RECREATIONAL DIVE PLANNER™

DIVING SCIENCE & TECHNOLOGY, CORP.

TABLE 1
NO DECOMPRESSION LIMITS AND GROUP DESIGNATION TABLE

START DEPTH (feet) ▶ | PRESSURE GROUP ▶

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

40 = NO DECOMPRESSION LIMITS

= SAFETY STOP REQUIRED

IMPERIAL

PADI
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TABLE 2
SURFACE INTERVAL CREDIT TABLE

START OF SURFACE INTERVAL

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
A	0:00 3:00																									
B	0:48 3:48	0:00 0:47																								
C	1:10 4:10	0:22 1:09	0:00 0:21																							
D	1:19 4:19	0:31 1:18	0:09 0:30	0:00 0:08																						
E	1:28 4:28	0:39 1:27	0:17 0:38	0:08 0:16	0:00 0:07																					
F	1:35 4:35	0:47 1:34	0:25 0:46	0:16 0:24	0:08 0:15	0:00 0:07																				
G	1:42 4:42	0:54 1:41	0:32 0:53	0:23 0:31	0:14 0:22	0:07 0:13	0:00 0:06																			
H	1:48 4:48	1:00 1:47	0:38 0:59	0:29 0:37	0:21 0:28	0:13 0:20	0:06 0:12	0:00 0:05																		
I	1:54 4:54	1:06 1:53	0:44 1:05	0:35 0:43	0:27 0:34	0:19 0:26	0:12 0:18	0:06 0:11	0:00 0:05																	
J	2:00 5:00	1:12 1:59	0:50 1:11	0:41 0:49	0:32 0:40	0:25 0:31	0:18 0:24	0:12 0:17	0:06 0:11	0:00 0:05																
K	2:05 5:05	1:17 2:04	0:55 1:16	0:46 0:54	0:38 0:45	0:30 0:37	0:23 0:29	0:17 0:22	0:11 0:16	0:05 0:10	0:00 0:04															
L	2:10 5:10	1:22 2:09	1:00 1:21	0:51 0:59	0:43 0:50	0:35 0:42	0:28 0:34	0:22 0:27	0:16 0:21	0:10 0:15	0:05 0:09	0:00 0:04														
M	2:15 5:15	1:26 2:14	1:05 1:25	0:56 1:04	0:47 0:55	0:40 0:46	0:33 0:39	0:26 0:32	0:20 0:25	0:15 0:19	0:10 0:14	0:05 0:09	0:00 0:04													
N	2:19 5:19	1:31 2:18	1:09 1:30	1:00 1:08	0:52 0:59	0:44 0:51	0:37 0:43	0:31 0:36	0:25 0:30	0:19 0:24	0:14 0:18	0:09 0:13	0:04 0:08	0:00 0:03												
O	2:24 5:24	1:35 2:23	1:13 1:34	1:04 1:12	0:56 1:03	0:48 0:55	0:42 0:47	0:35 0:41	0:29 0:34	0:24 0:28	0:18 0:23	0:13 0:17	0:09 0:12	0:04 0:08	0:00 0:03												
P	2:28 5:28	1:39 2:27	1:17 1:38	1:08 1:16	1:00 1:07	0:52 0:59	0:46 0:51	0:39 0:45	0:33 0:38	0:28 0:32	0:22 0:27	0:17 0:21	0:13 0:16	0:08 0:12	0:04 0:07	0:00 0:03										
Q	2:31 5:31	1:43 2:30	1:21 1:42	1:12 1:20	1:04 1:11	0:56 1:03	0:49 0:55	0:43 0:48	0:37 0:42	0:31 0:36	0:26 0:30	0:21 0:25	0:17 0:20	0:12 0:16	0:08 0:11	0:04 0:07	0:00 0:03									
R	2:35 5:35	1:47 2:34	1:25 1:46	1:16 1:24	1:08 1:15	1:00 1:07	0:53 0:59	0:47 0:52	0:41 0:46	0:35 0:40	0:30 0:34	0:25 0:29	0:20 0:24	0:16 0:19	0:12 0:15	0:08 0:11	0:04 0:07	0:00 0:03								
S	2:39 5:39	1:50 2:38	1:28 1:49	1:19 1:27	1:11 1:18	1:03 1:10	0:57 1:03	0:50 0:56	0:44 0:49	0:39 0:43	0:33 0:38	0:28 0:32	0:24 0:27	0:19 0:23	0:15 0:18	0:11 0:14	0:07 0:10	0:04 0:06	0:00 0:03							
T	2:42 5:42	1:54 2:41	1:32 1:53	1:23 1:31	1:14 1:22	1:07 1:13	1:00 1:06	0:54 0:59	0:48 0:53	0:42 0:47	0:37 0:41	0:32 0:36	0:27 0:31	0:23 0:26	0:18 0:22	0:14 0:17	0:11 0:13	0:07 0:10	0:03 0:06	0:00 0:02						
U	2:45 5:45	1:57 2:44	1:35 1:56	1:26 1:34	1:18 1:25	1:10 1:17	1:03 1:09	0:57 1:02	0:51 0:56	0:45 0:50	0:40 0:44	0:35 0:39	0:30 0:34	0:26 0:29	0:22 0:25	0:18 0:21	0:14 0:17	0:10 0:13	0:07 0:09	0:03 0:06	0:00 0:02					
V	2:48 5:48	2:00 2:47	1:38 1:59	1:29 1:37	1:21 1:28	1:13 1:20	1:06 1:12	1:00 1:05	0:54 0:59	0:48 0:53	0:43 0:47	0:38 0:42	0:34 0:37	0:29 0:33	0:25 0:28	0:21 0:24	0:17 0:20	0:13 0:16	0:09 0:12	0:06 0:09	0:02 0:05	0:00 0:02				
W	2:51 5:51	2:03 2:50	1:41 2:02	1:32 1:40	1:24 1:31	1:16 1:23	1:09 1:15	1:03 1:08	0:57 1:02	0:51 0:56	0:46 0:50	0:41 0:45	0:37 0:40	0:32 0:36	0:28 0:31	0:24 0:27	0:20 0:23	0:16 0:19	0:12 0:15	0:09 0:12	0:05 0:08	0:02 0:05	0:00 0:02			
X	2:54 5:54	2:06 2:53	1:44 2:05	1:35 1:43	1:27 1:34	1:19 1:26	1:12 1:18	1:06 1:11	1:00 1:05	0:54 0:59	0:49 0:53	0:44 0:48	0:40 0:43	0:35 0:39	0:31 0:34	0:27 0:30	0:23 0:26	0:19 0:22	0:15 0:18	0:12 0:15	0:08 0:11	0:05 0:08	0:02 0:05	0:00 0:02		
Y	2:57 5:57	2:09 2:56	1:47 2:08	1:38 1:46	1:30 1:37	1:22 1:29	1:15 1:21	1:09 1:14	1:03 1:08	0:57 1:02	0:52 0:56	0:47 0:51	0:42 0:46	0:38 0:41	0:34 0:37	0:30 0:33	0:26 0:29	0:22 0:25	0:18 0:21	0:15 0:18	0:11 0:14	0:08 0:11	0:05 0:08	0:03 0:05	0:00 0:02	
Z	3:00 6:00	2:12 2:59	1:50 2:11	1:41 1:49	1:32 1:40	1:25 1:31	1:18 1:24	1:12 1:17	1:06 1:11	1:00 1:05	0:55 0:59	0:50 0:54	0:45 0:49	0:41 0:44	0:36 0:40	0:32 0:35	0:29 0:31	0:25 0:28	0:21 0:24	0:18 0:20	0:14 0:17	0:11 0:14	0:07 0:10	0:04 0:07	0:02 0:04	0:00 0:02

