it is determined through the form that you need a doctor's clearance to participate, then take the form to your physician so that they may complete the form as

<https://mail.google.com/mail/u/0/?ik=0d0602886e&view=pt&search=all&permthid=thread-f%3A1711441920918095902%7Cmsg-f%3A17114419209180...> 1/3

9/20/21, 12:55 PM

Gmail - Traditional Open Water Course September 25/26 and October 2/3

required by PADI before the first day of class (note that PADI requires a physician's signature, not a PA).

- **What to bring for the pool sessions**

- Bathing suit
- Towel
- Mask/snorkel
- Fins/Dive boots
- Completed Forms
- Rashguard/t-shirt for the pool - not required but most people prefer to wear under their BCD for comfort
- water bottle

- You will be assigned a sanitized BCD and regulator to use for the duration of the course. You will be taking your BCD and regulator home at the end of each class session.

- Please do not leave scuba gear in your car.

Between the first weekend and second weekend:

- Plan to pick up the rest of your rental gear at the shop on **Thursday or Friday before your lake sessions**. This includes tanks, weights, wetsuit, hood, gloves, and dive computer.
- Please do not leave scuba gear in your car.
- Also, you will receive an email on Thursday before your lake sessions with a link to our Dive World Austin Youtube channel with a video that shows how to use the Mares Quad dive computer. **Please watch this instructional video so that you are prepared for your lake dives.**

Saturday, October 2 and Sunday, October 3 - Open Water Certification Dives (lake dives)

- You have already picked up your rental gear from DWA, so you are ready to head to the lake!
- We will conduct Open Water certification dives at Windy Point Park: <http://www.windypointpark.com>.
- Your instructor will set meeting times for the lake dives with you (typically 8:00 am start time). Weekend start times are subject to change due to inclement weather. We may postpone to a later start time versus canceling for the day.
- The entry fee to Windy Point Park is \$15 per diver per day
- **What to bring to the lake**
 - Logbook
 - Bathing suit/towel
 - Sunscreen
 - Mask/Snorkel
 - Fins/Dive Boots
 - SCUBA gear: tanks, weights, wetsuit, hood, gloves, dive computer, BCD, regulator
 - Lunch or snacks
 - Water bottle
 - Park entry fees (cash or credit card)

COVID mask policy-Currently, we are requesting face masks be worn in the classroom and retail portions of our store but not requiring them. Please be patient with us as we maneuver through the changing health guidelines associated with COVID. We regularly sanitize equipment and have additional measures and procedures in place to minimize risk.

Finally, in-person class on 25 September



Study Pages
 25, 50, 59, 64, 70, 77
 90, 93, 96, 99, 114
 143, 153, 166, 170
 219
 226, 227, 231, 234, 244


Flashlight
 Wet Suit

25 Sep 2021
 Trip Cancelled / Lost Eq
 DAN Insurance Travel to nearest Decompression Chamber
 or \$100 year in general dive related Medical
 Everywhere

Recreation diving 1 1/2 plan
 No Decompression 3000 PSI Tank
 { 1000 out on ND Limit, Dive Time
 { 1000 Back
 { 1000 Reserve + safety stop

Diving Apps? PADI
 Electronic Log Book

Pickup
 2 Tanks
 Dive Computer
 Weights
 Wet Suit?
 Defog



PADI Dive Planning Slate

Dive Team Check List

- ☐ Dive objective – all buddies agree
- ☐ Evaluate conditions – within experience/training/equipment requirements
- ☐ Local points of interest
- ☐ Hazards to avoid
- ☐ Entry and exit locations and techniques
- ☐ Descent and ascent locations and techniques
- ☐ Direction/course to follow
- ☐ Considerations for current, waves, if present
- ☐ Buddy contact technique – what to do if separated
- ☐ Review signals/communication
- ☐ Emergency considerations/procedures
- ☐ Pre-dive Safety Check
 - Begin – BCD
 - With – Weight System
 - Review – Releases
 - And – Air Supply
 - Friend – Final Check

Depth, Time and Pressure Plan

Planned maximum depth _____

Planned maximum time _____

No stop time – maximum depth _____

No stop time – next deeper depth _____

Planned turn pressure _____

Planned reserve _____

Finding Turn Pressure

Start pressure: _____
[200 bar / 3000 psi]

minus _____

Reserve, ascent & safety stop: _____
[70 bar / 800 psi]

leaves _____

Remaining pressure: _____
[130 bar / 2200 psi]

Start pressure: _____
[200 bar / 3000 psi]

minus _____

Half remaining pressure: _____
[65 bar / 1100 psi]

leaves _____

Turn pressure: _____
[135 bar / 1900 psi]

