

PERSONAL INFORMATION

Name: David G. [unclear]

Address: [unclear]

City/State/Zip: [unclear]

Town/Village: [unclear]

Telephone: H: [unclear]

Fax: () [unclear]

Date of Birth: [unclear] Color: Brown Eye Color: Blue

Height: 6'2" Weight: 215 Sex: M

Scars or Distinguishing Marks: [unclear]

Medical Problems (See Total Information Data Card also): [unclear]

Medications: [unclear]

IN CASE OF EMERGENCY, CONTACT:

Name: [unclear] Relationship: Father

Address: [unclear]

City/State/Zip: [unclear]

Town/Village: [unclear]

Telephone: H: [unclear]

Fax: () [unclear]

Total Information Data Card #: [unclear]

Location of Total Information Data Card: [unclear]

Other Pertinent Information: [unclear]

NASDS INSTRUCTIONAL RECORD (CLASSROOM)

Class	Store/School	Date	OWI	OWI#	Diver Initials
I	Diver Site		72/	3301	
II	"		72/	3301	
III	"		72/	3301	
IV	"		72/	3301	
V	"		72/	3301	
VI	"		72/	3301	
VII	"		72/	3301	
VIII	"		72/	3301	
IX	"		72/	3301	
X	"		72/	3301	

Executive SCUBA/Home Study Program
Diver Signature Viewed CM 1-10

NASDS INSTRUCTIONAL RECORD (POOL)

Pool	Store/School	Date	OWI	OWI#	Diver Initials
I	Diver Site		72/	3301	
II	"		72/	3301	
III	"		72/	3301	
IV	"		72/	3301	
V	"		72/	3301	
VI	"		72/	3301	
VII	"		72/	3301	
VIII	"		72/	3301	
IX	"		72/	3301	
X	"		72/	3301	

I certify that all Classroom and Pool Modules have been completed.
NASDS OWI: 72/ Diver: 3301

OPEN WATER NO. 1 (Training Dive) (SAFE SNORKELING)

- ☒ 1. Perform Surface Support System, Buoyancy Control System, and Environmental Protection Systems equipment check using your Final Equipment Systems Checklist
- ☒ 2. Move your diving system to entry point
- ☒ 3. Fill in Pre-Dive Plan in NASDS Logbook (PAL)
- ☒ 4. Put on diving system components
- ☒ 5. Get used to the environment
- ☒ 6. Perform open water entry techniques
- ☒ 7. Perform surface swimming and resting skills
- ☒ 8. Perform mask clearing skills (3 ways)
- ☒ 9. Perform surface diving skills
- ☒ 10. Perform lifesaving techniques (3 types of rescues)
 - ☒ a. aiding a tired diver
 - ☒ b. unconscious and breathing victim
 - ☒ c. unconscious and non-breathing victim
- ☒ 11. Perform surface swim to exit point
- ☒ 12. Perform proper exit technique
- ☒ 13. Perform another entry and surface swim
- ☒ 14. Perform ballast system check and buoyancy control skills
- ☒ 15. Perform surface swim to exit point
- ☒ 16. Perform proper exit technique
- ☒ 17. Demonstrate proper care and maintenance of your Total Diving System
- ☒ 18. Fill in post dive information and record your dive in your NASDS Logbook (PAL)
- ☒ 19. Receive counseling and evaluation from your NASDS instructor

Passed: Yes Ready for OW Class: Yes

Remarks: _____

Instructor's Signature and Number: [Signature] / 3363

* This page must be filled out, signed and witnessed and all exercises completed prior to receiving your NASDS Total Information Data certification card.

OPEN WATER I / SAFE SNORKELING LOG

Dive Number 1 Date 4-26
 Dive Location Blue water park
 Purpose of Dive open water
 Dive Buddy ~~Michael~~ Michael
 Weather Conditions clear Visibility 25'
 Air Temp 78 Water Temp 68 Current(s) _____ Wave Ht _____
 Emergency Numbers _____

Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Witness Signature [Signature] NASDS Number 3307

OPEN WATER NO. 2 (Training Dive)

