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# THE BSAC OX-STOP DECOMPRESSION TABLES

**Users of the BSAC OX-STOP Decompression Tables are reminded that participating in sport diving using air or elevated oxygen level gas mixes involves exposure to the risk of decompression illness and oxygen toxicity problems. Since that exposure is affected by a number of factors, including some over which the diver has no control, the authors and publishers of the BSAC OX-STOP Decompression Tables cannot guarantee risk free diving to any user. Moreover, failure to adhere strictly to the tables and prescribed procedures for their use will necessarily increase any risk to which a user might otherwise be exposed.**

# DEFINITIONS USED IN THE BSAC OX-STOP DECOMPRESSION TABLES

## ASCENT CHECK DEPTH
A point reached during the ascent where DIVE TIME is checked against the dive plan and appropriate decompression procedures are initiated. This depth is usually 6 m but will be 9 m for dives which involve stops at both 9 m and 6 m.

## ASCENT RATE
The speed at which the diver ascends; a maximum rate of 15 m/minute is allowed, up to a depth of 6 m. On all dives, one minute should be taken to ascend from 6 m to the surface.

## ASCENT TIME
The time elapsed from leaving the bottom (assumed to be at the maximum depth reached during the dive) to arriving at 6 m. It is calculated at a rate of 15 m/minute, rounded up to the nearest minute and does not include decompression stops.

## BAIL-OUT
Procedure where the DIVE GAS is used to complete decompression, where the planned switch to DECOMPRESSION GAS has failed.

## CURRENT TISSUE CODE
The code produced by applying a SURFACE INTERVAL to the last dive's SURFACING CODE. Used in conjunction with the DIVE GAS, it indicates the table on which the diver can now dive.

## DECOMPRESSION GAS
Where decompression stops are required, the nitrogen/oxygen (NITROX) mixture breathed by the diver for the duration of the DECOMPRESSION STOPS of a particular dive, plus the subsequent ascent, expressed as a percentage of oxygen in the mixture. Oxygen % should be checked at cylinder filling and again immediately prior to diving and should be ± 1 % of the chosen decompression table %.

## DECOMPRESSION STOP
The time to be actually spent at the in-water decompression stop depth indicated by the relevant table.

## DEPTH
The deepest depth reached during the dive, measured in metres.

## DESCENT RATE
The speed at which the diver descends; a maximum rate of 30 m/minute is allowed.

## DIVE GAS
The nitrogen/oxygen (NITROX) mixture breathed by the diver for the DIVE TIME of a particular dive, expressed as a percentage of oxygen in the mixture. Oxygen % should be checked at cylinder filling and again immediately prior to diving. For an oxygen content of less than 40 % then the acceptable tolerance is ± 0.5 % of the chosen decompression table %.

## DIVE TIME
The time elapsed from leaving the surface to reaching 6 m on the return to the surface. In the case of dives requiring stops at both 9 m and 6 m, it is the time elapsed from leaving the surface to arriving at 9 m.

## MAXIMUM OPERATING DEPTH
The maximum depth that must not be exceeded based on the partial pressure of oxygen in the matrix available from the PARTIAL PRESSURE TABLE.

# DEFINITIONS USED IN THE BSAC OX-STOP DECOMPRESSION TABLES

## NITROX
These tables cover four DIVE GAS mixtures, NITROX 21 (21 % oxygen, i.e. air) and NITROX 27, 32 and 36 (27 %, 32 % and 36 % oxygen respectively) and the corresponding DECOMPRESSION GAS mixture containing either 50 % or 80 % oxygen.

## NO-STOP DIVE
A dive for which the Table indicates no need for an in-water decompression stop(s).

## PARTIAL PRESSURE TABLE
Look-up table of partial pressures of oxygen based on depth and percentage of oxygen in the DIVE GAS and the DECOMPRESSION GAS.

## SURFACE INTERVAL
The time elapsed from surfacing at the end of one dive to leaving the surface at the beginning of the following dive.

## SURFACING CODE
The code describing the diver's tissue saturation state on surfacing from a dive.

# USING THE BSAC OX-STOP DECOMPRESSION TABLES

## INTRODUCTION

Based on the well established BSAC '88 Air Decompression Tables, this version contains the Level 1 (Atmospheric Pressure greater than 984 millibar) Air Table set, together with table sets covering three additional NITROX DIVE GAS mixes, 27 %, 32 % and 36 % oxygen, and two NITROX DECOMPRESSION GAS mixes, 50 % and 80 % oxygen. Also included is a SURFACE INTERVAL TABLE to allow for sequences of dives based on the four DIVE GAS mixes covered by the tables. The SURFACE INTERVAL TABLE provides a simple mechanism for divers wishing to conduct sequential dives on one or several of the DIVE GASES covered by the Tables. Diving at Atmospheric Pressures of 984 millibar or below is not covered by these tables.

A submersible Dive Conduct Slate is provided for appropriate dive planning and subsequent in-water dive control plus $PO_2$ and oxygen toxicity tables for advanced user reference.

BSAC believes using DIVE GAS mixtures other than air requires relevant experience and knowledge and strongly recommends all users to gain appropriate training. In addition, the extra constraints implied by using DECOMPRESSION GAS MIXTURES require appropriate skills and knowledge be attained. Attendance at specialised courses, aimed at providing appropriate training for nitrox diving with hyperoxic decompression, should be considered essential.

## STARTING A SERIES OF DIVES

Before planning a dive the CURRENT TISSUE CODE must be known. This depends on the diver's previous exposure to pressure both atmospheric and underwater. If no diving has taken place in the previous 16 hours, and there have been no significant changes in atmospheric pressure, then a CURRENT TISSUE CODE of A can be assumed. If diving has occurred then either the SURFACE INTERVAL TABLE must be used or a 16 hour SURFACE INTERVAL wait must be imposed. The Level 1 to 4 '88 Air Table set shows how to account for atmospheric pressure changes, but if changes have been experienced, such as produced by a short (less than 90 minute flight) then a CURRENT TISSUE CODE of B should be adopted for a period of 10 hours.

## PLANNING A DIVE

Choose the table set corresponding to the oxygen % of the intended DIVE GAS and the intended DECOMPRESSION GAS and then choose the table corresponding to your CURRENT TISSUE CODE, typically Table A for the first dive of a series. Look down the DEPTH column to the maximum depth you intend to reach during the dive. If that depth is not exactly shown then choose the next deeper depth. The DIVE TIME section gives a range of times. Look along the target depth row to find the time which is equal to or next greater than your planned DIVE TIME. If your DIVE TIME is to the left of the NO-STOP LINE then no in-water decompression stops are required. Otherwise staged stops will be required as part of the ascent and these are indicated in the DECOMPRESSION STOP section below. This section also indicates the chosen DECOMPRESSION GAS that is to be used at the indicated stop. Look down the chosen DIVE TIME column to find the time and depth of the required stop(s). The switch from DIVE GAS to DECOMPRESSION GAS must be executed immediately on arrival at the 9 m stop, if that occurs first, or on arrival at the 6 m stop, if that occurs first, and the DECOMPRESSION GAS is maintained thereafter until surfacing. If there is a delay in completing the gas switch, then the duration of the delay must be added to the indicated stop time. Below this section you will find the SURFACING CODE section and you should note the SURFACING CODE for the planned dive.

## PLANNING A SECOND DIVE

Following any dive always verify that the SURFACING CODE planned was achieved. Knowing the elapsed SURFACE INTERVAL since the first dive, use the SURFACE INTERVAL TABLE to obtain your CURRENT TISSUE CODE. This code indicates the table on which your second dive is to be planned and it should be used in PLANNING A DIVE above. If a change in DIVE GAS or DECOMPRESSION GAS is to be made for the second dive, then choose the appropriate NITROX or DECOMPRESSION GAS table set and the CURRENT TISSUE CODE again indicates which table in that set should be used. BSAC recommends that if changes in DIVE GAS are made in a sequence of dives, the change should always be to a richer oxygen mix, for example air for the first dive and NITROX 27 % for the second.

## PLANNING SUBSEQUENT DIVES

Subsequent dives are planned in exactly the manner of a second dive. Use the SURFACING CODE of the previous dive and the SURFACE INTERVAL TABLE to obtain your CURRENT TISSUE CODE. This CURRENT TISSUE CODE together with your planned DIVE GAS/DECOMPRESSION GAS indicates which table should be used for dive planning.

Note: The section SAFER DIVING gives further advice on conducting a series of dives.

## FLYING AND DIVING

Diving using these tables following short flights of 90 minutes or less requires that a CURRENT TISSUE CODE of B is assumed. Table B of the appropriate DIVE GAS is used unless a SURFACE INTERVAL of 10 hours has elapsed since landing.