Dive Log

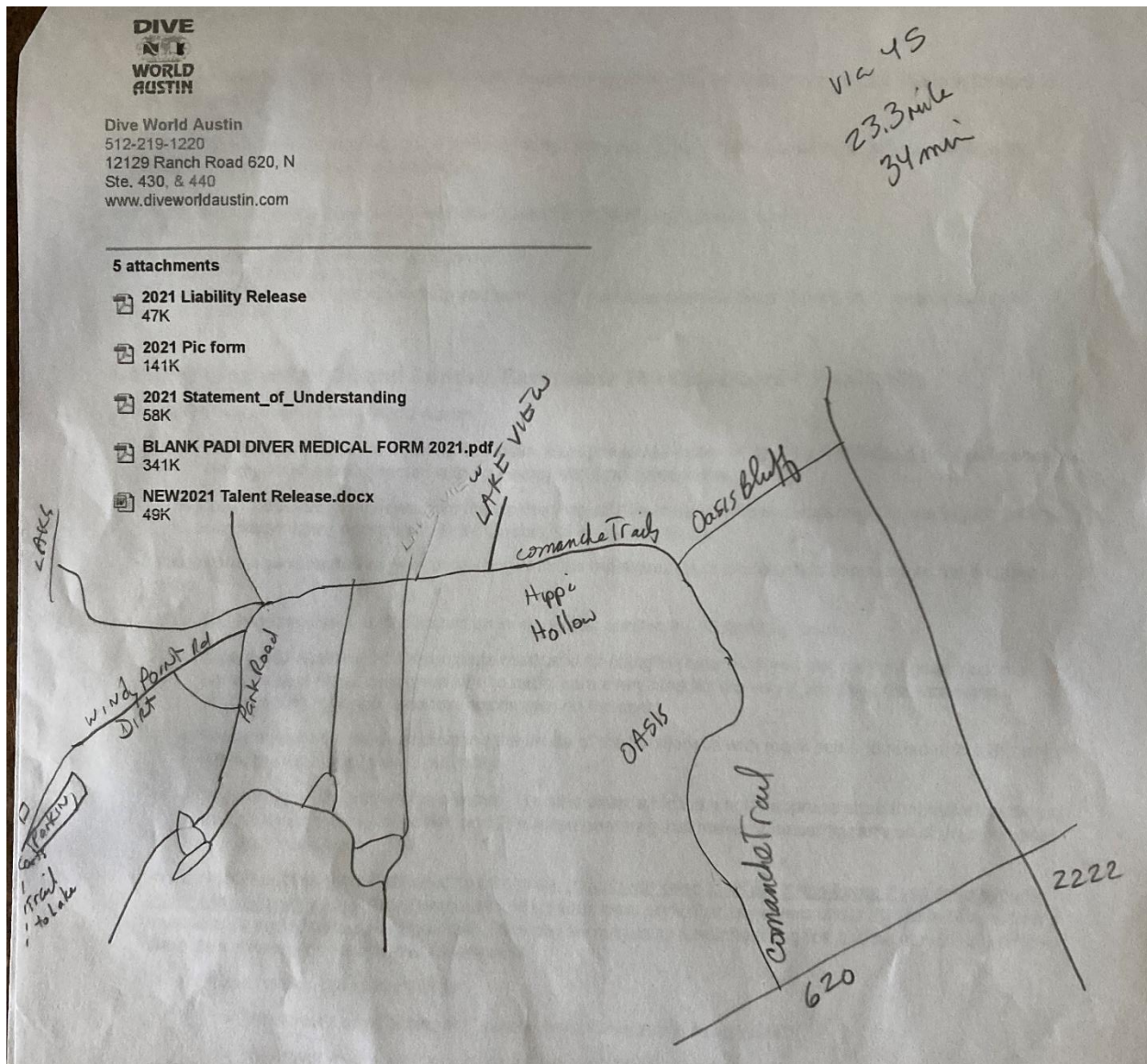
Date _____ Dive Site _____

Temperature – Air _____ Water _____ Visibility _____ Max. Depth _____ Bottom Time _____

Starting air pressure _____ Ending air pressure _____

NOTES:

This is a wax pencil slate that we could re-use to quickly determine when we need to turn around and return towards the boat.



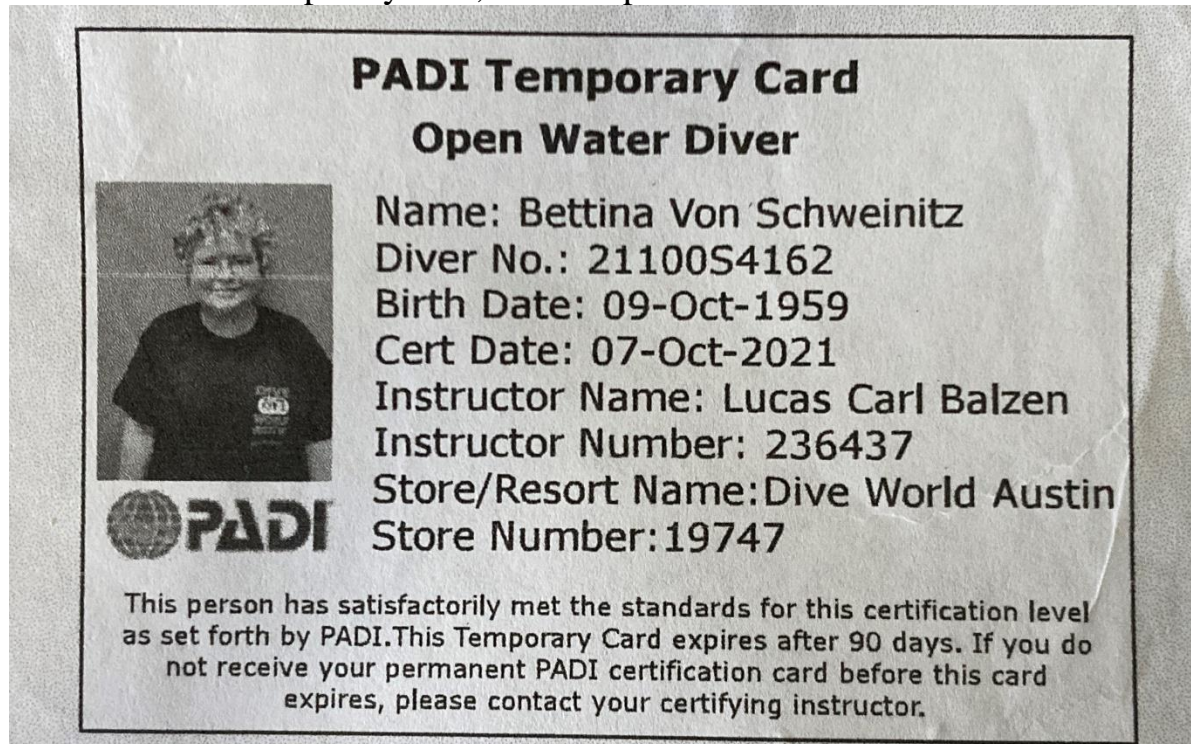
Then we were off to Windy Point on Lake Travis for our Open Water Test on 2 and 3 October.