- ☒ 1. Perform Total Diving System check (using your Final Equipment Systems Checklist)
- ☒ 2. Move your Total Diving System to entry point
- ☒ 3. Fill in Pre-Dive Plan in NASDS Logbook (PAL)
- ☒ 4. Put on diving system components
- ☒ 5. Get used to the environment
- ☒ 6. Perform open water entry techniques
- ☒ 7. Perform surface swimming and resting skills
- ☒ 8. Perform controlled line descent
- ☒ 9. Perform 2nd stage clearing 6 ways
Primary - 3 ways
Safe 2nd - 3 ways
- ☒ 10. Perform mask clearing - 3 ways
1st - 1/2 full 3rd - Advanced
2nd - full
- ☒ 11. Perform sharing air technique with Safe 2nd Stage
- ☒ 12. Demonstrate and maintain neutral buoyancy skill
- ☒ 13. Perform underwater tour
- ☒ 14. Perform a controlled buoyant air ascent to the surface
- ☒ 15. Perform equipment removal and replacement on the surface
- ☒ 16. Perform surface life saving exercises (full SCUBA)
cross chest carry
- ☒ 17. Perform surface swim to exit point
- ☒ 18. Perform proper exit technique
- ☒ 19. Demonstrate proper care and maintenance of your Total Diving System
- ☒ 20. Fill in post dive information and record your dive in your NASDS Logbook (PAL)
- ☒ 21. Receive counseling and evaluation from your NASDS instructor

Passed: Yes Ready for OW Class: Yes

Remarks: _____

Instructor's Signature and Number: John S. 3307

After completion of all of the above your instructor will present you with an NASDS First Open Water SCUBA Logbook Diploma

* This page must be filled out, signed and witnessed and all exercises completed prior to receiving your NASDS Total Information Data certification card.

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DIVING LOG

Dive Number 2 Date 4-26-28
 Dive Location Blue water park
 Purpose of Dive Open water training
 Dive Buddy M. Bredl
 Weather Conditions clear Visibility 25
 Air Temp 78 Water Temp 68 Current(s) _____ Wave Ht _____
 Emergency Numbers _____

Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Pre-Dive Plan / Post-Dive Analysis

Time In		Time Out		15/10	/
SI		RG		SAC	/
/		/		AC	/
/		/		D	/
/		/		AT	/
/		/		PSI	/
/		/		Turn PSI	/
/		/		Minimum Ascent Cylinder Pressure:	/
/		/		"500/800 Rule" + "15/10"	/
/		/		0-9 M	0-30'
/		/		10-18 M	31-60'
/		/		19-30 M	61-100'
/		/		Directional Headings:	T: D:
/		/		Azimuth No. 1	/
/		/		Azimuth No. 2	/
/		/		Azimuth No. 3	/

Never plan a dive closer than 5 minutes to a decompression situation

Ascent M/FPM	
19M+	61'+
10-18M	31-60'
0-9M	0-30'
D	128
/	RNT
/	40 BT
/	TBT

D _____ TR-5 _____ AT _____
 D _____ TR-5 _____ AT _____
 D _____ TR-5 _____ AT _____

TOTAL UNDERWATER
HOURS TO DATE:

0

ACTUAL
BOTTOM TIME:

40

TOTAL UNDERWATER
BOTTOM TIME:

40

Witness
Signature

John S. 3307

NASDS
Number

3307

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OPEN WATER NO. 3 (Training Dive)

1. Perform Total Diving System check (using your Final Equipment Systems Checklist)
2. Move your Total Diving System to entry point
3. Fill in Pre-Dive Plan in NASDS Logbook (PAL)
4. Put on diving system components
5. Get used to the environment
6. Perform open water entry techniques
7. Perform surface swimming and resting skills
8. Perform free descent with line
9. Perform equipment removal and replacement at depth
10. Demonstrate and maintain neutral buoyancy skill (review)
11. Perform sharing air buoyant ascent (dependent action WITH AIR)
12. Perform sharing air buoyant ascent (dependent action WITHOUT AIR)
13. Perform underwater tour
14. Perform a Safe SCUBA Ascent (Safe SAM) to the surface
15. Perform surface swim to exit point
16. Perform proper exit technique
17. Demonstrate proper care and maintenance of your Total Diving System
18. Fill in post dive information and record your dive in your NASDS Logbook (PAL)
19. Receive counseling and evaluation from your NASDS instructor

Assessed: yes Ready for OW Class: yes

Remarks: _____

Instructor's Signature and Number: Thom E. J. 3307

This page must be filled out, signed and witnessed and all exercises completed prior to receiving your NASDS Total Information Data certification card.