Flying or ascending to altitude by other means following diving using these tables demands a CURRENT TISSUE CODE of A or B. Waiting for a CURRENT TISSUE CODE of A will increase the diver's safety margin should there be any pressurisation difficulties during the flight.

## SAFER DIVING

Because of the wide variations in human physiology and the large number of factors that can affect your susceptibility to decompression illness, no table can guarantee to protect you against all risk. Whenever diving, please take the following into account.

1. The maximum recommended depth for sports diving using air is 50 m and when carrying out two or more dives in one day, perform the deepest dive first.
2. It is recommended that no more than 3 dives be performed in any 24 hours and any dive series involving consecutive days diving to 30 m+ should be limited to four days, after which a 24-hour break should be taken.
3. It is advisable to limit any diving within a 24-hour period to dives requiring a total of 20 minutes decompression stops.
4. Always be in control of your buoyancy, especially during the ascent, and observe the maximum recommended speeds 15 m/minute to 6 m and then 1 minute to the surface.
5. It is permissible to conduct slower descents and ascents, whilst remaining within the dive profile envelope but multiple 'sawtooth' ascents and descents should be avoided.
6. Be aware that smoking, alcohol or drug consumption, tiredness, dehydration, age, increased body fat and any medical condition affecting the circulatory or respiratory systems are thought to increase your risk of decompression illness. So too can excessive physical exertion during or immediately after a dive.
7. A maximum $PO_2$ of 1.40 bar is recommended for the bottom phase of the dive, which should be further reduced if exertion is planned during the dive. A maximum $PO_2$ of 1.6 bar is permitted for decompression stops at depths of 9 m or shallower.
8. Take great care not to exceed a $PO_2$ of 1.60 bar by inadvertently exceeding your depth limit or switching to a 50 % or 80 % DECOMPRESSION GAS when deeper than 9 metres.
9. Exposure times to raised $PO_2$ mixtures should be tracked, particularly when considering repetitive dives in a 24 hour period, and, using the OXYGEN TOXICITY TABLE, the following guide limits on pulmonary oxygen toxicity and neurological (CNS) oxygen toxicity are recommended:
    - Pulmonary oxygen toxicity - 300 UPTDs in every rolling 24 hours;
    - Neurological oxygen toxicity - a maximum of 80 %.

10 Equipment for use with NITROX greater than 22 % oxygen should be oxygen compatible. Additionally cylinders and cylinder valves should be serviceable, cleaned for oxygen service and dedicated to use with nitrox.

## USING THE BSAC OX-STOP DECOMPRESSION TABLES

11 Nitrox mixes should be carefully analysed on filling and again just prior to the start of the dive.

Note As a practical measure all DIVE TIMES in excess of 480 minutes have been truncated to that value and are shown in italics.

The symbol • indicates that you must move to the next column on the right which includes a valid DIVE TIME and decompression solution. Small increases in DIVE TIME in such areas of the table produce large changes in decompression requirements and show extra caution is needed.

These tables are designed for sports diving and assume an appropriate activity level. Additional caution is required either when the dives are more demanding, i.e., if exertion is planned or in particularly cold conditions, or when the physical condition/habits of the divers are less than optimum for the dives to be undertaken.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | B | | | | | A |
| F | F | E | D | | C | | B | | | | A | |
| E | E | D | | C | | | B | | | | A | |
| D | D | | C | | | B | | | | A | | |
| C | C | | | B | | | | A | | | | |
| B | B | | | | | | | A | | | | |
| A | A | | | | | | | | | | | |

# USING THE DIVE CONDUCT SLATE

Correct usage of the BSAC OX-STOP Decompression Tables minimises decision making at depth, with the concept of DIVE TIME being measured up to arrival at ASCENT CHECK DEPTH. This means important checks and decisions should be made in relatively shallow and comfortable conditions. As always, to aid underwater decision making, it is important that as much planning as possible takes place before the dive. The Dive Conduct Slate is designed to help in that process by providing a quick reminder of the planned dive and a number of contingency guidelines should things not go to plan.

Each dive has its own special requirements but on many the following contingencies are appropriate –a dive where the planned time is just exceeded – a dive where the planned maximum depth is just exceeded – a worst case scenario such as the longest decompression solution possible on the gas carried by the diver - a dive where the decompression gas becomes inaccessible/lost.

| BSAC Dive with us | | Depth (m) | Duration (mins) | Run Time (mins) | Gas ($O_2$%) |
|---|---|---|---|---|---|
| PLAN | | 0 | | | |
| | Deco Stops | 6 | | | |
| | | 9 | | | |
| | | | Time to 1st stop | | |
| | Max depth | | Leave bottom | | |
| JUST LONGER | | 0 | | | |
| | Deco Stops | 6 | | | |
| | | 9 | | | |
| | | | Time to 1st stop | | |
| | Max depth | | Leave bottom | | |
| JUST DEEPER | | 0 | | | |
| | Deco Stops | 6 | | | |
| | | 9 | | | |
| | | | Time to 1st stop | | |
| | Max depth | | Leave bottom | | |

| BSAC Dive with us | | Depth (m) | Duration (mins) | Run Time (mins) | Gas ($O_2$%) |
|---|---|---|---|---|---|
| DEEPER + LONGER | | 0 | | | |
| | Deco Stops | 6 | | | |
| | | 9 | | | |
| | | | Time to 1st stop | | |
| | Max depth | | Leave bottom | | |
| DECO GAS LOSS | | 0 | | | |
| | Deco Stops | 6 | | | |
| | | 9 | | | |
| | | | Time to 1st stop | | |
| | Max depth | | Leave bottom | | |

## BAIL-OUT PROCEDURE

The BSAC OX-STOP Decompression Tables bail-out procedure follows:

- Plan dive using BSAC OX-STOP Decompression Tables
- Plan bail-out using BSAC Nitrox Decompression Tables
- If the bail-out nitrox table indicates a 9 m stop when the diver is already at 6 m, the 9 m stop should be added to the 6 m stop *

Where BSAC Nitrox Decompression Tables do not cover bail-out for planned dive, bail-out should be:

- Conduct ox-stop table 9 m stop on dive gas
- Complete nitrox table 6 m stop on dive gas with additional decompression as per Table below:

| | DIVE GAS | | | |
|---|---|---|---|---|
| | 21 % | 27 % | 32 % | 36 % |
| Additional 6 metre stop time | 10 minutes | 7 minutes | 3 minutes | 2 minutes |

* As an example, consider a 27 min dive to 39 m on 21 % $O_2$ dive gas with a planned switch to 50 % deco gas. The ox-stop decompression requires a switch to 50 % decompression gas at 6 m and a 3 min stop to be done there. If the switch fails, the diver needs to consult his dive slate which will indicate a bail-out on dive gas for a dive time of the same or next longer dive time which is 29 min at 39 m. This dive would have called for a 1 min stop at 9 m and a 6 min stop @ 6 m, but the diver is already at 6 m. In this and similar cases, the diver must ignore the 9 m stop, add the 1 min required stop at 9 m to the 6 m stop and do a (6 + 1) 7 min, 6 m stop on dive gas.

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE A
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | No-Stop Dives | | | | | | Decompression Stop Dives | | | | | |
| 3 | (1) | - | 166 | 480 | | | | | | | | | |
| 6 | 1 | - | 36 | 166 | 480 | | | | | | | | |
| 9 | 1 | - | 17 | 67 | 167 | 203 | 243 | 311 | 369 | | | | |
| 12 | 1 | - | 10 | 37 | 87 | 104 | 122 | 156 | 184 | 198 | 201 | | |
| 15 | 1 | - | 6 | 24 | 54 | 64 | 74 | 98 | 118 | 127 | 133 | 138 | |
| 18 | 1 | | - | 17 | 37 | 44 | 51 | 68 | 84 | 91 | 95 | 99 | 101 |
| 21 | 1 | | - | 13 | 28 | 32 | 37 | 51 | 64 | 69 | 73 | 76 | 77 |
| 24 | 2 | | - | 11 | 22 | 26 | 30 | 41 | 52 | 56 | 59 | 62 | 64 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | 1 | 3 | 4 | 5 | 6 | 7 |
| SURFACING CODE | | B | C | D | E | F | | G | G | G | G | G | G |
| 27 | 2 | | - | 8 | 18 | 21 | 24 | 34 | 43 | 47 | 49 | 52 | 55 |
| 30 | 2 | | - | 7 | 15 | 17 | 20 | 29 | 37 | 42 | 44 | 45 | 47 |
| 33 | 2 | | | - | 13 | 15 | 17 | 25 | 32 | 37 | 38 | 40 | 41 |
| 36 | 2 | | | - | 11 | 12 | 14 | 22 | 29 | 33 | 34 | 35 | 37 |
| 39 | 3 | | | - | 10 | 12 | 13 | 20 | 27 | 30 | 32 | 33 | 35 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | | 1 | 1 | 1 | 2 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | 1 | 3 | 4 | 5 | 6 | 7 |
| SURFACING CODE | | B | C | D | E | F | | G | G | G | G | G | G |
| 42 | 3 | | | - | 9 | 10 | 12 | 21 | 24 | 28 | 29 | 31 | • | 32 |
| 45 | 3 | | | - | 8 | 9 | 10 | 19 | 24 | 25 | 27 | 28 | 29 | 30 |
| 48 | 3 | | | | - | 8 | 9 | 18 | 22 | 24 | 25 | 26 | 27 | 28 | 29 |
| 51 | 3 | | | | | - | 8 | 17 | 21 | 22 | 24 | • | 25 | 26 | 27 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | 1 | 1 | 2 | 2 | 2 | 2 | 3 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| SURFACING CODE | | B | C | D | E | F | | G | G | G | G | G | G | G | G |