PRESSURE GROUP AT END OF SURFACE INTERVAL

TABLE 3 • REPETITIVE DIVE TIMETABLE

DEPTH (feet) ▼ | 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
		17	37	53	66	78	88	97	105	113	120	126	132	138	143	148	153	157	161	165	169	173	176	180	186	195
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
		11	20	29	36	43	49	55	61	66	71	76	80	85	89	92	96	100	103	106	109	113	115	118	124	131
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
				5	9	13	17	20	23	27	30	33	36	39	42	44	47	49	52	54	56	59	61	63	67	73
60				55	54	52	49	47	44	42	39	37	35	33	31	29	27	25	23	21	19	17	16	14	11	6
					1	3	6	8	11	13	16	18	20	22	24	26	28	30	32	34	36	38	39	41	44	49
70							40	38	36	34	33	31	29	27	26	24	22	21	19	18	16	15	13	12	9	5
								2	4	6	7	9	11	13	14	16	18	19	21	22	24	25	27	28	31	35
80									30	29	28	26	25	23	22	21	19	18	17	15	14	13	11	10	8	4
											2	4	5	7	8	9	11	12	13	15	16	17	19	20	22	26
90										25	24	23	22	21	19	18	17	16	15	13	12	11	10	9	7	4
												2	3	4	6	7	8	9	10	12	13	14	15	16	18	21
100												20	19	18	17	16	15	14	13	12	11	10	9	8	6	3
														2	3	4	5	6	7	8	9	10	11	12	14	17
110														16	15	14	14	13	12	11	10	9	8	7	6	3
																2	2	3	4	5	6	7	8	9	10	13
120																13	12	12	11	10	9	8	7	6	5	3
																			2	3	4	5	6	7	8	10
130																			10	9	8	8	7	6	5	3
																							3	4	5	7

IMPERIAL

RETURN TO TABLE ONE

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 minutes at 15ft is required any time the diver comes up to or within 3 pressure groups of a no decompression limit and for any dive to a depth of 100ft or deeper.

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

Flying After Diving Recommendations

For Dives Within the No Decompression Limits

- Single Dives: A minimum pre-flight surface interval of 12 hours is suggested.
- Repetitive Dives and/or Multi-day Dives: A minimum pre-flight surface interval of 18 hours is suggested.

For Dives Requiring Decompression Stops

- A minimum pre-flight surface interval greater than 18 hours is suggested.

Diving at Altitude — Diving at altitude (1000ft or higher) requires the 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 hour. If your ending pressure group after any dive is Y or Z, the minimum surface interval between all subsequent dives is 3 hours.

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 multi-day dive series.

General Rules

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

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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.

Residual Nitrogen Time (RNT)
\+ Actual Bottom Time (ABT)
= Total Bottom Time (TBT)

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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