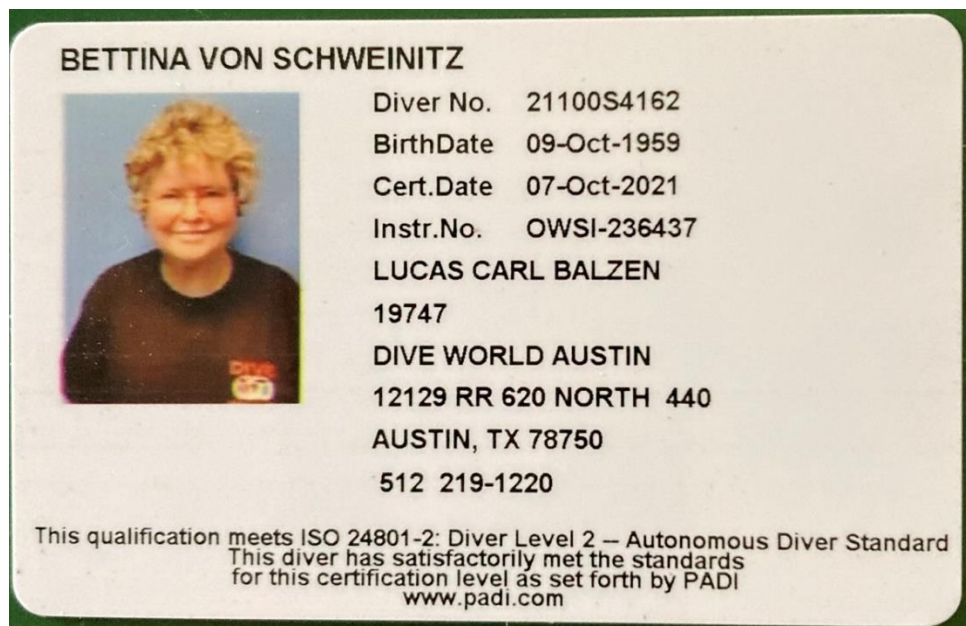
This is the same place where I qualified in 1975 for the YMCA Open Water Scuba Diving certificate. The park has been upgraded. The section we used has stairs down to the lake. In the lake are platforms at different depths. And there are statues or artifacts scattered about. There was enough space for several diving groups.

During our dives, another group was also using the diving area. They had decided to play a game of find the numbered golf balls that were tossed onto the lake bottom. Problem was, that in searching for these golf balls, they stirred up quit a

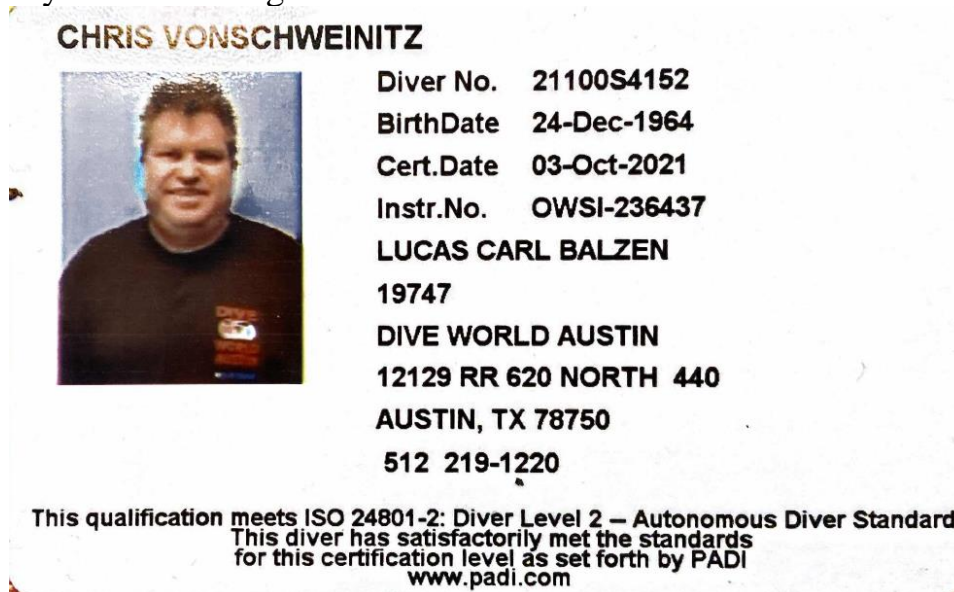
lot of the silt. Visibility was so bad that I held onto our instructor during our swim-about. I could hardly see the instructor on the end of my arm.

We passed. My official photo was taken right after the last dive. First received a temporary card, then the permanent.






My hair is no longer blonde. The color is because of the silt in Lake Travis.



Chris PADI card





diver's log
AND TRAINING RECORD

(Tina)
Name Bettina von Schweinitz

Address _____

Phone (512) 968-2319

PADI Open Water #2110084162
7 Oct 2021

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Product No. 70047 (Rev. 09/17) Version 3.06 © PADI 2017

Open Water Dive 1

Dive No. 1 Date 2 Oct 2021 Visibility 6 ☐ m ☒ ft

Location Windy Point Scuba Park Temperature 92°F Air 80°F Surface 80°F Bottom 4x2 Weight #6 ☐ kg ☒ lbs

SA : PG : PG :

5m/15ft stop

DEPTH 39 ft RNT 23 min ABT 23 min TBT 23 min

☒ Computer Dive Mares Quad Start psi/bar 45 Time In 12:35 10:16
☐ RDP/eRDP_{sa} Dive End psi/bar 12 Time Out 12:39 10:39