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | - | *480* | | | | | | | | | |
| 6 | 1 | - | 80 | *480* | | | | | | | | |
| 9 | 1 | - | 27 | 113 | 148 | 188 | 255 | 313 | 321 | | | |
| 12 | 1 | - | 14 | 52 | 67 | 84 | 116 | 144 | 157 | 163 | | |
| 15 | 1 | - | 8 | 31 | 40 | 48 | 69 | 88 | 96 | 102 | 107 | |
| 18 | 1 | | - | 21 | 27 | 32 | 47 | 61 | 67 | 71 | 75 | 78 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | G | G | G |
| **21** | 1 | | - | 15 | 19 | 23 | 35 | 46 | 51 | 54 | 57 | |
| **24** | 2 | | - | 12 | 15 | 19 | 28 | 38 | 41 | 44 | 46 | 47 |
| **27** | 2 | | - | 10 | 12 | 15 | 23 | 31 | 35 | 37 | 39 | 40 |
| **30** | 2 | | - | 8 | 10 | 12 | 20 | 27 | 30 | 32 | 34 | 35 |
| **33** | 2 | | | - | 8 | 10 | 17 | 24 | 26 | 29 | 30 | 31 |
| **36** | 2 | | | - | 7 | 8 | 15 | 21 | 24 | 26 | 27 | 28 |
| **39** | 3 | | | | - | 8 | 14 | 20 | 23 | 24 | 25 | 26 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | **1** | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | G | G |
| **42** | 3 | | | | | - | 15 | 20 | 21 | 22 | 24 | |
| **45** | 3 | | | | | - | 14 | 18 | 20 | • | 22 | |
| **48** | 3 | | | | | - | 13 | 17 | 18 | 19 | 20 | |
| **51** | 3 | | | | | - | 12 | 16 | 17 | 18 | 19 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | **1** | **1** | **1** | **2** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **2** | **3** | **4** | **5** | **6** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | G | G | |

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | - | *480* | | | | | | | |
| 6 | 1 | - | 359 | *480* | | | | | | |
| 9 | 1 | - | 49 | 79 | 116 | 182 | 240 | 248 | | |
| 12 | 1 | - | 20 | 31 | 44 | 71 | 96 | 109 | 112 | |
| 15 | 1 | - | 11 | 17 | 24 | 40 | 56 | 63 | 69 | 73 |
| 18 | 1 | - | 7 | 11 | 15 | 27 | 38 | 43 | 47 | 50 |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G |
| **21** | 1 | | | - | 7 | 10 | 20 | 29 | 33 | 35 | 38 |
| **24** | 2 | | | | - | 8 | 16 | 24 | 27 | 29 | 31 |
| **27** | 2 | | | | | - | 13 | 20 | 23 | 25 | 26 |
| **30** | 2 | | | | | - | 11 | 17 | 20 | 21 | 23 |
| **33** | 2 | | | | | - | 10 | 15 | 17 | 20 | 21 |
| **36** | 2 | | | | | - | 8 | 14 | 16 | • | 18 |
| **39** | 3 | | | | | - | 8 | 13 | 16 | 17 | 18 |
| DECOMPRESSION STOPS (min) at 9 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | | *B* | *C* | *D* | E | F | G | G | G | G | G |
| **42** | 3 | | | | | - | 10 | 14 | 15 | 16 | |
| **45** | 3 | | | | | - | 9 | 13 | 14 | 15 | |
| **48** | 3 | | | | | - | 8 | 12 | 13 | 14 | 15 |
| **51** | 3 | | | | | - | 8 | 11 | 12 | 13 | 14 |
| DECOMPRESSION STOPS (min) at 9 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | **1** | **1** | **1** | **2** |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **2** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | | *B* | *C* | *D* | *E* | *F* | G | G | G | G | G |

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 231 | - | | | | | | | |
| 6 | 1 | | - | *480* | | | | | | | |
| 9 | 1 | | - | 8 | 29 | | 81 | 136 | 143 | | |
| 12 | 1 | | | - | 8 | | 26 | 44 | 54 | | |
| 15 | 1 | | | | - | | 14 | 25 | 30 | 34 | |
| 18 | 1 | | | | - | | 9 | 17 | 21 | 24 | |
| 21 | 1 | | | | - | | 6 | 13 | 16 | 18 | |
| 24 | 2 | | | | | | - | 11 | 14 | 16 | 17 |
| 27 | 2 | | | | | | - | 10 | 12 | 13 | 14 |
| 30 | 2 | | | | | | - | 8 | 10 | 12 | 13 |
| 33 | 2 | | | | | | - | 7 | 9 | 10 | 11 |
| 36 | 2 | | | | | | - | 7 | 8 | 9 | |
| 39 | 3 | | | | | | - | 7 | 9 | | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G |

21%

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 42 | 3 | | | | | | | - | 9 | • | 10 |
| 45 | 3 | | | | | | | - | 8 | 9 | |
| 48 | 3 | | | | | | | - | 5 | • | 9 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G |

ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | No-Stop Dives | | | | Decompression Stop Dives | | | |
| 3 | (1) | *480* | 271 | 8 | - | | | | |
| 6 | 1 | | - | *480* | | | | | |
| 9 | 1 | | | - | 9 | 50 | 100 | 107 | |
| 12 | 1 | | | | - | 15 | 31 | 40 | |
| 15 | 1 | | | | - | 8 | 18 | 23 | |
| 18 | 1 | | | | | - | 12 | 16 | |
| 21 | 1 | | | | | - | 9 | 12 | 13 |
| 24 | 2 | | | | | - | 8 | 11 | 12 |
| 27 | 2 | | | | | - | 7 | 9 | 10 |
| 30 | 2 | | | | | - | 6 | 8 | 9 |
| 33 | 2 | | | | | - | 6 | 7 | 8 |
| 36 | 2 | | | | | - | 5 | 6 | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G |

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 303 | 25 | 5 | - | | | |
| 6 | 1 | | | *480* | 339 | - | | | |
| 9 | 1 | | | | - | 23 | 64 | 69 | |
| 12 | 1 | | | | - | 6 | 19 | 24 | |
| 15 | 1 | | | | | - | 11 | 14 | |
| 18 | 1 | | | | | - | 8 | 11 | |
| 21 | 1 | | | | | - | 6 | 8 | |
| 24 | 2 | | | | | - | 6 | 8 | |
| 27 | 2 | | | | | - | 4 | 6 | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G |

21%

## 21 % OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 332 | 45 | 19 | 7 | - | |
| 6 | 1 | | | | *480* | 81 | - | |
| 9 | 1 | | | | | - | 27 | |
| 12 | 1 | | | | | - | 8 | 10 |
| 15 | 1 | | | | | - | 4 | 6 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **3** | **4** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |

21%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | B | | | A | | |
| D | D | | C | | | B | | | A | | | |
| C | C | | | B | | | A | | | | | |
| B | B | | | | A | | | | | | | |
| A | A | | | | | | | | | | | |