DIVING LOG

Dive Number 3 Date 4-26
Dive Location Blue water park
Purpose of Dive Open water
Dive Buddy M. Cheal
Weather Conditions Clear Visibility 25'
Air Temp 78 Water Temp 68 Current(s) _____ Wave Ht _____
Emergency Numbers _____

Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Pre-Dive Plan / Post-Dive Analysis

Time In _____ Time Out _____
SI 44 RG A RG D
15/10 _____
SAC _____
AC _____
D _____
AT _____
PSI _____

Never plan a dive closer than 5 minutes to a decompression situation

Ascent M/FPM
19M+ _____ 60'+
10-18M _____ 31-60'
0-9M _____ 0-30'
D 30
RNT 25
BT 36
TBT 61

D _____ TR-5 _____ AT _____
D _____ TR-5 _____ AT _____
D _____ TR-5 _____ AT _____

Turn PSI _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M _____ 0-30'
10-18 M _____ 31-60'
19-30 M _____ 61-100'

Directional Headings: T: D:

Azimuth No. 1 _____
Azimuth No. 2 _____
Azimuth No. 3 _____

TOTAL UNDERWATER
HOURS TO DATE:

ACTUAL
BOTTOM TIME:

TOTAL UNDERWATER
BOTTOM TIME:

1:40 + 1:36 = 1:16
Witness Signature Thom E. J. NASDS Number 3307

OPEN WATER NO. 4 (Training Dive)

1. Perform Total Diving System check (using your Final Equipment Systems Checklist)
2. Move your Total Diving System to entry point
3. Fill in Pre-Dive Plan in NASDS Logbook (PAL)
4. Put on diving system components
5. Get used to the environment
6. Perform open water entry techniques
7. Perform surface swimming and resting skills
8. Perform free descent with line
9. OPTIONAL EXERCISE
Controlled out of air ascent
10. OPTIONAL EXERCISE
Ballast system retrieval
11. Demonstrate and maintain neutral buoyancy skill
12. Perform underwater tour
13. Perform a reciprocal navigational run with the instructor
14. Perform a Safe SCUBA Ascent (Safe SAM) to the surface
15. Perform surface swim to exit point
16. Perform proper exit technique
17. Demonstrate proper care and maintenance of your Total Diving System
18. Fill in post dive information and record your dive in your NASDS Logbook (PAL)
19. Receive counseling and evaluation from your NASDS instructor

Assessed: Yes Ready for OW Class: Yes

Remarks: _____

Instructor's Signature and Number: John E. for 3307

This page must be filled out, signed and witnessed and all exercises completed prior to receiving your NASDS Total Information Data certification card.

DIVING LOG

Dive Number 4 Date 5-2-98
 Dive Location Maricao Springs
 Purpose of Dive Open Water
 Dive Buddy Michael
 Weather Conditions clear Visibility 30'
 Air Temp 78 Water Temp 68 Current(s) _____ Wave Ht _____
 Emergency Numbers _____

Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Pre-Dive Plan / Post-Dive Analysis

SI	RG	RG	15/10
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>

Never plan a dive closer than 5 minutes to a decompression situation

Ascent M/FPM
 19M+ 01+
 10-18M 31-60'
 0-9M 0-30'

1 RNT
1 37 BT
1 TBT

D 1 TR-5 1 AT 1
 D 1 TR-5 1 AT 1
 D 1 TR-5 1 AT 1

Turn PSI _____
 Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"
 0-9 M. 0-30'
 10-18 M. 31-60'
 19-30 M. 61-100'

Directional Headings: T: D:
 Azimuth No. 1 1
 Azimuth No. 2 1
 Azimuth No. 3 1

TOTAL UNDERWATER
HOURS TO DATE:

ACTUAL
BOTTOM TIME:

TOTAL UNDERWATER
BOTTOM TIME:

11.6 + 37 = 1.57
 Witness Signature John E. for 3307
 NASDS Number 3307

OPEN WATER NO. 5 (Training Dive)

1. Perform Total Diving System check (using your Final Equipment Systems Checklist)
2. Move your Total Diving System to entry point
3. Fill in Pre-Dive Plan in NASDS Logbook (PAL)
4. Put on diving system components
5. Get used to the environment
6. Perform open water entry techniques
7. Perform surface swimming and resting skills
8. Perform free descent with line
9. Perform underwater tour
10. Perform navigational run and air consumption exercise accompanied by your instructor
11. Receive your NASDS Certified Diver patch!
12. Perform a Safe SCUBA Ascent (Safe SAM) to the surface
13. Perform surface swim to exit point
14. Perform proper exit technique
15. Demonstrate proper care and maintenance of your Total Diving System
16. Fill in post dive information and record your dive in your NASDS Logbook (PAL)
17. Receive counseling and evaluation from your NASDS instructor

Assessed: YES Ready for OW Class: YES

Remarks: _____

Instructor's Signature and Number: John E. Jr. 3307

After completion of all the above your instructor will present you with your Open Water Certification kit consisting of: Temporary Certification card, NASDS Open Water wall diploma, NASDS Open Water Certification pin, NASDS Open Water Certification logbook diploma and your NASDS Open Water Diver patch!

