

Dive Table Rules

- **Ascend no faster than 30 feet per minute.** This is 1 foot every two seconds. You need a timing device and a depth gauge (or a dive computer) to measure your rate of ascent. This rate will seem quite slow to you.
- **Use the exact or the next greater number listed in the table for your depth.** If you exceed a number in the table, use the next greater number. The depths in the table range from 40 feet to 130 feet and increase in increments of 10 feet. For example, you round a dive of 41 feet up to a 50 foot dive.
- **Use the exact or the next greater number listed in the table for your time.** If you exceed a number in the table, use the next greater number. The times range from 5 minutes to 130 minutes. For example, you round a dive to 50 feet for 41 minutes up to 50 minutes.
- **Use the deepest depth you reached during your dive to determine the dive schedule for your dive.** For example, if you do a dive to 60 feet, but spend most of the time at 40 feet, you must consider the dive to be a 60 foot dive.
- **Always make your deepest dive first** when making a series of dives. Plan each of your repetitive dives to a shallower depth than your previous dive. This might allow you to outgas nitrogen on progressively shallower dives and prevents you from carrying progressively larger amount of residual nitrogen on deeper repetitive dives.
- **Consider any dive shallower than 40 feet to be a 40 foot dive when planning your dives.**
- **To be considered a dive it must be in open water and a minimum of 20 feet.**
- Plan a **Surface Interval Time (SIT) of at least 10 minutes** between dives. If your SIT is less than 10 minutes, you must consider your second dive as part of the first dive. **NAUI recommends a SIT of at least 1 hour between dives.**
- **Use the next greater dive time if your dive is particularly cold or strenuous to you.** For example, if you do a dive to 60 feet for 22 minutes, the 22 minutes rounds to 25 minutes. However, if you become chilled during the dive, round the time again to 30 minutes.
- **Avoid dives that take you right to the no-decompression limit for any given depth and time combination.** If you accidentally overstay your bottom time or use an incorrect ascent rate on such a dive, you could be in a decompression situation or suffer DCS. Always allow yourself enough time to make a slow, comfortable ascent with plenty of air.