# 21% OXYGEN
# LEVEL 1 (greater than 984 millibar)
# TABLE A
# DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | - | 166 | *480* | | | | | | | |
| 6 | 1 | - | 36 | 166 | *480* | | | | | | |
| 9 | 1 | - | 17 | 67 | 167 | 203 | 243 | 311 | 376 | | |
| 12 | 1 | - | 10 | 37 | 87 | 104 | 122 | 156 | 201 | | |
| 15 | 1 | - | 6 | 24 | 54 | 64 | 74 | 98 | 128 | 136 | |
| 18 | 1 | | - | 17 | 37 | 44 | 51 | 68 | 91 | 102 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | |
| SURFACING CODE | | B | C | D | E | F | | G | G | G | |
| **21** | 1 | | - | 13 | 28 | 32 | 37 | 51 | 69 | 77 | |
| **24** | 2 | | - | 11 | 22 | 26 | 30 | 41 | 56 | 64 | |
| **27** | 2 | | - | 8 | 18 | 21 | 24 | 34 | 46 | 56 | |
| **30** | 2 | | - | 7 | 15 | 17 | 20 | 29 | 39 | 47 | 50 |
| **33** | 2 | | - | | 13 | 15 | 17 | 25 | 34 | 41 | 44 |
| **36** | 2 | | - | | 11 | 12 | 14 | 22 | 30 | 36 | 38 |
| **39** | 3 | | | - | 10 | 12 | 13 | 20 | 27 | 34 | 37 | 38 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | | **1** | **2** | **2** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | | G | G | G | G | G |
| **42** | 3 | | | - | 9 | 10 | 12 | 21 | 28 | 32 | 34 | |
| **45** | 3 | | | - | 8 | 9 | 10 | 19 | 26 | 30 | 31 | 33 |
| **48** | 3 | | | | - | 8 | 9 | 18 | 24 | 27 | 28 | 31 |
| **51** | 3 | | | | | - | 8 | 17 | 22 | 25 | 26 | 29 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** | **2** | **2** | **3** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **2** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | | G | G | G | G | G |

# 21% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | - *480* | | | | | | |
| 6 | 1 | - 80 | *480* | | | | | |
| 9 | 1 | - 27 | 113 | 148 | 188 | 255 | 321 | |
| 12 | 1 | - 14 | 52 | 67 | 84 | 116 | 161 | |
| 15 | 1 | - 8 | 31 | 40 | 48 | 69 | 97 | 113 |
| 18 | 1 | - | 21 | 27 | 32 | 47 | 67 | 78 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | 1 | 3 | 4 |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 21 | 1 | - | 15 | 19 | 23 | 35 | 50 | 59 |
| 24 | 2 | - | 12 | 15 | 19 | 28 | 41 | 47 |
| 27 | 2 | - | 10 | 12 | 15 | 23 | 34 | 42 |
| 30 | 2 | - | 8 | 10 | 12 | 20 | 29 | 36 |
| 33 | 2 | - | 7 | 8 | 10 | 17 | 25 | 31 |
| 36 | 2 | - | 6 | 7 | 8 | 15 | 23 | 28 |
| 39 | 3 | | | - | 8 | 14 | 21 | 26 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | 1 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | 1 | 3 | 4 |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G |



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 42 | 3 | | | | - | 15 | 22 | 25 |
| 45 | 3 | | | | - | 14 | 20 | 23 |
| 48 | 3 | | | | - | 13 | 19 | 21 |
| 51 | 3 | | | | - | 12 | 17 | 20 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | 1 | 2 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | 2 | 3 | 4 |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G |

## 21% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | - *480* | | | | | | |
| 6 | 1 | - | 359 | *480* | | | | |
| 9 | 1 | - | 49 | 79 | 116 | 182 | 248 | |
| 12 | 1 | - | 20 | 31 | 44 | 71 | 113 | |
| 15 | 1 | - | 11 | 17 | 24 | 40 | 64 | 70 |
| 18 | 1 | - | 7 | 11 | 15 | 27 | 43 | 53 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |
| **21** | 1 | | | - | 7 | 10 | 20 | 33 | 39 |
| **24** | 2 | | | | - | 8 | 16 | 27 | 32 |
| **27** | 2 | | | | | - | 13 | 22 | 27 |
| **30** | 2 | | | | | - | 11 | 19 | 25 |
| **33** | 2 | | | | | - | 10 | 17 | 22 |
| **36** | 2 | | | | | - | 8 | 15 | 20 |
| **39** | 3 | | | | | - | 8 | 14 | 19 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* | *C* | *D* | E | F | G | G | G |
| **42** | 3 | | | | | - | 10 | 16 | 17 |
| **45** | 3 | | | | | - | 9 | 14 | 17 |
| **48** | 3 | | | | | - | 8 | 13 | 16 |
| **51** | 3 | | | | | - | 8 | 13 | 15 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **2** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **2** | **3** | **4** |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G |

## 21% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 231 | - | | | | |
| 6 | 1 | | - | *480* | | | | |
| 9 | 1 | | - | 8 | 29 | 81 | 143 | |
| 12 | 1 | | | - | 8 | 26 | 57 | |
| 15 | 1 | | | | - | 14 | 31 | 32 |
| 18 | 1 | | | | - | 9 | 21 | 23 |
| 21 | 1 | | | | - | 6 | 16 | 21 |
| 24 | 2 | | | | | - | 14 | 18 |
| 27 | 2 | | | | | - | 12 | 15 |
| 30 | 2 | | | | | - | 10 | 13 |
| 33 | 2 | | | | | - | 9 | 11 |
| 36 | 2 | | | | | - | 7 | 9 |
| 39 | 3 | | | | | - | 8 | 9 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |

21%

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 42 | 3 | | | | | | - | 10 | |
| 45 | 3 | | | | | | - | 9 | |
| 48 | 3 | | | | | | - | 8 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **3** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | *G* | G | |

## 21% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 271 | 8 | - | | | |
| 6 | 1 | | - | *480* | | | | |
| 9 | 1 | | | - | 9 | 50 | 107 | |
| 12 | 1 | | | | - | 15 | 38 | |
| 15 | 1 | | | | - | 8 | 24 | |
| 18 | 1 | | | | | - | 16 | |
| 21 | 1 | | | | | - | 12 | 13 |
| 24 | 2 | | | | | - | 11 | 12 |
| 27 | 2 | | | | | - | 9 | 10 |
| 30 | 2 | | | | | - | 8 | 9 |
| 33 | 2 | | | | | - | 7 | 8 |
| 36 | 2 | | | | | - | 6 | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |



ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 21% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH | ASCENT | DIVE TIME (min) | | | | | |
|---|---|---|---|---|---|---|---|
| (metres) | (min) | No-Stop Dives | | | | Decompression Stop Dives | |
| 3 | (1) | *480* | 303 | 25 | 5 | - | |
| 6 | 1 | | - | *480* | 339 | - | |
| 9 | 1 | | | | - | 23 | 69 |
| 12 | 1 | | | | - | 6 | 24 |
| 15 | 1 | | | | | - | 14 |
| 18 | 1 | | | | | - | 10 |
| 21 | 1 | | | | | - | 8 |
| 24 | 2 | | | | | - | 8 |
| 27 | 2 | | | | | - | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | 1 | 3 |
| SURFACING CODE | | *B* | C | D | E | F | G | G |

## 21% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 332 | 45 | 19 | 7 | - | |
| 6 | 1 | | | | *480* | 81 | - | |
| 9 | 1 | | | | | - | 3 | 27 |
| 12 | 1 | | | | | | - | 10 |
| 15 | 1 | | | | | | - | 6 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **2** | **3** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |

21%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | B | | | A | | |
| D | D | | C | | | B | | | A | | | |
| C | C | | | B | | | A | | | | | |
| B | B | | | | A | | | | | | | |
| A | A | | | | | | | | | | | |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE A
## DECOMPRESSION GAS 50 % OXYGEN from 6/9m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | - 396 *480* | |
| 6 | 1 | - 53 263 *480* | |
| 9 | 1 | - 22 92 237 295 368 | *480* |
| 12 | 1 | - 12 48 114 137 162 | 208 244 261 274 |
| 15 | 1 | - 8 30 68 81 95 | 125 148 158 166 172 177 |
| 18 | 1 | - 21 46 54 63 | 84 103 110 116 120 124 127 |
| 21 | 1 | - 15 33 39 45 | 62 77 82 87 90 93 95 99 |
| 24 | 2 | - 13 27 31 35 | 49 61 66 69 72 75 77 79 81 |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | B C D E F | G G G G G G G G G |
| **27** | 2 | - 10 21 25 28 | 40 50 54 57 59 62 65 67 69 |
| **30** | 2 | - 8 18 20 23 | 33 42 46 48 50 54 55 57 58 |
| DECOMPRESSION STOPS (min) at 9 metres DECOMPRESSION GAS 50 % OXYGEN | | | **1 1 1 1 1** |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | *B* C D E F | G G G G G G G G G |
| 33 | 2 | - 7 15 17 19 | 28 37 40 43 45 46 48 49 50 |
| 36 | 2 | - 12 14 16 | 25 32 37 38 40 41 42 43 45 |
| 39 | 3 | - 12 13 15 | 23 30 34 35 36 38 39 41 42 |
| 42 | 3 | - 10 12 13 | 21 27 31 32 33 34 35 37 38 |
| DECOMPRESSION STOPS (min) at 9 metres DECOMPRESSION GAS 50 % OXYGEN | | | **1 1 1 1 1 2 2** |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | *B* C D E F | G G G G G G G G G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 50 % OXYGEN from 6/9m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | *480* | | | | | | | | | | | |
| **6** | 1 | - | 151 | *480* | | | | | | | | | | |
| **9** | 1 | - | 38 | 172 | 230 | 302 | 454 | *480* | | | | | | |
| **12** | 1 | - | 18 | 71 | 93 | 117 | 162 | 198 | 215 | 228 | 232 | | | |
| **15** | 1 | - | 10 | 40 | 51 | 63 | 90 | 113 | 123 | 131 | 136 | 142 | | |
| **18** | 1 | - | 6 | 26 | 33 | 40 | 59 | 76 | 83 | 88 | 92 | 96 | 99 | |
| **21** | 1 | | - | 19 | 23 | 28 | 43 | 56 | 61 | 65 | 68 | 71 | 73 | 75 |
| **24** | 2 | | - | 15 | 19 | 22 | 34 | 44 | 49 | 52 | 54 | 56 | 58 | 60 |
| **27** | 2 | | - | 12 | 15 | 18 | 27 | 37 | 40 | 42 | 44 | 46 | 48 | 49 |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G | G | G | G |

27%

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **30** | 2 | | - | 9 | 12 | 14 | 23 | 31 | 34 | 36 | 38 | 40 | 42 | |
| **33** | 2 | | - | 8 | 10 | 12 | 20 | 27 | 29 | 31 | 34 | 35 | 36 | 37 |
| **36** | 2 | | - | - | 8 | 10 | 17 | 24 | 26 | 29 | 30 | 31 | 32 | 33 |
| DECOMPRESSION STOPS (min) at 9 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | | **1** | **1** | **1** | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | G | G | G | G |

27%

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 50 % OXYGEN from 6/9m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | - | | | | | | | | | | |
| **6** | 1 | - | *480* | | | | | | | | | | |
| **9** | 1 | - | 84 | 140 | 212 | 364 | *480* | | | | | | |
| **12** | 1 | - | 29 | 45 | 64 | 106 | 141 | 158 | 171 | 174 | | | |
| **15** | 1 | - | 15 | 23 | 32 | 53 | 74 | 83 | 90 | 96 | 99 | | |
| **18** | 1 | - | 9 | 14 | 20 | 36 | 48 | 54 | 58 | 63 | 65 | 67 | |
| **21** | 1 | - | 6 | 9 | 13 | 25 | 35 | 39 | 43 | 45 | 48 | 50 | |
| **24** | 2 | | - | 7 | 10 | 20 | 28 | 32 | 34 | 36 | 38 | 40 | 41 |
| **27** | 2 | | | - | 8 | 16 | 24 | 26 | 28 | 30 | 31 | 33 | 34 |
| **30** | 2 | | | | - | 13 | 20 | 22 | 24 | 26 | 27 | 28 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G | G | G | G |

27%

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **33** | 2 | | | | - | 11 | 17 | 20 | 21 | 22 | 24 | 25 | |
| **36** | 2 | | | | - | 10 | 16 | 17 | 20 | 21 | □ | 22 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | **1** | **1** | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | G | G | G | G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 50 % OXYGEN from 6/9m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | 121 | - | | | | | | | | |
| **6** | 1 | - | *480* | | | | | | | | | |
| **9** | 1 | | - | 19 | 69 | | 216 | 397 | *480* | | | |
| **12** | 1 | | | - | 14 | | 41 | 69 | 84 | 96 | 99 | |
| **15** | 1 | | | | - | | 20 | 34 | 40 | 46 | 50 | 51 |
| **18** | 1 | | | | - | | 12 | 22 | 26 | 29 | 32 | 34 |
| **21** | 1 | | | | - | | 8 | 16 | 19 | 22 | 24 | 25 |
| **24** | 2 | | | | - | | 7 | 14 | 16 | 18 | 20 | 21 |
| **27** | 2 | | | | - | | 6 | 11 | 14 | 15 | 16 | 18 |
| **30** | 2 | | | | - | | 5 | 10 | 12 | 13 | 14 | 15 |
| **33** | 2 | | | | | | - | 9 | 10 | 12 | 13 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G | G |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **36** | 2 | | | | | | - | 8 | 9 | 10 | 12 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | | | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | **3** | **4** | **5** | **6** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | G | G | |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 50 % OXYGEN from 6/9m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives | | | | | |
|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* 151 5 - | | | | | | |
| **6** | 1 | *480* 72 - | | | | | | |
| **9** | 1 | - 27 | 158 | 339 | *480* | | | |
| **12** | 1 | - | 25 | 49 | 63 | 74 | 76 | |
| **15** | 1 | - | 12 | 24 | 30 | 35 | 39 | |
| **18** | 1 | - | 7 | 16 | 20 | 23 | 26 | |
| **21** | 1 | - | 5 | 12 | 15 | 17 | 19 | |
| **24** | 2 | | - | 10 | 13 | 14 | 16 | |
| **27** | 2 | | - | 8 | 11 | 12 | 13 | 14 |
| **30** | 2 | | - | 7 | 9 | 10 | 11 | 12 |
| **33** | 2 | | - | 6 | 8 | 9 | 10 | 11 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1** | **3** | **4** | **5** | **6** | **7** |
| SURFACING CODE | | *B C D E F* | G | G | G | G | G | G |



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **36** | 2 | | - | 6 | 7 | 8 | 9 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | **3** | **4** | **5** | **6** | |
| SURFACING CODE | | *B C D E F* | G | G | G | G | G | |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 50 % OXYGEN from 6m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | 177 | 17 | 5 | - | | | | |
| **6** | 1 | | *480* | 149 | 31 | - | | | | |
| **9** | 1 | | | | - | 88 | 266 | 436 | | |
| **12** | 1 | | | | - | 12 | 32 | 43 | 53 | 54 |
| **15** | 1 | | | | | - | 16 | 21 | 25 | 27 |
| **18** | 1 | | | | | - | 10 | 14 | 16 | 18 |
| **21** | 1 | | | | | - | 7 | 10 | 12 | 14 |
| **24** | 2 | | | | | - | 7 | 9 | 11 | 12 |
| **27** | 2 | | | | | - | 6 | 8 | 9 | 10 |
| **30** | 2 | | | | | - | 5 | 7 | 8 | 9 |
| **33** | 2 | | | | | - | 5 | 6 | 7 | 8 |
| **36** | 2 | | | | | | - | 5 | 6 | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 50 % OXYGEN from 6m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 201 | 31 | 13 | 5 | - | | | |
| 6 | 1 | | *480* | 211 | 80 | 20 | - | | | |
| 9 | 1 | | | | | - | 10 | 158 | 327 | |
| 12 | 1 | | | | | | - | 15 | 24 | 30 |
| 15 | 1 | | | | | | - | 7 | 12 | 15 |
| 18 | 1 | | | | | | - | 5 | 8 | 10 |
| 21 | 1 | | | | | | | - | 6 | 8 |
| 24 | 2 | | | | | | | - | 6 | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G |

27%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | | A |
| E | E | D | | C | | | | B | | | | A |
| D | D | | C | | | B | | | | | | A |
| C | C | | | | B | | | | | | | A |
| B | B | | | | | | | A | | | | |
| A | A | | | | | | | | | | | |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE A
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | 396 | *480* | | | | | | | | |
| **6** | 1 | - | 53 | 263 | *480* | | | | | | | |
| **9** | 1 | - | 22 | 92 | 237 | 295 | 368 | *480* | | | | |
| **12** | 1 | - | 12 | 48 | 114 | 137 | 162 | 208 | 269 | 278 | | |
| **15** | 1 | - | 8 | 30 | 68 | 81 | 95 | 125 | 161 | 181 | | |
| **18** | 1 | | - | 21 | 46 | 54 | 63 | 84 | 110 | 125 | 133 | |
| **21** | 1 | | - | 15 | 33 | 39 | 45 | 62 | 83 | 93 | 100 | 106 |
| **24** | 2 | | - | 13 | 27 | 31 | 35 | 49 | 66 | 74 | 80 | 83 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | | B | C | D | E | F | G | G | G | G | G |



| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **27** | 2 | | - | 10 | 21 | 25 | 28 | 40 | 54 | 65 | 69 | 72 |
| **30** | 2 | | - | 8 | 18 | 20 | 23 | 33 | 45 | 54 | 58 | 63 |
| **33** | 2 | | - | 7 | 15 | 17 | 19 | 28 | 39 | 47 | 50 | 54 |
| **36** | 2 | | | - | 12 | 14 | 16 | 25 | 34 | 41 | 44 | 48 |
| **39** | 3 | | | - | 12 | 13 | 15 | 23 | 32 | 37 | 39 | 43 |
| **42** | 3 | | | - | 10 | 12 | 13 | 21 | 28 | 34 | 35 | 39 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | | **1** | **1** | **2** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | | *B* | C | D | E | F | G | G | G | G | G |



ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - *480* | | | | | | | |
| **6** | 1 | - 151 *480* | | | | | | | |
| **9** | 1 | - 38 172 230 302 | | | | 454 *480* | | | |
| **12** | 1 | - 18 71 93 117 | | | | 162 223 232 | | | |
| **15** | 1 | - 10 40 51 63 | | | | 90 126 145 | | | |
| **18** | 1 | - 6 26 33 40 | | | | 59 84 96 99 | | | |
| **21** | 1 | - 19 23 28 | | | | 43 61 70 77 | | | |
| **24** | 2 | - 15 19 22 | | | | 34 48 56 61 | | | |
| **27** | 2 | - 12 15 18 | | | | 27 40 45 49 | | | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* C D E F | | | | G | G | G | G |



| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **30** | 2 | - 9 12 14 | | | | 23 33 38 44 | | | |
| **33** | 2 | - 8 10 12 | | | | 20 29 36 38 | | | |
| **36** | 2 | - 8 10 | | | | 17 26 32 34 | | | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* *C* D E F | | | | G | G | G | G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | - | | | | | | |
| 6 | 1 | - | *480* | | | | | | |
| 9 | 1 | - | 84 | 140 | 212 | 364 | *480* | | |
| 12 | 1 | - | 29 | 45 | 64 | 106 | 166 | 174 | |
| 15 | 1 | - | 15 | 23 | 32 | 53 | 86 | 104 | |
| 18 | 1 | - | 9 | 14 | 20 | 36 | 55 | 66 | |
| 21 | 1 | - | 6 | 9 | 13 | 25 | 40 | 48 | 50 |
| 24 | 2 | | - | 7 | 10 | 20 | 32 | 38 | 42 |
| 27 | 2 | | | - | 8 | 16 | 26 | 31 | 35 |
| 30 | 2 | | | | - | 13 | 22 | 26 | 28 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G |



| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 33 | 2 | | | | - | 11 | 19 | 25 | |
| 36 | 2 | | | | - | 10 | 17 | 22 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** | |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | |
|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | 121 | - | | | | |
| **6** | 1 | - | *480* | | | | | |
| **9** | 1 | | - | 19 | 69 | 216 | *480* | |
| **12** | 1 | | | - | 14 | 41 | 92 | 99 |
| **15** | 1 | | | | - | 20 | 43 | 51 |
| **18** | 1 | | | | - | 12 | 27 | 36 |
| **21** | 1 | | | | - | 8 | 20 | 26 |
| **24** | 2 | | | | - | 7 | 16 | 21 |
| **27** | 2 | | | | | - | 14 | 18 |
| **30** | 2 | | | | | - | 12 | 15 |
| **33** | 2 | | | | | - | 10 | 13 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |



| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **36** | 2 | | | | | | | - | 13 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **4** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives | | |
|---|---|---|---|---|---|
| **3** | (1) | *480* 151 5 - | | | |
| **6** | 1 | *480* 72 - | | | |
| **9** | 1 | - 27 | 158 | *480* | |
| **12** | 1 | - | 25 | 70 | 76 |
| **15** | 1 | - | 12 | 32 | 39 |
| **18** | 1 | - | 7 | 21 | 29 |
| **21** | 1 | | - | 15 | 21 |
| **24** | 2 | | - | 13 | 17 |
| **27** | 2 | | - | 11 | 14 |
| **30** | 2 | | | 9 | 12 |
| **33** | 2 | | | 8 | 11 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* C D E F | G | G | G |



| | | | | | |
|---|---|---|---|---|---|
| **36** | 2 | | - | 7 | 11 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | **3** | **4** |
| SURFACING CODE | | *B C D E F* | G | G | G |

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 80 % OXYGEN from 6m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 177 | 17 | 5 | - | | |
| 6 | 1 | | *480* | 149 | 31 | - | | |
| 9 | 1 | | | | - | 88 | 436 | |
| 12 | 1 | | | | - | 12 | 50 | 54 |
| 15 | 1 | | | | | - | 23 | 27 |
| 18 | 1 | | | | | - | 15 | 18 |
| 21 | 1 | | | | | | 11 | 14 |
| 24 | 2 | | | | | | 9 | 12 |
| 27 | 2 | | | | | | 8 | 10 |
| 30 | 2 | | | | | | 7 | 9 |
| 33 | 2 | | | | | | 6 | 8 |
| 36 | 2 | | | | | | 5 | 7 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |

27%

## 27% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 80 % OXYGEN from 6m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | |
|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 201 | 31 | 13 | 5 | - | |
| 6 | 1 | | *480* | 211 | 80 | 20 | - | |
| 9 | 1 | | | | | - | 10 | 327 |
| 12 | 1 | | | | | - | - | 29 |
| 15 | 1 | | | | | | - | 14 |
| 18 | 1 | | | | | | - | 9 |
| 21 | 1 | | | | | | - | 6 |
| 24 | 2 | | | | | | - | 6 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | 1 | 3 |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G |

27%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | B | | | A | | |
| D | D | | C | | | B | | | A | | | |
| C | C | | | B | | | A | | | | | |
| B | B | | | | A | | | | | | | |
| A | A | | | | | | | | | | | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE A
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | - *480* | |
| 6 | 1 | - 86 *480* | |
| 9 | 1 | - 31 133 384 *480* | |
| 12 | 1 | - 16 63 157 190 227 | 299 355 382 404 423 440 |
| 15 | 1 | - 10 38 89 107 125 | 165 194 206 215 223 229 236 242 |
| 18 | 1 | - 6 26 58 69 80 | 108 129 138 144 149 154 158 162 166 |
| 21 | 1 | - 19 41 48 56 | 77 94 101 106 110 112 116 120 123 |
| 24 | 2 | - 15 32 37 43 | 59 74 79 83 86 89 92 94 97 |
| 27 | 2 | - 12 26 30 34 | 48 60 64 67 70 72 75 77 79 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | B C D E F | G G G G G G G G G |

32%

| | | | |
|---|---|---|---|
| 30 | 2 | - 10 21 24 28 | 39 50 54 56 59 60 64 66 68 |
| 33 | 2 | - 8 17 20 23 | 33 43 46 49 52 53 55 56 58 |
| 36 | 2 | - 7 15 17 19 | 29 37 40 44 45 47 48 49 51 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 1 1 1 1 1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | *B* C D E F | G G G G G G G G G |

32%

ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | *480* | | | | | | | | | | | | |
| **6** | 1 | - | 442 | *480* | | | | | | | | | | | |
| **9** | 1 | - | 60 | 305 | 458 | *480* | | | | | | | | | |
| **12** | 1 | - | 25 | 104 | 137 | 173 | 245 | 301 | 328 | 350 | 369 | 386 | | | |
| **15** | 1 | - | 14 | 54 | 69 | 86 | 124 | 153 | 165 | 174 | 182 | 189 | 195 | 201 | |
| **18** | 1 | - | 9 | 34 | 43 | 52 | 77 | 98 | 106 | 112 | 117 | 121 | 125 | 129 | 133 |
| **21** | 1 | - | 6 | 24 | 30 | 36 | 54 | 69 | 75 | 80 | 84 | 87 | 90 | 93 | 96 |
| **24** | 2 | - | 18 | 23 | 27 | | 41 | 54 | 59 | 62 | 65 | 68 | 70 | 72 | 75 |
| **27** | 2 | - | 14 | 18 | 21 | | 33 | 43 | 47 | 50 | 52 | 55 | 57 | 58 | 60 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G | G | G | G | G |