This page must be filled out, signed and witnessed and all exercises completed prior to receiving your NASDS Total Information Data certification card. Upon completion of this final Open Water you are now qualified as an NASDS Open Water certified diver.

Congratulations from NASDS International Headquarters.

DIVING LOG

Dive Number 5 Date 5-2-98
 Dive Location Morrisar Springs
 Purpose of Dive Open water
 Dive Buddy Michael
 Weather Conditions clear Visibility 30'
 Air Temp 85 Water Temp 68 Current(s) _____ Wave Ht _____
 Emergency Numbers _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Time In _____ Time Out _____
 SI _____ RG _____ RG _____
 1.08 _____ A _____ F _____
 D _____ 40 _____
 Ascent M/FPM
 19M+ _____ 61' +
 10-18M _____ 31-60'
 0-9M _____ 0-30'

Never plan a dive closer than 5 minutes to a decompression situation

D _____ 16 RNT
 D _____ 44 BT
 D _____ 60 TBT

D _____ TR-5 _____ AT _____
 D _____ TR-5 _____ AT _____
 D _____ TR-5 _____ AT _____

15/10 _____
 SAC _____
 AC _____
 D _____
 AT _____
 PSI _____

Turn PSI _____
 Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M _____ 0-30'
 10-18 M _____ 31-60'
 19-30 M _____ 61-100'

Directional Headings: T: D:
 Azimuth No. 1 _____
 Azimuth No. 2 _____
 Azimuth No. 3 _____

TOTAL UNDERWATER
HOURS TO DATE:

ACTUAL
BOTTOM TIME:

TOTAL UNDERWATER
BOTTOM TIME:

1:53 + 44 = 2:37
 Witness _____ NASDS
 Signature John E. Jr. Number 3307

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NASDS INSTRUCTIONAL RECORD (OPEN WATER)

Class No.	Store/School	Date	Instructor	OWI No.
OWM I	Dive site	4-26	721	3307
OWM II	Dive site	4-26	721	3307
OWM III	Dive site	4-26	721	3307
OWM IV	Dive site	5-2	721	3307
OWM V	Dive site	5-2	721	3307

NASDS Junior (Ages 12-14) Total Information Data Card:
Must dive with an adult certified diver or an NASDS Instructor)

No.: _____ Date: _____
Instructor: _____ OWI No.: _____
Store/School: _____
Remarks: _____

NASDS Open Water Total Information Data Card (15 years old and up):

No.: _____ Date: _____
Instructor: _____ OWI No.: _____
Store/School: _____
Remarks: _____

Ask your NASDS Instructor when the next Advanced Open Water Course begins

DIVING LOG

Dive Number 6 Date 5-17-98
Dive Location PC
Purpose of Dive Fun
Dive Buddy Tom Jackson
Weather Conditions clear Visibility 30'
Air Temp 85 Water Temp 72 Current(s) _____ Wave Ht. _____
Emergency Numbers _____
Post Dive Comments / Marine Life Sightings / Equipment Evaluation:
U.S.S. STANTON Boat

Pre-Dive Plan / Post-Dive Analysis

Time In	Time Out	15/10	/
<u>1</u>	<u>1</u>	SAC	/
SI	RG	AC	/
<u>1</u>	<u>1</u>	D	/
		AT	/
		PSI	/
		Turn PSI	

Never plan a dive closer than 5 minutes to a decompression situation

Ascent M/FPM

19M.+	61'+
10-18M.	31-60'
0-9M.	0-30'

D 121

1 RNT

25 BT

1 TBT

D	TR-5	AT
D	TR-5	AT
D	TR-5	AT

Minimum Ascent Cylinder Pressure:
"500/800 Rule" + "15/10"

0-9 M.	0-30'
10-18 M.	31-60'
19-30 M.	61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____

Azimuth No. 2 _____ / _____

Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE: ACTUAL BOTTOM TIME: TOTAL UNDERWATER BOTTOM TIME:

2:37 + 25 = 3:02
Witness Signature [Signature] NASDS Number 3307

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DIVING LOG

Number 7 Date 5-3-98
 Location PC
 Purpose of Dive Fun
 Buddy Michael
 Weather Conditions clear Visibility 30'
 Air Temp 85 Water Temp 72 Current(s) _____ Wave Ht _____
 Emergency Numbers _____