Skills Completed ☒ Hand signal recognition ☒ Equipment preparation, donning and adjustment
☒ Pre-dive safety check ☒ Entry ☒ Buoyancy/weight check ☒ Controlled descent ☒ Trim check ☒ Partial mask flood
☒ Regulator recovery/clear ☒ Underwater exploration ☒ Signal air supply ☒ Stay close to buddy ☒ Ascent ☒ Exit

Dive Flexible Skills (Check skills completed on this dive.) ☐ Cramp removal ☐ Tired diver tow
☐ Inflatable signal tube/DSMB Deployment ☐ Surface swim with compass ☐ Emergency weight drop (or in CW)
☐ Remove/replace scuba (surface) ☐ Remove/replace weights (surface) ☒ Snorkel/regulator exchange

Comments

Dive Center/Resort Stamp

DIVE
WORLD
BOSTON, TEXAS

Bottom Time 0:00 Verification Signature Chris and I
 To Date 0:23 Instructor
 Time This Dive 0:23
 Cumulative Time 0:23 Certification No. 236427

Open Water Dive 2

Dive No. 2 Date 2 Oct 2021 Visibility 6 ☐ m ☒ ft

Location Windy Point Scuba Park Temperature 92 Air 82 Surface 80°F Bottom 4x2 Weight 6 ☐ kg ☒ lbs

SI 1:14 PG PG PG PG

Surface between dive

5m/15ft stop

40ft DEPTH 30min TIME

RNT _____ ABT+ _____ TBT- _____

☒ Computer Dive Mares Quad Start psi/bar _____ Time In 11 52

☐ RDP/eRDP_{sc} Dive _____ End psi/bar _____ Time Out _____

Skills Completed ☒ Plan dive ☒ Equipment preparation, donning and adjustment ☒ Pre-dive safety check
☒ Entry and weight check ☒ Orally inflate BCD (surface) ☒ Descent ☒ Buoyancy control ☒ Mask clearing
☒ Alternate air source use/ascent ☒ Underwater exploration ☒ Avoid contact ☒ Stay close to buddy ☒ Signal air supply
☒ Ascent ☒ Exit

Dive Flexible Skills (Check skills completed on this dive.) ☒ Cramp removal ☒ Tired diver tow
☒ Inflatable signal tube/DSMB Deployment ☐ Emergency weight drop (or in CW) ☐ Snorkel/regulator exchange
☐ Remove/replace scuba (surface) ☐ Remove/replace weights (surface) ☐ Surface swim with compass
☐ Underwater compass navigation ☒ Controlled Emergency Swimming Ascent

Comments Limited Visibility, Easily Silted

Dive Center/Resort Stamp

DIVE
WORLD
HUNTING, TEXAS

Bottom Time To Date 0:23 Verification Signature Chris Instructor

Time This Dive 0:30

Cumulative Time 0:53 Certification No 226437

8

Open Water Dive 3

Dive No. 3 Date 3 Oct 2021 Visibility 0 to 8 ft ☐ m ☒ ft

Location Windy Point Scuba Park Temperature 92 Air Weight 6 x 2 ☐ kg ☒ lbs

82 Surface 80 Bottom

SI 24:00 PG PG

5m/15ft stop

52 ft RNT

DEPTH(S) 32 min ABT+

TIME(S) TBT-

Exposure Protection Conditions

☒ Wet suit ☒ Fresh/Salt

☐ Dry suit ☒ Shore/Boat

☐ Hood ☐ Waves/Surf/Surge

☒ Gloves ☐ Current/Drift

☒ Boots

☒ Computer Dive Mares Quad Start psi/bar Time In 10:20 32 min

☐ RDP/eRDP_u Dive End psi/bar Time Out 10:53

Skills Completed ☒ Plan dive ☒ Equipment preparation, donning and adjustment ☒ Pre-dive safety check

☒ Entry and weight check ☒ Free descent ☒ Buoyancy control/Oral inflation ☒ Mask remove/replace

☒ Underwater exploration ☒ Avoid contact ☒ Stay close to buddy ☒ Signal air supply ☒ Ascent ☒ Exit

Dive Flexible Skills (Check skills completed on this dive.) ☐ Cramp removal ☐ Tired diver tow

☐ Inflatable signal tube/DSMB Deployment ☐ Emergency weight drop (or in CW) ☐ Snorkel/regulator exchange

☐ Remove/replace scuba (surface) ☐ Remove/replace weights (surface) ☒ Surface swim with compass

☒ Underwater compass navigation ☐ Controlled Emergency Swimming Ascent

Comments

Dive Center/Resort Stamp

DIVE WORLD
EST. 1981

Bottom Time To Date 0:53 Verification Signature Alan Cal Hill Instructor

Time This Dive 1:32 Certification No 236457

Cumulative Time 1:29

10

Open Water Dive 4

Dive No. 4 Date 3 Oct 2021 Visibility 0-8ft ☐ m ☒ ft

Location Windy Point Scuba Park

Temperature 92 Air 82 Surface 642 ☐ kg ☐ lbs
78°F Bottom

SI 1:25 PG 30min TBT 30min

5m/15ft stop

60ft DEPTH(S) 30min TIME(S)

RNT _____ ABT+ _____ TBT= _____


☐ Computer Dive _____ Start psi/bar _____ Time In 12:16 30min
☐ RDP/eRDP_{re} Dive _____ End psi/bar _____ Time Out 12:45

Skills Completed ✓ Plan dive using slate ✓ Equipment preparation, donning and adjustment ✓ Pre-dive safety check
 ✓ Entry and weight check ✓ Free descent without reference ✓ Avoid contact ✓ Stay close to buddy ✓ Signal air supply
 ✓ Signal turn point ✓ Underwater exploration ✓ Ascent ✓ Safety Stop ✓ Exit

Dive Flexible Skills (Check skills completed on this dive.) ☐ Cramp removal ☐ Tired diver tow
☐ Inflatable signal tube/DSMB Deployment ☐ Emergency weight drop (or in CW) ☐ Snorkel/regulator exchange
☒ Remove/replace scuba (surface) ☒ Remove/replace weights (surface) ☐ Surface swim with compass
☐ Underwater compass navigation ☐ Controlled Emergency Swimming Ascent

Comments Slight Current, so visibility Better on South end of Dive Area.

