

Name _____ Date _____

Scuba Tune-Up

Without reference, complete the following questions to the best of your ability. You may use a Recreational Dive Planner (the Table or The Wheel) as needed to answer dive table related questions. Print your name above and be prepared to turn in the Scuba Tune-Up at the beginning of your course or as directed by your instructor.

1. You should equalize your air spaces:
 a. only when you feel discomfort. b. every few feet/metres while descending, before you feel discomfort.
2. If you feel discomfort in your ear while descending, ascend until discomfort is gone, attempt to equalize once again and continue a slow descent.
 True False
3. The most important rule in scuba diving is: Breathe continuously and never hold your breath. True False
4. If you feel discomfort during ascent due to air expansion in any body air space during ascent:
 a. slow or stop your ascent, descend a few feet/metres and allow the trapped air to work its way out.
 b. ignore the discomfort and continue ascending.
5. If you begin shivering continuously underwater, you should swim faster to warm up. True False
6. If you become overexerted underwater, you should:
 a. stop, breathe and rest. b. ascend immediately to the surface and signal for assistance.
7. Of the considerations that must be discussed between dive buddies when planning a dive, (check those listed here):
 a. Discuss what to do if an emergency arises.
 b. Agree upon maximum time and depth limits.
 c. Establish and review communication procedures.
8. If you and your buddy lose contact underwater, you should:
 a. search for each other for not more than 1 minute, then surface to reunite if you haven't located each other.
 b. return to the boat or shore and wait for your buddy to return.
9. If you are exhausted and caught in a current at the surface, you should just signal for assistance. True False
10. Of the precautions that minimize the likelihood of being injured by an aquatic animal, (check those listed here):
 a. Never tease or intentionally disturb the animal. b. Never look under a rock outcropping.
 c. Move slowly and carefully. d. Avoid wearing shiny, dangling jewelry.
11. If you should accidentally become entangled in an aquatic plant you should:
 a. inflate your BCD to pull yourself free.
 b. not struggle or fight with the entanglement, work slowly to free yourself.
12. One way to prevent a problem from occurring underwater is to dive within your limitations. True False
13. If you run out of air at a depth of 11m/35ft and can't see your buddy, you should:
 a. make a buoyant emergency ascent. b. make a controlled emergency swimming ascent.
14. Unless local laws state otherwise, divers should stay within feet/metres of the dive flag, whereas boaters and water-skiers should stay feet/metres away from the dive flag.
 a. 15 m/50 ft, 30-60 m/100-200 ft b. 8 m/ 25 ft, 15-30 m/50-100 ft
15. To prevent problems with contaminated air, you should have your tanks filled only with pure, dry, filtered compressed air from a reputable air station. True False
16. If you begin to feel the effects of nitrogen narcosis you should:
 a. ascend to shallower depths. b. descend very slowly.
17. To prevent nitrogen narcosis: a. avoid deep dives b. descend very slowly.
18. When established depth and/or time limits have been exceeded, producing during ascent, the condition is known as decompression sickness.
 a. symptomatic bubbles in the body b. euphoria

19. Of the signs and symptoms associated with cases of decompression sickness, (check those listed here):
 a. Numbness or tingling b. Bloodshot eyes c. Joint and limb pain
20. A diver suspected of having decompression sickness should:
 a. wait at least 6 hours before diving again.
 b. discontinue diving, immediately seek medical attention and consult a diving physician.
21. The first-aid procedures for assisting someone with decompression sickness are prevention and treatment for shock, administration of oxygen and, if necessary, CPR. True False
22. Dive tables are primarily used:
 a. to gauge how much excess nitrogen you have in your body, so you can determine your maximum safe time and depth limits.
 b. to calculate your rate of air consumption for a dive at a given depth and time.
23. The maximum limits on dive tables should be avoided:
 a. so that you don't run out of air.
 b. at all times, especially when contributing factors (vigorous exercise, cold, older age, etc.) are present.
24. No-decompression diving means:
 a. that you will never run out of air at depth.
 b. that while staying within the limits of the tables, you may ascend directly to the surface at any time during the dive without significant risk of decompression sickness.
25. After a repetitive dive, your nitrogen level has risen, and the extra nitrogen absorbed on the repetitive dive has been added to the excess nitrogen still in your body from the first dive. True False
26. Bottom time is calculated
 a. from the beginning of descent until you leave the bottom for a direct ascent to the surface.
 b. from the time you reach the bottom until you leave the bottom.
27. If you are planning three or more dives in one day and your ending pressure group after the second dive is a Y, you should wait a minimum of _____ hour(s) between all subsequent dives. a. 1 b. 3
28. Indicate the final pressure group upon surfacing from the second dive. First dive: 18 m/60 ft for 30 mins; surface interval: 30 mins. Second dive: 16 m/50 ft for 30 mins.
 a. Pressure group R. b. Pressure group P. c. Pressure group S. d. Pressure group T.
29. Indicate the final pressure group upon surfacing from the second dive. First dive: 17 m/ 55 ft for 50 mins; surface interval: 24 mins. Second dive: 16 m/50 ft for 30 mins.
 a. Pressure group W. b. Pressure group T. c. Pressure group X. d. Pressure group U.
30. A safety stop is a delay in ascent at _____ feet/metres for _____ minutes. a. 5 m/15 ft, 3 b. 3 m/10 ft, 5
31. (Check all appropriate responses.) Always make a safety stop if:
 a. your dive has been to 30 m/100 ft or deeper.
 b. your dive was conducted in low-visibility water.
 c. your pressure group at the end of the dive is within three pressure groups of the no-decompression limit.
32. If you accidentally exceed a no-decompression limit by less than 5 minutes, you should:
 a. slowly ascend to 5 m/15 ft, remain there for 8 minutes prior to surfacing and discontinue diving for 6 hours.
 b. ascend directly to the surface at a rate of 18 m/60 ft per minute.
33. If you accidentally exceed a no-decompression limit by more than 5 minutes, you should slowly ascend to 5 m/15 ft and remain there for no less than 15 minutes, air supply permitting. True False
34. In cold water or under strenuous conditions, plan your dive as though the depth is _____ feet/metres deeper than actual:
 a. 5 m/15 ft b. 4 m/10 ft

Student Statement: I have had explained to me and I understand the questions I missed.

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Scuba Tune Up Answer Key

1. b
2. True.
3. True
4. a
5. False. If you begin to shiver continuously, get out of the water, dry off and seek warmth.
6. a
7. a, b, c
8. a
9. False. If you get caught in a current at the surface you should first establish buoyancy, signal for assistance, and wait for help.
10. a, c, d
11. b
12. True
13. b
14. a
15. True
16. a
17. a
18. a
19. a, c
20. b
21. True
22. a
23. b
24. b
25. True
26. a
27. b
28. a. Pressure group R.
29. c. Pressure group X.
30. a
31. a, c
32. a
33. True
34. b