Dive Comments / Marine Life Sightings / Equipment Evaluation:

BRIDGE SPAN 14

Pre-Dive Plan / Post-Dive Analysis

Time In _____ Time Out _____
 SAC _____ AC _____ D _____ AT _____ PSI _____
 Turn PSI _____

Ascent M/FPM
 19M+ _____ 61'+ _____
 10-18M _____ 31-60' _____
 0-9M _____ 0-30' _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'

10-18 M. _____ 31-60'

19-30 M. _____ 61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____

Azimuth No. 2 _____ / _____

Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE: 3:02 ACTUAL BOTTOM TIME: 27 TOTAL UNDERWATER BOTTOM TIME: 3:24

Witness Signature [Signature] NASDS Number 3307

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DIVING LOG

Dive Number 8 Date 5-17-98
 Dive Location PC USSG STRAN TH
 Purpose of Dive Fun
 Dive Buddy Tom Jackson
 Weather Conditions clear Visibility 30'
 Air Temp 85 Water Temp 72 Current(s) _____ Wave Ht _____
 Emergency Numbers _____

Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Pre-Dive Plan / Post-Dive Analysis

Time In _____ Time Out _____
 SAC _____ AC _____ D _____ AT _____ PSI _____
 Turn PSI _____

Ascent M/FPM
 19M+ _____ 61'+ _____
 10-18M _____ 31-60' _____
 0-9M _____ 0-30' _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'

10-18 M. _____ 31-60'

19-30 M. _____ 61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____

Azimuth No. 2 _____ / _____

Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE: 3:24 ACTUAL BOTTOM TIME: 28 TOTAL UNDERWATER BOTTOM TIME: 3:52

Witness Signature [Signature] NASDS Number 3307

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DIVING LOG

Number 9 Date 5-12-98
Location PL BRIDGE SPARK I
Time of Dive 1:00
Dive Buddy Tom Jackson
Water Conditions clear Visibility 30'
Depth 85 Water Temp 72 Current(s) _____ Wave Ht. _____
Emergency Numbers _____
Dive Comments / Marine Life Sightings / Equipment Evaluation:

Pre-Dive Plan / Post-Dive Analysis

Time In _____ / _____

RG _____ / _____

Time Out _____ / _____

RG _____ / _____

IS/10 _____ / _____

SAC _____ / _____

AC _____ / _____

D _____ / _____

AT _____ / _____

PSI _____ / _____

plan a _____

loser than _____

ates to a _____

pression _____

on _____

Ascent M/FPM

19M.+ _____ 61'+

10-18M. _____ 31-60'

0-9M. _____ 0-30'

D _____ / 70

RNT _____ / _____

BT _____ / 25

TBT _____ / _____

0-9 M. _____ 0-30'

10-18 M. _____ 31-60'

19-30 M. _____ 61-100'

Directional Headings: T: _____

Azimuth No. 1 _____ / _____

Azimuth No. 2 _____ / _____

Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE:	ACTUAL BOTTOM TIME:	TOTAL UNDERWATER BOTTOM TIME:
3:52	25	4:17
Witness Signature <i>[Signature]</i>	NASDS Number 3307	

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DIVING LOG

Dive Number 10 Date 6-4-98
Dive Location Blue water
Purpose of Dive fun
Dive Buddy Bill French
Weather Conditions Clear / hot Visibility _____
Air Temp 90 Water Temp 58° Current(s) _____ Wave Ht _____
Emergency Numbers _____
Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Never plan a dive closer than 5 minutes to a decompression situation.

Time In _____ Time Out _____

SI _____ RG _____ RG _____

Ascent M/FPM

19M.+	61'+
10-18M.	31-60'
0-9M.	0-30'

D _____ SI _____

RNT _____ BT _____ TBT _____

D _____ TR-5 _____ AT _____

D _____ TR-5 _____ AT _____

D _____ TR-5 _____ AT _____

15/10 _____

SAC _____

AC _____

D _____

AT _____

PSI _____

Turn PSI _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'

10-18 M. _____ 31-60'

19-30 M. _____ 61-100'

Directional Headings: T: _____ D: _____

Azimuth No. 1 _____

Azimuth No. 2 _____

Azimuth No. 3 _____

TOTAL UNDERWATER HOURS TO DATE: 6:14 + ACTUAL BOTTOM TIME: 30 = TOTAL UNDERWATER BOTTOM TIME: 6:44

Witness _____ NASDS
Signature _____ Number _____

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Number _____ Date _____

Location _____

Type of Dive _____

Buddy _____

Dive Conditions _____ Visibility _____

Depth _____ Water Temp _____ Current(s) _____ Wave Ht _____

Emergency Numbers _____

Additional Comments / Marine Life Sightings / Equipment Evaluation:

Figure 1 is a schematic representation of the experimental design. It shows a central vertical axis labeled 'Time'. On the left side, there are two boxes labeled 'Time In' and 'Time Out'. The 'Time In' box is shaded, and the 'Time Out' box is unshaded. Below these boxes, there is a label 'RG' (Randomized Group). To the right of the central axis, there is a list of brain regions: SAC, AC, D, AT, and PSI. Each region has a corresponding shaded box labeled 'Time In' and an unshaded box labeled 'Time Out'. A legend at the bottom indicates that the shaded area represents 'Time In' and the unshaded area represents 'Time Out'.

Plan a _____ closer than _____
 dates to a _____
 depression on _____

D _____ / _____
 RNT _____
 BT _____
 TBT _____

D _____ TR-5 _____ AT _____
 D _____ TR-5 _____ AT _____
 D _____ TR-5 _____ AT _____

Ascent M/FPM
 19M.+ _____ 61'+
 10-18M. _____ 31-60'
 0-9M. _____ 0-30'

PSI _____
 Turn PSI _____
 Minimum Ascent Cylinder Pressure:
 "500/800 Rule" + "15/10"
 0-9 M. _____ 0-30'
 10-18 M. _____ 31-60'
 19-30 M. _____ 61-100'

Directional Headings: T: D:
 Azimuth No. 1 _____ / _____
 Azimuth No. 2 _____ / _____
 Azimuth No. 3 _____ / _____

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Dive Number 11 Date 6-27-08
 Dive Location Blue Water
 Purpose of Dive Fun
 Dive Buddy Mike Moore
 Weather Conditions Clear Visibility 25
 Air Temp 95 Water Temp 73 Current(s) _____ Wave Ht _____
 Emergency Numbers _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation:
lost weight pocket had to find on
bottom

Time In		Time Out		IS/IO	/
/		/		SAC	/
SI	RG	RG		AC	/
/	/	/		D	/
				AT	/
				PSI	/
Accept M/TPM					

Never plan a dive closer than 5 minutes to a decompression situation

D	Ascent M/TPM	61'
19M.+		31-60'
10-18M.		0-30'
0-9M.		

PSI _____ / _____

Turn PSI _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'

10-18 M. _____ 31-60'

19-30 M. _____ 61-100'

Directional Headings: T: _____ D: _____

Azimuth No. 1 _____ / _____

Azimuth No. 2 _____ / _____

Azimuth No. 3 _____ / _____

_____ / _____ RNT

_____ / 2 BT

_____ / _____ TBT

D _____ TR-5 _____ AT _____

D _____ TR-5 _____ AT _____

D _____ TR-5 _____ AT _____

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DIVING LOG

Number: 12 Date: 6-27-95
 Location: Blue Water
 Purpose of Dive: Mike Moore
 Buddy: Mike Moore
 Weather Conditions: Clear Visibility: 25
 Air Temp: 95 Water Temp: 64 Current(s): _____ Wave Ht: _____
 Emergency Numbers: _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Time In: _____ Time Out: _____
 SI: _____ RG: _____ RG: _____
 D: _____
 Ascent M/FPM: _____
 10M: _____ 61' +
 10-18M: _____ 31-60'
 0-9M: _____ 0-30'
 RNT: _____
 BT: 17
 TBT: _____
 D: _____ TR-5 _____ AT _____
 D: _____ TR-5 _____ AT _____
 D: _____ TR-5 _____ AT _____

15/10 _____
 SAC: _____
 AC: _____
 D: _____
 AT: _____
 PSI: _____
 Turn PSI: _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'
 10-18 M. _____ 31-60'
 19-30 M. _____ 61-100'

Directional Headings: T: _____ D: _____

Azimuth No. 1 _____

Azimuth No. 2 _____

Azimuth No. 3 _____

TOTAL UNDERWATER HOURS TO DATE: 4:24
 ACTUAL BOTTOM TIME: 17
 TOTAL UNDERWATER BOTTOM TIME: 4:41
 Witness Signature: _____ NASDS Number: _____