Dive Center/Resort Stamp


 DIVE
 WORLD
 HOUSTON, TEXAS

Bottom Time 1:25 Verification Signature Chris Kelly
 To Date 1:25 Instructor
 Time This Dive :30
 Cumulative Time 1:55 Certification No 07477

On 1 November I bought a wetsuit and dive computer in preparation for our next cruise



We are now ready to go scuba diving on our cruises.

This wetsuit is light weight, 1.5mm thick and a size 12. Cannot believe I fit into a size 12, but it stretches a LOT.

2021 November 25 Cruise Excursion Roatan Honduras

World Class Diving with Anthony's Key Two Tanks:

Experience easily accessible dive sites at Roatan, an island with reefs and walls teeming with colorful marine life. Certified divers are comfortably and safely taken to two dive sites where thick coral grow on walls and squadrons of eagle ray, schools of brightly colored tropical fish, the occasional meandering shark and eel float. You'll experience water temperatures averaging 80 degrees or warmer, few currents and visibility ranging from 50 to 100 feet. Weights, weight belts, mask, fins and snorkel are included. BC Jacket Console w/ regulator and alternate air-source are included. Dive computer and wetsuits are not included.

Chris and I only did the first tank dive. I am prone to seasickness and the Dramamine was making me sleepy. Anyway, I had thrown up into my regulator on our way up. Kind of had to shorten my decompression stop. So when the boat came back to dock for new tanks, we stayed on the pier and enjoyed the view of the bay.



We went to #21 White hole

Tina's Compendium of Scuba Diving



Log 1: 25 November 2021



Max depth was 70 feet but only for 1 minute



Using standard air in tanks.
Water average temp was 83f.
Dive started at 09:05am



Max depth was 70 feet. Total dive time was 43 minutes

*Liberty of The Seas
Royal Caribbean*

dive

Dive No. 5 Date 25 NOV Visibility 50 ☐ m ☒ ft

Location Roatan Anthony Key Honduras Temperature 82°F Air 83°F Surface 83°F Bottom 83°F

Weight 6x2 ☐ kg ☒ lbs

SI: 3000 PG: 200

Less 460 ft 5m/15ft stop

MAX 70 DEPTH(S) 42 MIN RNT 1 MIN ABT+ 1 MIN TBT=

☒ Computer Dive Cressi Leonardo Start psi/bar 3000 Time In 9:05 am

☐ RDP/eRDP_M Dive End psi/bar 700 Time Out 9:50 am

☐ Rebreather Dive


Open-circuit or rebreather diluent: Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

(Rebreather only): Oxygen _____ % Start _____ bar/psi End _____ bar/psi

Open-circuit bailout (rebreather): Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

Scrubber Time: Start _____ used _____ remaining _____

Comments Anthony's Key Resort Dive location #22 white
White Hole. off Dive Boat with "high" wave due to
Reef edge. One Dramine (MECLINE) is not enough,
Need to take 2. Better once below wave action but
current wave caused Bite, Threw up when Back to Boat.
Dive Reef excellent with Fish, Need light for Color.
Reef varied. Good Guide and Sweep - Group together.
Need extra weight when tank below 1500.

Dive Center/Resort Stamp 

2nd Dive
Went to
Location
#17 Deep Sea
Garden - not
so high waves

Bottom Time 0:53 1:55
To Date 0:53 1:55
Time This Dive 1:43
Cumulative Time 2:38

Verification Signature Rico Alvarez
☐ Instructor ☐ A/D/M ☐ Buddy

Certification No. ? 05579
504-9532-3676
Roatan Honduras

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APPENDIX 215

FIG. 1-32A. REPETITIVE DIVE WORKSHEET (SAMPLE FOR REPRODUCTION)

25 NOV 2021

REPETITIVE DIVE WORKSHEET

I. PREVIOUS DIVE:

45 minutes } see table 1-5 or 60 ft, 45 min use 50 min
60 feet } repetitive group designation } Group H

II. SURFACE INTERVAL:

0 hours 45 minutes on surface } assume 45 min use next greater 1:06
 Group H (from I.) } see table 1-7 } Group G
 for new group }

III. RESIDUAL NITROGEN TIME:

60 feet (depth of repetitive dive) } assume max } see table } 44 minutes
 Group G (from II.) } 1-8 }

IV. EQUIVALENT SINGLE DIVE TIME:

44 minutes (residual nitrogen time from III.)
 (add) 45 minutes (actual bottom time of repetitive dive) } assume 2nd dive also 45 min
 (sum) 89 minutes

V. DECOMPRESSION FOR REPETITIVE DIVE:

89 minutes (equivalent single dive time from IV.) } see table }
60 feet (depth of repetitive dive) } 1-5 or 1-6 }

☐ No decompression required

or

Decompression stops: 10 feet 7 minutes
 _____ feet _____ minutes
 _____ feet _____ minutes
 _____ feet _____ minutes

Use 80 min in Table 1-5 Not at max depth whole time

Just for fun I filled in the repeat dive worksheet as if we had done 2 dives. Assumed that both dives were for 45 minutes and 60 feet with a 45-minute rest on surface between dives. On second dive would have had to spend the last 7 minutes decompressing at 10 feet.

