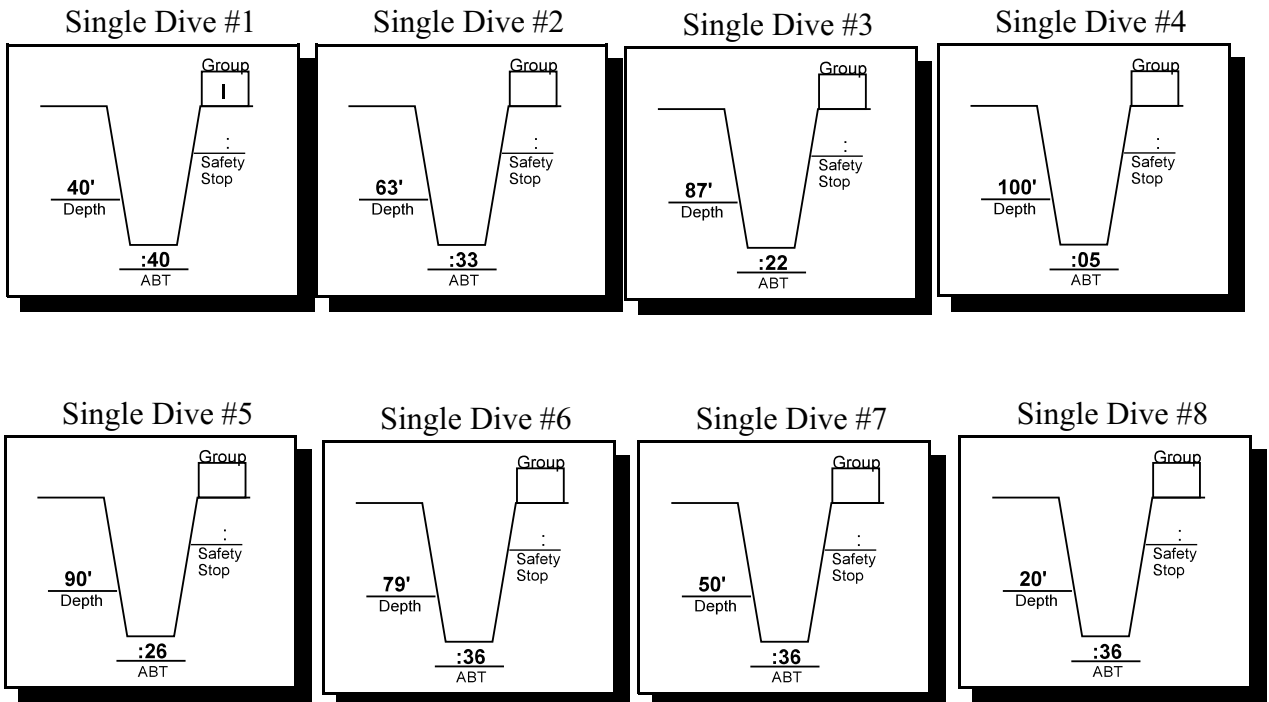


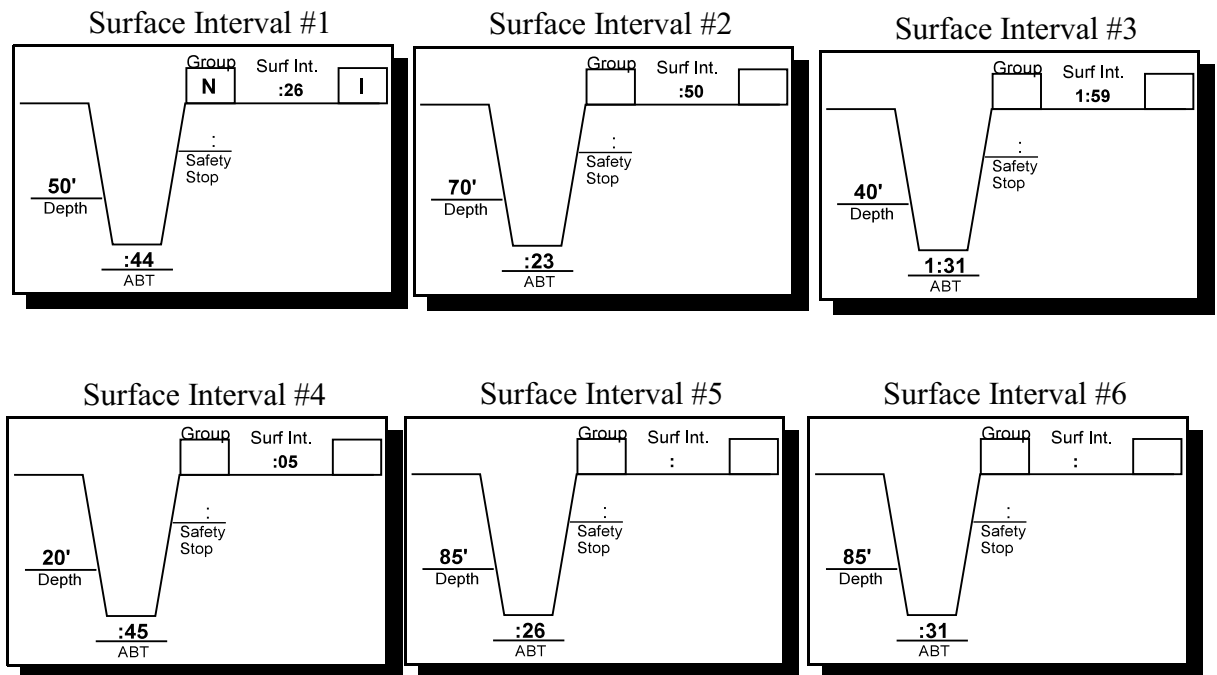
# Recreational Dive Planner Worksheet

\*Note\* - Some dives approach or pass no-decompression limits, these profiles are only present to teach use of the tables, do not dive to the max! Err on the side of conservative.

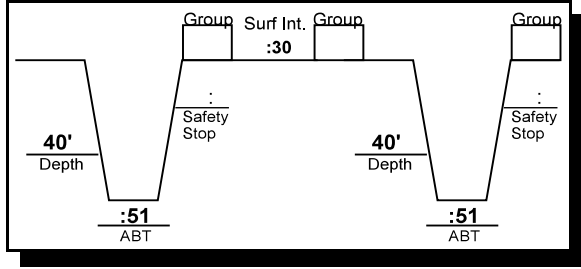
The first 8 are considered to be 1 dive conducted in 1 day for each. Fill in the ending group and any safety stops required



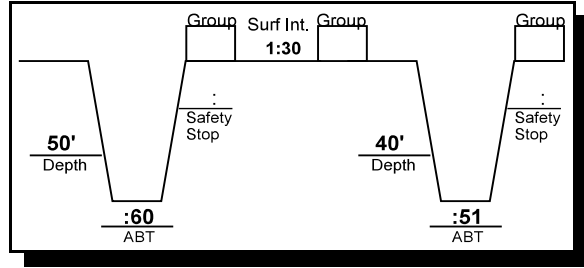
These 6 are to help understand surface interval credit. Fill in the group after the dive and any safety stops and then with the given surface interval credit, fill in the group after the surface interval that represents credit for the amount of nitrogen released during the interval and also represents the amount remaining in your body.