DIVING LOG

Dive Number: 13 Date: 6-27-95
 Dive Location: Blue Water
 Purpose of Dive: _____
 Dive Buddy: Mike Moore
 Weather Conditions: Clear Visibility: 25ft
 Air Temp: 95 Water Temp: 61 Current(s): _____ Wave Ht: _____
 Emergency Numbers: _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Time In: _____ Time Out: _____
 SI: _____ RG: _____ RG: _____
 D: _____
 Ascent M/FPM: _____
 10M: _____ 61' +
 10-18M: _____ 31-60'
 0-9M: _____ 0-30'
 RNT: _____
 BT: 30
 TBT: _____
 D: _____ TR-5 _____ AT _____
 D: _____ TR-5 _____ AT _____
 D: _____ TR-5 _____ AT _____

15/10 _____
 SAC: _____
 AC: _____
 D: _____
 AT: _____
 PSI: _____
 Turn PSI: _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'
 10-18 M. _____ 31-60'
 19-30 M. _____ 61-100'

Directional Headings: T: _____ D: _____

Azimuth No. 1 _____

Azimuth No. 2 _____

Azimuth No. 3 _____

TOTAL UNDERWATER HOURS TO DATE: 4:41
 ACTUAL BOTTOM TIME: 30
 TOTAL UNDERWATER BOTTOM TIME: 5:11
 Witness Signature: _____ NASDS Number: _____

P.A.L.

Logbook

Refills

Are Available

At Your Local

NASDS Store/School

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DBA National Association of SCUBA Diving Schools, Inc.

DIVING LOG

Dive Number 14 Date 6-28-98
Dive Location Blue Water
Purpose of Dive fun
Dive Buddy Mike Mace
Weather Conditions Clear Visibility 30'
Air Temp 90 Water Temp 64 Current(s) _____ Wave Ht _____
Emergency Numbers _____
Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Time In

Time Out

SI

RCI

RG

15/10

SAC

AC

D

AT

PSI

Turn PSI

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. 0-30'

10-18 M. 31-60'

19-30 M. 61-100'

Directional Headings: T D

Azimuth No. 1

Azimuth No. 2

Azimuth No. 3

Never plan a
dive closer than
5 minutes to a
decompression
situation

Ascent M/FPM

10M+ 61+

10-18M. 31-60'

0-9M. 0-30'

D44

29

RNT

BT

TBT

D TR-5 AT

D TR-5 AT

D TR-5 AT

TOTAL UNDERWATER
HOURS TO DATE:

5:11

ACTUAL
BOTTOM TIME:

29

TOTAL UNDERWATER
BOTTOM TIME:

5:40

Witness

Signature

NASDS

Number

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DBA National Association of Scuba Diving Schools

Number 015 Date 6-25-98
Location Blue Water
Time of Dive Two
Buddy Mike Moore
Water Conditions Clear Visibility 30'
Depth 90 Water Temp 68 Current(s) _____ Wave Ht _____
Emergency Numbers _____
Dive Comments / Marine Life Sightings / Equipment Evaluation:

SAFE
NASSDs

Figure 1 is a schematic representation of the experimental design. It shows a participant's head in profile, looking at a screen. The screen displays a 'Time In' section with a 'RG' (Right Gaze) label and a 'Time Out' section with a 'RG' label. To the right of the screen, there is a vertical list of brain regions: SAC, AC, D, AT, and PSI. Each region is associated with a horizontal bar representing a time interval, with a '12/10' label above the first bar. The bars are labeled with 'f' and 't'.

Ascent M/FPM	
19M.+	61'+
10-18M.	31-60'
0-9M.	0-30'

	/	RNT
	/ 34	BT
	/	TBT

D _____ TR-5 _____ AT _____
D _____ TR-5 _____ AT _____
D _____ TR-5 _____ AT _____

Turn PSI _____

Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M.	_____	0-30'
10-18 M.	_____	31-60'
19-30 M.	_____	61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____
Azimuth No. 2 _____ / _____
Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE:	ACTUAL BOTTOM TIME:	TOTAL UNDERWATER BOTTOM TIME:
------------------------------------	------------------------	----------------------------------

$$5:40 + 34 = 6:14$$

Witness _____ NASDS
Signature _____ Number _____

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DBA National Association of Scuba Diving Schools

Dive Number 10 Date 7-17-98
 Dive Location Blue Wicks
 Purpose of Dive fun
 Dive Buddy Tom Jackson
 Weather Conditions Overcast Visibility 10
 Air Temp 88 Water Temp 77 Current(s) _____ Wave Ht _____
 Emergency Numbers _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Time In		Time Out		
SI	RG	RG		SAC
/	/	/		AC
				D
				AT
				PSI

D		Ascent M/TPM	
19M+	61+		
10-18M.	31-60		
0-9M.	0-30		

_____ / _____	RNT
_____ / <u>18</u>	BT
_____ / _____	TBT

D _____ TR-5 _____ AT _____
D _____ TR-5 _____ AT _____
D _____ TR-5 _____ AT _____

Minimum Ascent Cylinder Pressure:

"SMB/800 Rule" + "15/10"

0-9 M.	_____	0-30'
10-18 M.	_____	31-60'
19-30 M.	_____	61-100'

Directional Headings: T D:

Azimuth No. 1 _____ f _____

Azimuth No. 2 _____ f _____

Azimuth No. 3 _____ f _____

TOTAL UNDERWATER HOURS TO DATE:	ACTUAL BOTTOM TIME:	TOTAL UNDERWATER BOTTOM TIME:
------------------------------------	------------------------	----------------------------------

$$6.44 + 18 = 7.02$$

Witness _____ NASDS
Signature _____ Number _____

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DBA National Association of Scuba Diving Schools

DIVING LOG

Dive Number 17 Date 9-19-95
 Dive Location Blue water
 Purpose of Dive fun
 Dive Buddy Tom Jackson
 Weather Conditions _____ Visibility 10
 Air Temp 88 Water Temp 81 Current(s) _____ Wave Ht _____
 Emergency Numbers _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Time In _____ Time Out _____
 RG _____ RG _____

15/10 _____ / _____
 SAC _____ / _____
 AC _____ / _____
 D _____ / _____
 AT _____ / _____
 PSI _____ / _____

Turn PSI _____
 Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'
 10-18 M. _____ 31-60'
 19-30 M. _____ 61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____
 Azimuth No. 2 _____ / _____
 Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE: 7:02 + ACTUAL BOTTOM TIME: 2 = TOTAL UNDERWATER BOTTOM TIME: 7:04

Witness Signature _____ NASDS Number _____

DIVING LOG

Dive Number 18 Date 9-19-95
 Dive Location Blue water
 Purpose of Dive fun
 Dive Buddy Tom Jackson
 Weather Conditions Overcast Visibility 10ft
 Air Temp 88 Water Temp 79 Current(s) _____ Wave Ht _____
 Emergency Numbers _____
 Post Dive Comments / Marine Life Sightings / Equipment Evaluation: _____

Pre-Dive Plan / Post-Dive Analysis

Time In _____ Time Out _____
 RG _____ RG _____

15/10 _____ / _____
 SAC _____ / _____
 AC _____ / _____
 D _____ / _____
 AT _____ / _____
 PSI _____ / _____

Turn PSI _____
 Minimum Ascent Cylinder Pressure:

"500/800 Rule" + "15/10"

0-9 M. _____ 0-30'
 10-18 M. _____ 31-60'
 19-30 M. _____ 61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____
 Azimuth No. 2 _____ / _____
 Azimuth No. 3 _____ / _____

TOTAL UNDERWATER HOURS TO DATE: 7:04 + ACTUAL BOTTOM TIME: 19 = TOTAL UNDERWATER BOTTOM TIME: 7:23

Witness Signature _____ NASDS Number _____

DIVING LOG

Dive Number 19 Date 9-27-95
 Dive Location Blue Water
 Purpose of Dive fun
 Dive Buddy Tom Jackson
 Weather Conditions Clear Visibility 25ft
 Air Temp 90 Water Temp 58 Current(s) _____ Wave Ht _____
 Emergency Numbers _____

Post Dive Comments / Marine Life Sightings / Equipment Evaluation:

Pre-Dive Plan / Post-Dive Analysis

Time In _____	Time Out _____	15/10 _____ / _____
SI _____	RG _____	SAC _____ / _____
RG _____	RG _____	AC _____ / _____
		D _____ / _____
		AT _____ / _____
		PSI _____ / _____
		Turn PSI _____

Never plan a dive closer than 5 minutes to a decompression situation

Ascent M/FPM

19M. +	61' +
10-18M.	31-60'
0-9M.	0-30'

D 179

RNT _____

BT 24

TBT _____

0-9 M. _____ 0-30'

10-18 M. _____ 31-60'

19-30 M. _____ 61-100'

Directional Headings: T: D:

Azimuth No. 1 _____ / _____

Azimuth No. 2 _____ / _____

Azimuth No. 3 _____ / _____

D _____ TR-5 _____ AT _____

D _____ TR-5 _____ AT _____

D _____ TR-5 _____ AT _____

TOTAL UNDERWATER
HOURS TO DATE:

7:23

ACTUAL
BOTTOM TIME:

24

TOTAL UNDERWATER
BOTTOM TIME:

7:47

Witness

Signature _____

NASDS

Number _____