2021 November 26 Cruise Excursion Cozumel Mexico

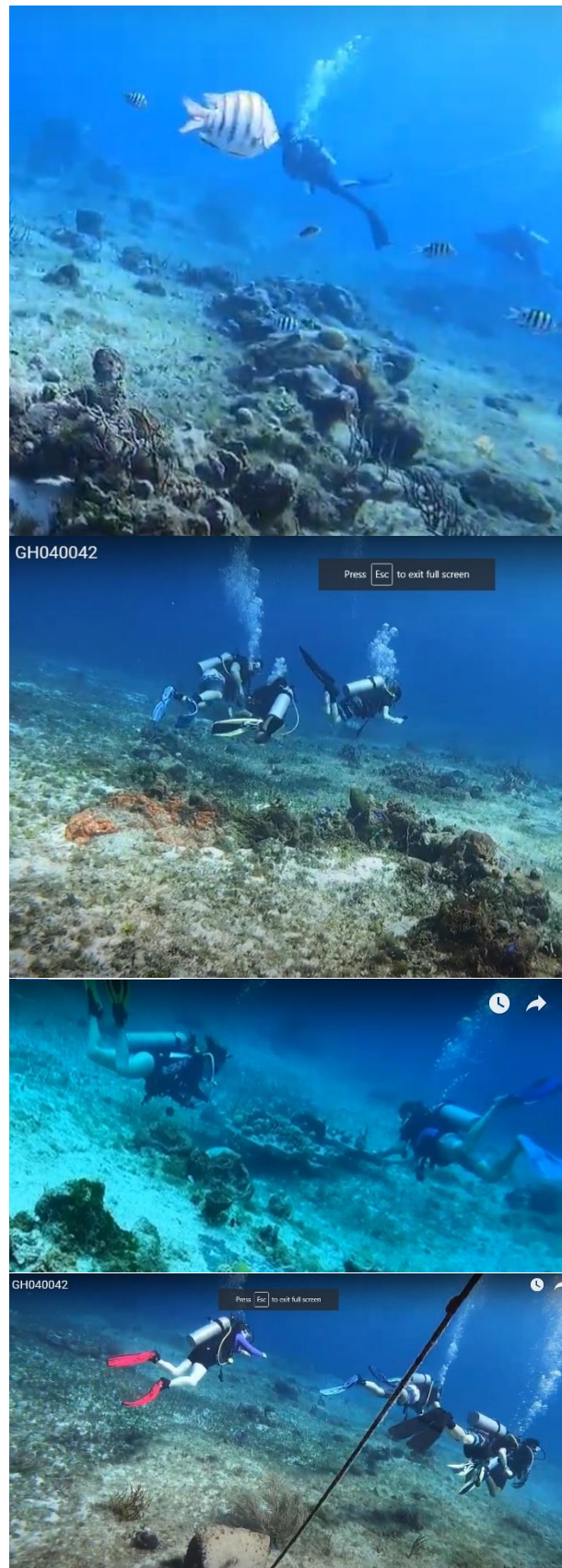
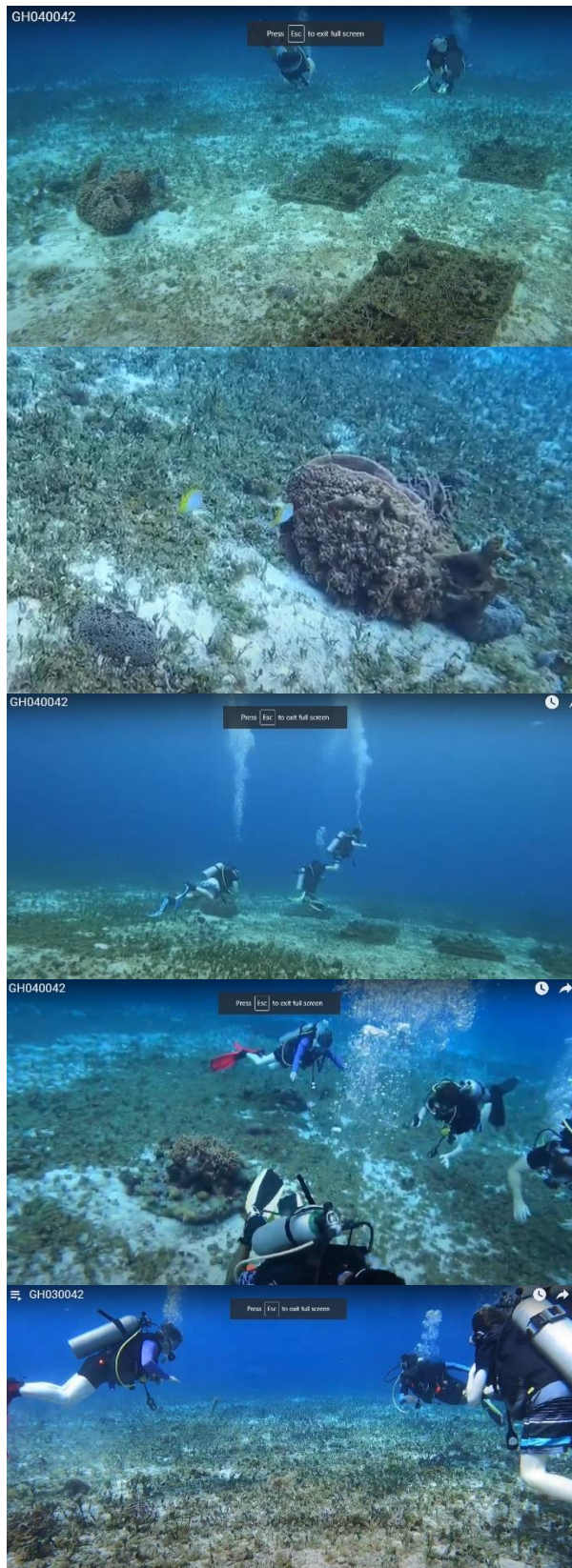
Coral Gardens Shore Dive: from pier