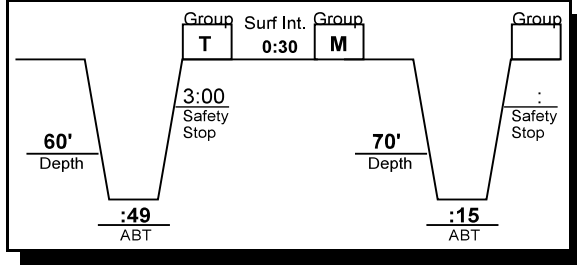
Repetitive Dive #1



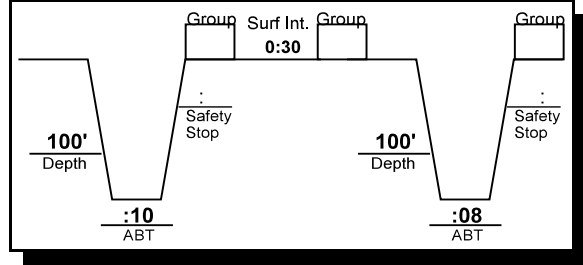
Repetitive Dive #1



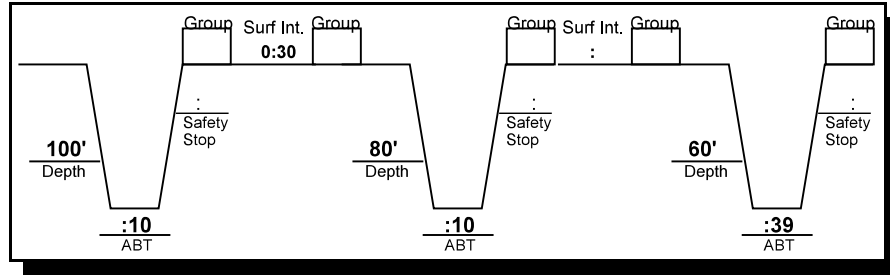
Repetitive Dive #3



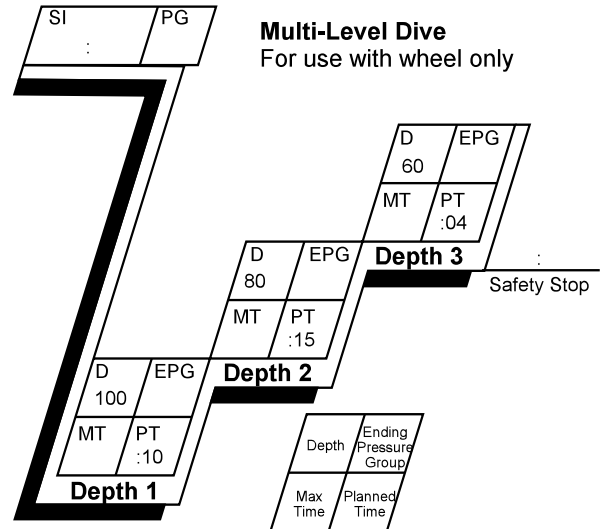
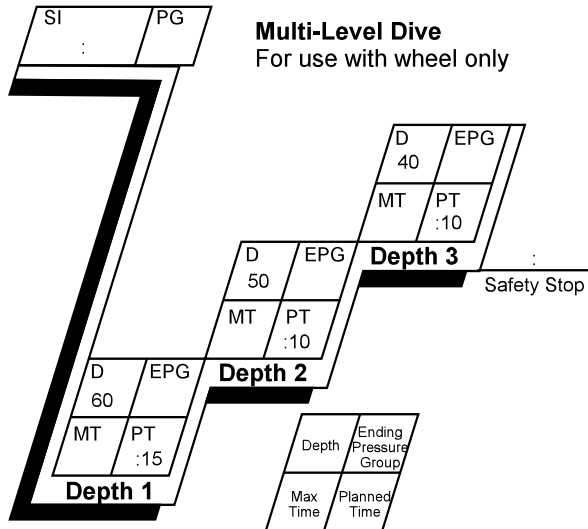
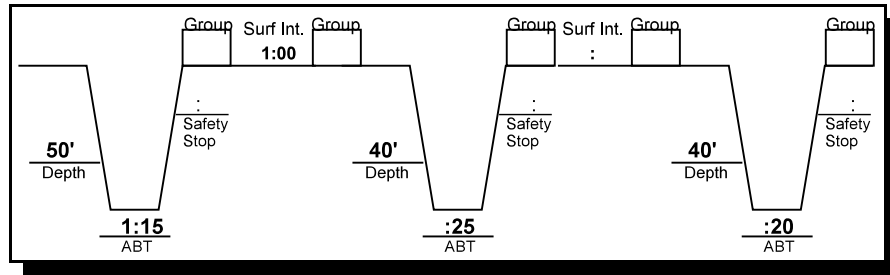
Repetitive Dive #4