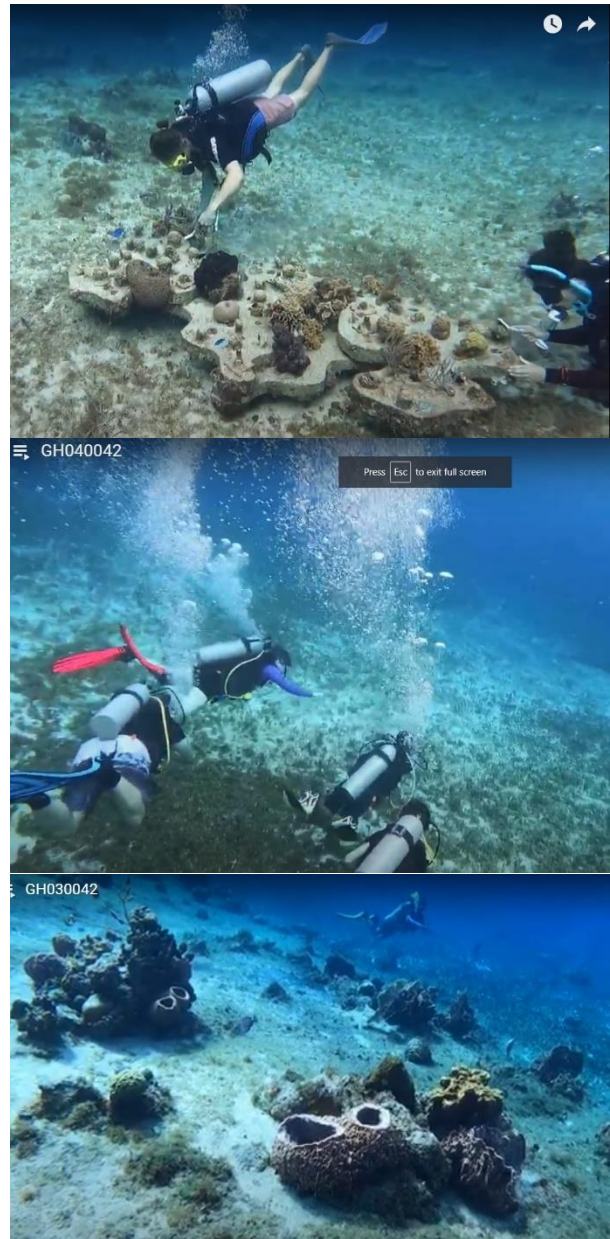
HIGHLIGHTS

Spend some time with the colorful marine life that lives in Cozumel's reef restoration area on a one-tank dive at one of the top destinations in the world. After a full briefing and orientation of the protected area from your dive master, gear up and begin your one-tank dive of the coral farm and reef restoration area. Shore dive in approximately 25 feet of water for longer bottom time and observation time and experience a rainbow of unique marine life, as there are more than 40 species of corals and more than 130 species of fish in Cozumel's largest restoration program. Once you have completed your dive, speak with your dive master to learn about the development project and ask any questions about the area. Afterwards, you are welcome to relax with a cold drink or some tasty foods at the beach restaurant and bar before tendering back to the port. Wetsuits are not included, but are available for rent. Dive equipment is included: BCD, regulator, mask, and fins. Lockers are available for rent. The lockers are large and will normally accommodate items for two people.

Chris had bought a Go Pro that would work underwater. These are screenshots from his video.









Cumulative dive time on Dive computer: 3hrs 52 min Rest time to next dive 20:08



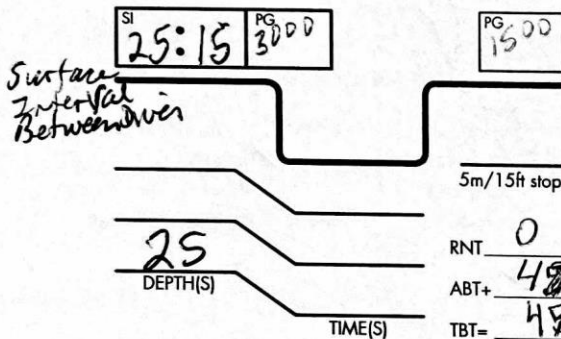
Log 2: Dive date 26 November 2021.
Max depth 25 feet for 47 minutes



Standard air in tank. 85f average water temp. Dive start time 11:05am

dive

 Dive No. 6 Date 26 Nov 2021 Visibility > 60 ☐ m ☒ ft

 Location Coral Shores Sand Dollar Cozumel Mexico

 Temperature 83°F Air 83°F Surface 85°F Bottom 85°F

 Weight 7x24Y ☐ kg ☐ lbs
adder x2

 Exposure Protection ☐ Wet suit ☐ Dry suit ☐ Hood ☐ Gloves ☒ Boots
 Conditions ☒ Fresh/Salt ☒ On Shore/Boat ☒ Waves/Surf/Surge ☐ Current/Drift

☒ Computer Dive Cressi
☐ RDP/eRDPmL Dive

☐ Rebreather Dive

 Start psi/bar 3000
 End psi/bar 1500

 Time In 11 ⁰⁵
 Time Out 12 ⁰⁶

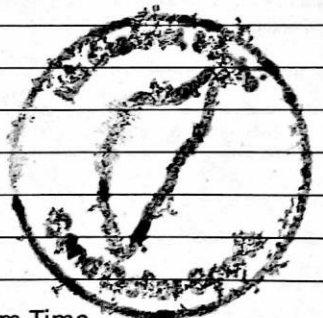
Open-circuit or rebreather diluent: Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

(Rebreather only): Oxygen _____ % Start _____ bar/psi End _____ bar/psi

Open-circuit bailout (rebreather): Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

Scrubber Time: Start _____ used _____ remaining _____

Comments Rehab Station for Coral. Good Light, Good Color,
Lots of fish and Marine Life. Double/Triple check Regulators.
Good Dive Plans. Dive could go deeper but stayed <30ft
for GoPro's Cameras not in Deep Boxes. My iPhone did not
work in Aquapac - would not listen
to Buttons/Icons



Dive Center/Resort Stamp

SAND DOLLAR
 THE SPORTS CENTER
 PADI # 13358

 Bottom Time 2:38
 To Date

 Time This Dive 1:47

 Cumulative Time 3:25

Verification Signature

☐ Instructor ☐ A/D/M ☐ Buddy

 Certification No. 242512

2022 February 9 Cruise Excursion Nassau Bahamas
Stuart Cove 2 Tank Scuba Diving with Gear**DETAILS**

Stuart Cove: Welcome to Nassau's premier underwater attraction featuring various water-based activities, such as diving in crystal-clear waters, snorkeling and exploring beautiful reefs, dramatic walls and intriguing wrecks, SUB (scenic underwater bubble) adventure, movie sites and more!

First Dive: Discover a beautiful wall, typically starting at 40 ft., although some are deeper. Each dive site along the wall is different and unique. The wall is wonderful for both new and advanced divers. Your dive master leads the dives to 80 ft. for 30 minutes. However, you and your dive buddy can opt to stay on the shallower ledge while others dive a bit deeper.

Second Dive: There are several beautiful reefs, each with different coral formations and fish life. You may explore a 100-ft. freighter in 50 ft. of water, or the famous wreck in 40 ft. of water used in a British spy movie, or you may dive on the Cessna used in the filming of a popular 1970's shark movie.

What's Included: All equipment (BCD, regulator, mask, snorkel, fins, tanks, weights and weight belts).

NOTES

Good to Know: Dive sites will be selected on the actual dive day, based on water conditions. Wetsuit rentals are optional for an additional \$12. Divers who have not logged a dive within the last three years will be required to complete a refresher program prior to joining any scheduled dives.

Find Chris photos and video's



Dive 1: Log 3: Date 2022 February 9. Max depth 69 feet. Time at max depth 25 minutes. Total dive time was 35 minutes



Dive 2: Log 4: Date 2022 February 9. Max depth 62 feet. Time at max depth 33 minutes. Total dive time was 35 minutes.



Dive 1: Log 3: Standard Air. Start time 9:32am. Average water temp 77f



Dive 1: Log 4: Standard Air. Start time 10:50am. Average water temp 76f

Watch 3

dive

Dive No. 7 Date 9 Feb 2022 Visibility >100 ☐ m ☐ ft

Location Stuart Cove Nassau Bahamas Temperature 74°F Air 77°F Surface 62°F Bottom on Belt

Weight 5 x 2 = 10 ☐ kg ☒ lbs

SI PG 3000 PG 1200

DEPTH(S) 65 ft TIME(S) 3 min 5m/15ft stop 3 min

RNT 0 ABT+ 35 min TBT- 35 min

☒ Computer Dive Cressi Start psi/bar 3000 Time In 9³⁰ am 35 min

☐ RDP/eRDP_M Dive End psi/bar 1200 Time Out 10⁰⁵ am

☐ Rebreather Dive

Open-circuit or rebreather diluent: Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

(Rebreather only): Oxygen _____ % Start _____ bar/psi End _____ bar/psi

Open-circuit bailout (rebreather): Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

Scrubber Time: Start _____ used _____ remaining _____

Comments Shark Arena, Nassau Bahamas from Stuart Cove. Good Visibility. Good Dive Plans. Dive along Wall, could go deeper to see MORE. Plenty along wall at ~60 ft zone. Took DRAVINE at 8⁰⁰ am - and just before Dive 9¹⁵ am, worked well, no issues. Various sharks and sting Rays also. Used 5mm wetsuit full and needed it

STUART COVES
Dive Center/Resort Stamp

Bottom Time 3:25 Verification Signature _____

To Date 3:35 ☐ Instructor ☒ AI/DM ☐ Buddy

Time This Dive 4:00 Certification No. _____

Cumulative Time 4:00

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Wet **dive**

Dive No. 8 Date 9 Feb Visibility 7100 ft ☐ m ☒ ft

Location Stuart Cove, Nassau Bahamas Temperature 74°F Air 76°F Surface 5x2=10 ☐ kg ☐ lbs

Weight on Belt

PG 1000 45 min 3000

5m/15ft stop

DEPTH(S) 62 ft RNT 0

TIME(S) TBT 35 ABT +

☒ Computer Dive Cressi Start psi/bar 3000 Time In 10pm 35 min

☐ RDP/eRDP_{MIL} Dive End psi/bar 1000 Time Out 11:25 pm

☐ Rebreather Dive

Open-circuit or rebreather diluent: Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

(Rebreather only): Oxygen _____ % Start _____ bar/psi End _____ bar/psi

Open-circuit bailout (rebreather): Air/EANx _____ % Start _____ bar/psi End _____ bar/psi

Scrubber Time: Start _____ used _____ remaining _____

Comments Baked Crab Area and Ray of Hope. Around and Through wreck. Lots of fish around wreck. Guide used his tank to bang on wreck to encourage fish/shark to come out. Use lines to help with going up and down. Some Current.

Using 5 lbs on Belt worked, could still stay level by emptying lungs when tank below 1500.

Dive Center/Resort Stamp

STUART COVE'S

Verification Signature

☒ Instructor ☒ AI/DM ☐ Buddy

Certification No _____

Bottom Time To Date 4:00

Time This Dive 0:35

Cumulative Time 4:35

40

Dive worksheets and tables from Papa's Diving book

They are on the disk as pdf's.

Could take photos of them and put them here?

The End