Repetitive Dive #5



Repetitive Dive #6

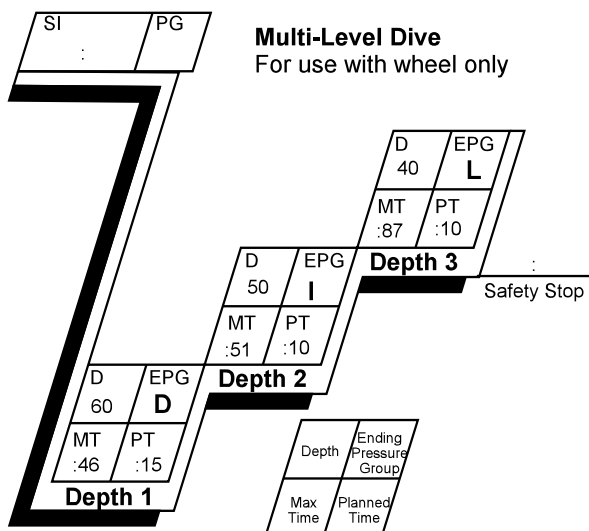


## Recreational Dive Planner (RDP-Slate)

- Single Dive 1. - Group I, no safety stop
- Single Dive 2. - Group P, no safety stop
- Single Dive 3. - Group N, 3:00 safety stop
- Single Dive 4. - Group B, 3:00 safety stop
- Single Dive 5. - Exceeded no decompression limit by less than 5:00, requires a 8:00 safety stop at 15' and cannot dive for at least 6 hours
- Single Dive 6. - Exceeded no decompression limit by more than 5:00, requires a 15:00 safety stop at 15' and cannot dive for 24 hours
- Single Dive 7. - Group K, no safety stop
- Single Dive 8. - Group F, no safety stop

- Surface Interval 1. - Sample
- Surface Interval 2. - Group K / :50SI / Group D
- Surface Interval 3. - Group T / 1:59SI / Group B
- Surface Interval 4. - Group I / :05SI / Group I
- Surface Interval 5. - Exceeded no decompression limit by less than 5:00, requires a 8:00 safety stop at 15' and cannot dive for at least 6 hours
- Surface Interval 6. - Exceeded no decompression limit by more than 5:00, requires a 15:00 safety stop at 15' and cannot dive for 24 hours

- Repetitive Dive 1. - No safety stop, Group L / :30SI / Group G, no safety stop, Group S
- Repetitive Dive 2. - No safety stop, Group S / 1:30SI / Group C, no safety stop, Group Q
- Repetitive Dive 3. - 3:00 safety stop, Group T / 0:30SI / Group M, Exceeded no decompression limit by less than 5:00, requires a 8:00 safety stop at 15' and cannot dive for at least 6 hours.
- Repetitive Dive 4. - 3:00 safety stop, Group E / 0:30SI / Group C, 3:00 safety stop, Group K
- Repetitive Dive 5. - 3:00 safety stop, Group E / 0:30SI / Group C, no safety stop, Group K, Min SI :46, Group D, 3:00 Safety Stop, Group W
- Repetitive Dive 6. - 3:00 safety stop, Group W / 1:00SI / Group I, no safety stop, Group P, Min SI 1:00, Group E, no Safety Stop, Group K



## The Wheel

- Single Dive 1. - Group I, no safety stop
- Single Dive 2. - Group O, no safety stop
- Single Dive 3. - Group N, 3:00 safety stop
- Single Dive 4. - Group B, 3:00 safety stop
- Single Dive 5. - Exceeded no decompression limit by less than 5:00, requires a 8:00 safety stop at 15' and cannot dive for at least 6 hours
- Single Dive 6. - Exceeded no decompression limit by more than 5:00, requires a 15:00 safety stop at 15' and cannot dive for 24 hours
- Single Dive 7. - Group K, no safety stop
- Single Dive 8. - Group F, no safety stop

- Surface Interval 1. - Sample
- Surface Interval 2. - Group K / :50SI / Group D
- Surface Interval 3. - Group U / 1:59SI / Group C
- Surface Interval 4. - Group I / :05SI / Group I
- Surface Interval 5. - Group P, 3:00 safety stop
- Surface Interval 6. - Exceeded no decompression limit by less than 5:00, requires a 8:00 safety stop at 15' and cannot dive for 6 hours

- Repetitive Dive 1. - No safety stop, Group L / :30SI / Group G, no safety stop, Group T
- Repetitive Dive 2. - No safety stop, Group T / 1:30SI / Group D, no safety stop, Group R
- Repetitive Dive 3. - 3:00 safety stop, Group T / 0:30SI / Group M, Exceeded no decompression limit by less than 5:00, requires a 8:00 safety stop at 15' and cannot dive for at least 6 hours.
- Repetitive Dive 4. - 3:00 safety stop, Group E / 0:30SI / Group C, 3:00 safety stop, Group K
- Repetitive Dive 5. - 3:00 safety stop, Group E / 0:30SI / Group C, no safety stop, Group K, Min SI :45, Group D, 3:00 Safety Stop, Group W
- Repetitive Dive 6. - 3:00 safety stop, Group X / 1:00SI / Group I, no safety stop, Group P, Min SI 1:00, Group E, no Safety Stop, Group K