32%

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **30** | *2* | - | 11 | 14 | 17 | | 27 | 36 | 40 | 42 | 44 | 46 | 49 | 50 | 51 |
| **33** | *2* | - | 9 | 12 | 14 | | 23 | 31 | 34 | 36 | 38 | 40 | 42 | 43 | 44 |
| **36** | *2* | - | 8 | 10 | 12 | | 20 | 27 | 30 | 33 | 34 | 35 | 37 | 38 | 39 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | | **1** | **1** | **1** | **1** | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | G | G | G | G | G |

32%

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | *480* 304 - | |
| 6 | 1 | - *480* | |
| 9 | 1 | - 185 339 *480* | |
| 12 | 1 | - 44 71 104 | 176 231 258 280 299 316 |
| 15 | 1 | - 21 32 45 | 78 105 116 125 133 139 145 149 |
| 18 | 1 | - 12 19 26 | 46 63 70 76 81 85 88 92 95 |
| 21 | 1 | - 8 12 17 | 32 44 49 53 56 59 62 64 67 |
| 24 | 2 | - 9 13 | 24 35 38 41 44 46 48 50 52 |
| 27 | 2 | - 7 10 | 19 28 31 33 35 37 39 40 42 |
| 30 | 2 | - 8 | 16 23 26 28 30 31 32 34 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | B C D E F | G G G G G G G G G |

32%

| | | | |
|---|---|---|---|
| 33 | 2 | - | 13 20 23 24 26 28 29 30 31 |
| 36 | 2 | - | 12 18 20 21 23 24 25 26 27 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 1 1 1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | B C D E F | G G G G G G G G G |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* 442 | 75 | - | | | | | | | |
| 6 | 1 | - | *480* | | | | | | | | |
| 9 | 1 | - | 89 | *480* | | | | | | | |
| 12 | 1 | - | 7 | 26 | 79 | 132 | 159 | 181 | 200 | 217 | |
| 15 | 1 | - | 9 | 30 | 50 | 59 | 66 | 73 | 79 | 85 | |
| 18 | 1 | - | 17 | 29 | 34 | 39 | 42 | 45 | 48 | 52 | |
| 21 | 1 | - | 11 | 20 | 24 | 27 | 29 | 31 | 33 | 36 | 38 |
| 24 | 2 | - | 9 | 17 | 20 | 22 | 23 | 25 | 27 | 28 | 29 |
| 27 | 2 | - | 7 | 14 | 16 | 18 | 19 | 20 | 22 | 23 | 24 |
| 30 | 2 | - | 6 | 12 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 33 | 2 | | - | 10 | 12 | 13 | 14 | 15 | 16 | 17 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | B C D E F | G | G | G | G | G | G | G | G | G |



| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 36 | 2 | - | 6 | 9 | 11 | 12 | 13 | • | 15 | | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **2** | **3** | **4** | **5** | **6** | **7** | **8** | | |
| SURFACING CODE | | B C D E F | G | G | G | G | G | G | G | | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | *480* 468 98 5 - | |
| 6 | 1 | *480* 19 - | |
| 9 | 1 | - 397 | *480* |
| 12 | 1 | - 8 | 51 100 126 148 166 184 |
| 15 | 1 | - | 19 36 44 51 57 63 68 |
| 18 | 1 | - | 10 21 26 30 33 36 38 41 |
| 21 | 1 | - | 7 15 18 21 23 25 27 28 |
| 24 | 2 | - | 6 12 15 17 19 20 21 23 |
| 27 | 2 | - | 5 10 12 14 15 16 18 19 |
| 30 | 2 | | - 9 11 12 13 14 15 16 |
| 33 | 2 | | - 8 9 11 • 12 13 14 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9** |
| SURFACING CODE | | B C D E F | G G G G G G G G |



| | | | |
|---|---|---|---|
| 36 | 2 | - | 5 7 8 9 10 11 12 13 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **2 3 4 5 6 7 8 9** |
| SURFACING CODE | | *B C D E F* | G G G G G G G G |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | 119 | 12 | 5 | - | | | | | | | |
| **6** | 1 | | *480* | 49 | 11 | - | | | | | | | |
| **9** | 1 | | | | - | 480 | | | | | | | |
| **12** | 1 | | | | - | 26 | 66 | 91 | 112 | 130 | 147 | | |
| **15** | 1 | | | | - | 9 | 23 | 31 | 37 | 42 | 47 | 51 | |
| **18** | 1 | | | | - | 5 | 14 | 18 | 21 | 24 | 27 | 29 | 32 |
| **21** | 1 | | | | | - | 10 | 13 | 15 | 17 | 19 | 20 | 22 |
| **24** | 2 | | | | | - | 8 | 11 | 13 | 14 | 15 | 17 | 18 |
| **27** | 2 | | | | | - | 7 | 9 | 11 | 12 | 13 | 14 | 15 |
| **30** | 2 | | | | | - | 6 | 8 | 9 | 10 | 11 | 12 | 13 |
| **33** | 2 | | | | | - | 5 | 7 | 8 | 9 | 10 | • | 11 |
| **36** | 2 | | | | | - | 5 | 6 | 7 | 8 | 9 | | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G | G | G | G |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 139 | 23 | 9 | 5 | - | | | | | | |
| 6 | 1 | | *480* | 83 | 34 | 8 | - | | | | | | |
| 9 | 1 | | | | - | *480* | | | | | | | |
| 12 | 1 | | | | | - | 11 | 32 | 52 | 70 | 87 | 103 | |
| 15 | 1 | | | | | | - | 12 | 18 | 23 | 27 | 31 | 35 |
| 18 | 1 | | | | | | - | 7 | 11 | 13 | 16 | 18 | 20 |
| 21 | 1 | | | | | | - | 5 | 7 | 10 | 11 | 13 | 14 |
| 24 | 2 | | | | | | - | 5 | 7 | 8 | 10 | 11 | 12 |
| 27 | 2 | | | | | | | - | 6 | 7 | 8 | 9 | 10 |
| 30 | 2 | | | | | | | - | 5 | 6 | 7 | 8 | 9 |
| 33 | 2 | | | | | | | - | 5 | 6 | • | 7 | 8 |
| DECOMPRESSION STOPS (min) at 6 metres DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G | G | G |

32%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | B | | | A | | |
| D | D | | C | | | B | | | A | | | |
| C | C | | | B | | | A | | | | | |
| B | B | | | | A | | | | | | | |
| A | A | | | | | | | | | | | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE A
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | *480* | | | | | | | | |
| **6** | 1 | - | 86 | *480* | | | | | | | |
| **9** | 1 | - | 31 | 133 | 384 | *480* | | | | | |
| **12** | 1 | - | 16 | 63 | 157 | 190 | 227 | 299 | 403 | 441 | |
| **15** | 1 | - | 10 | 38 | 89 | 107 | 125 | 165 | 212 | 238 | |
| **18** | 1 | - | 6 | 26 | 58 | 69 | 80 | 108 | 140 | 157 | 169 |
| **21** | 1 | - | | 19 | 41 | 48 | 56 | 77 | 102 | 114 | 123 |
| **24** | 2 | - | | 15 | 32 | 37 | 43 | 59 | 79 | 89 | 96 | 101 |
| **27** | 2 | - | | 12 | 26 | 30 | 34 | 48 | 64 | 71 | 77 | 79 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **30** | 2 | - | 10 | 21 | 24 | 28 | 39 | 53 | 64 | 67 | 71 |
| **33** | 2 | - | 8 | 17 | 20 | 23 | 33 | 45 | 52 | 56 | 59 |
| **36** | 2 | - | 7 | 15 | 17 | 19 | 29 | 40 | 47 | 50 | 52 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G | G |

ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | *480* | | | | | | | | |
| **6** | 1 | - | 442 | *480* | | | | | | | |
| **9** | 1 | - | 60 | 305 | 458 | *480* | | | | | |
| **12** | 1 | - | 25 | 104 | 137 | 173 | 245 | 349 | 387 | | |
| **15** | 1 | - | 14 | 54 | 69 | 86 | 124 | 171 | 197 | | |
| **18** | 1 | - | 9 | 34 | 43 | 52 | 77 | 108 | 124 | 136 | |
| **21** | 1 | - | 6 | 24 | 30 | 36 | 54 | 76 | 88 | 96 | |
| **24** | 2 | | - | 18 | 23 | 27 | 41 | 59 | 67 | 74 | 79 |
| **27** | 2 | | - | 14 | 18 | 21 | 33 | 47 | 54 | 59 | 61 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |



| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **30** | 2 | | - | 11 | 14 | 17 | 27 | 39 | 49 | 52 | |
| **33** | 2 | | - | 9 | 12 | 14 | 23 | 34 | 41 | 44 | |
| **36** | 2 | | - | 8 | 10 | 12 | 20 | 29 | 36 | 39 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | 304 | - | | | | | | | |
| **6** | 1 | | - | *480* | | | | | | | |
| **9** | 1 | | - | 185 | 339 | *480* | | | | | |
| **12** | 1 | | - | 44 | 71 | 104 | 176 | 279 | 317 | | |
| **15** | 1 | | - | 21 | 32 | 45 | 78 | 122 | 148 | | |
| **18** | 1 | | - | 12 | 19 | 26 | 46 | 73 | 87 | 99 | |
| **21** | 1 | | - | 8 | 12 | 17 | 32 | 50 | 60 | 68 | |
| **24** | 2 | | | - | 9 | 13 | 24 | 39 | 46 | 52 | 56 |
| **27** | 2 | | | - | 7 | 10 | 19 | 31 | 37 | 41 | 44 |
| **30** | 2 | | | | - | 8 | 16 | 26 | 31 | 34 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |



| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **33** | 2 | | | | | - | 13 | 22 | 29 | 31 | |
| **36** | 2 | | | | | - | 12 | 20 | 24 | 28 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | G | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 442 | 75 | - | | | | | |
| 6 | 1 | | - | *480* | | | | | | |
| 9 | 1 | | | - | 89 | *480* | | | | |
| 12 | 1 | | | - | 7 | 26 | 79 | 180 | 218 | |
| 15 | 1 | | | | - | 9 | 30 | 64 | 87 | |
| 18 | 1 | | | | | - | 17 | 37 | 48 | 52 |
| 21 | 1 | | | | | - | 11 | 25 | 33 | 39 |
| 24 | 2 | | | | | - | 9 | 20 | 26 | 30 |
| 27 | 2 | | | | | - | 7 | 16 | 21 | 24 |
| 30 | 2 | | | | | | - | 14 | 18 | 20 |
| 33 | 2 | | | | | | - | 12 | 15 | 17 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G |



| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 36 | 2 | | | | | - | 6 | 11 | 15 | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **2** | **3** | **4** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | *480* | 468 | 98 | 5 | - | | | | |
| **6** | 1 | | | *480* | 19 | - | | | | |
| **9** | 1 | | | | - | 397 | *480* | | | |
| **12** | 1 | | | | - | 8 | 51 | 147 | 184 | |
| **15** | 1 | | | | | - | 19 | 49 | 70 | |
| **18** | 1 | | | | | - | 10 | 28 | 39 | 41 |
| **21** | 1 | | | | | - | 7 | 19 | 26 | 29 |
| **24** | 2 | | | | | | - | 16 | 21 | 23 |
| **27** | 2 | | | | | | - | 13 | 17 | 20 |
| **30** | 2 | | | | | | - | 11 | 14 | 17 |
| **33** | 2 | | | | | | - | 9 | 12 | 14 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G |



| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **36** | **2** | | | | | | **5** | **8** | **13** | |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | **1** | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **2** | **3** | **4** | |
| SURFACING CODE | | *B* | *C* | *D* | *E* | *F* | G | G | G | |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 119 | 12 | 5 | - | | | |
| 6 | 1 | | *480* | 49 | 11 | - | | | |
| 9 | 1 | | | | - | *480* | | | |
| 12 | 1 | | | | - | 26 | 111 | 148 | |
| 15 | 1 | | | | - | 9 | 35 | 52 | |
| 18 | 1 | | | | | - | 20 | 30 | 31 |
| 21 | 1 | | | | | - | 14 | 20 | 22 |
| 24 | 2 | | | | | - | 12 | 16 | 18 |
| 27 | 2 | | | | | - | 9 | 13 | 15 |
| 30 | 2 | | | | | - | 8 | 11 | 13 |
| 33 | 2 | | | | | - | 7 | 10 | 11 |
| 36 | 2 | | | | | - | 6 | 9 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G |

## 32% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 139 | 23 | 9 | 5 | - | | | |
| 6 | 1 | | *480* | 83 | 34 | 8 | - | | | |
| 9 | 1 | | | | - | *480* | | | | |
| 12 | 1 | | | | | - | 11 | 70 | 104 | |
| 15 | 1 | | | | | | - | 21 | 34 | |
| 18 | 1 | | | | | | - | 12 | 21 | |
| 21 | 1 | | | | | | - | 9 | 14 | |
| 24 | 2 | | | | | | - | 7 | 12 | |
| 27 | 2 | | | | | | - | 6 | 10 | |
| 30 | 2 | | | | | | - | 5 | 8 | 9 |
| 33 | 2 | | | | | | - | 5 | 7 | 8 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **2** | **3** | **4** | **5** |
| SURFACING CODE | | *B* | C | D | E | F | G | G | G | G |

32%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | B | | | A | | |
| D | D | | C | | | B | | | A | | | |
| C | C | | | B | | | A | | | | | |
| B | B | | | | A | | | | | | | |
| A | A | | | | | | | | | | | |

# 36% OXYGEN
# LEVEL 1 (greater than 984 millibar)
# TABLE A
# DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | 13 *480* | |
| 6 | 1 | - 143 *480* | |
| 9 | 1 | - 42 191 *480* | |
| 12 | 1 | - 21 83 213 262 321 | 458 *480* |
| 15 | 1 | - 12 48 114 137 162 | 214 251 267 279 289 297 306 314 324 |
| 18 | 1 | - 8 31 72 86 100 | 135 160 170 177 183 188 193 198 204 |
| 21 | 1 | - 23 50 59 69 | 94 115 122 128 132 136 139 142 147 |
| 24 | 2 | - 18 38 45 51 | 71 87 93 98 100 105 107 110 113 |
| 27 | 2 | - 14 30 35 40 | 56 70 74 78 81 84 86 89 91 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | A B C D E F | G G G G G G G G G |



| | | | |
|---|---|---|---|
| 30 | 2 | - 13 24 29 32 | 46 57 62 65 67 69 72 74 77 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | *A B* C D E F | G G G G G G G G G |

ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 50 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | *480* | | | | | | | | | | | | |
| **6** | 1 | | - | *480* | | | | | | | | | | | |
| **9** | 1 | | | - | 97 | *480* | | | | | | | | | |
| **12** | 1 | | | - | 34 | 151 | 200 | 259 | 395 | *480* | | | | | |
| **15** | 1 | | | - | 18 | 71 | 93 | 117 | 168 | 205 | 220 | 232 | 241 | 251 | 260 | 268 | 276 |
| **18** | 1 | | | - | 11 | 43 | 54 | 67 | 99 | 124 | 133 | 140 | 146 | 152 | 156 | 161 | 166 |
| **21** | 1 | | | - | 7 | 29 | 36 | 44 | 67 | 85 | 92 | 97 | 101 | 105 | 109 | 112 | 116 |
| **24** | 2 | | | | - | 22 | 27 | 33 | 50 | 62 | 70 | 74 | 77 | 80 | 83 | 85 | 88 |
| **27** | 2 | | | | - | 17 | 21 | 25 | 39 | 50 | 55 | 58 | 61 | 63 | 66 | 68 | 70 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | G | G | G | G | G |
| **30** | 2 | | | | - | 14 | 17 | 20 | 32 | 42 | 45 | 48 | 50 | 52 | 54 | 56 | 59 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | | | | | | | | | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | G | G | G | G | G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 163 | - | | | | | | | | | | | |
| 6 | 1 | - | *480* | | | | | | | | | | | | |
| 9 | 1 | | - | *480* | | | | | | | | | | | |
| 12 | 1 | | | - | 71 | 116 | 177 | 311 | 436 | *480* | | | | | |
| 15 | 1 | | | - | 29 | 45 | 64 | 112 | 148 | 163 | 175 | 185 | 194 | 202 | 211 | 219 |
| 18 | 1 | | | - | 16 | 25 | 34 | 61 | 82 | 91 | 98 | 104 | 109 | 114 | 118 | 123 |
| 21 | 1 | | | - | 10 | 16 | 22 | 40 | 56 | 62 | 65 | 69 | 73 | 76 | 79 | 82 |
| 24 | 2 | | | - | 8 | 12 | 16 | 30 | 41 | 46 | 49 | 52 | 54 | 57 | 59 | 62 |
| 27 | 2 | | | | - | 9 | 12 | 23 | 33 | 36 | 39 | 41 | 43 | 45 | 47 | 49 |
| 30 | 2 | | | | - | 7 | 9 | 19 | 27 | 30 | 32 | 34 | 36 | 37 | 39 | 40 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | B | C | D | E | F | | G | G | G | G | G | G | G | G | G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* 278 55 - | | | | | | | | | |
| 6 | 1 | *480* 286 - | | | | | | | | | |
| 9 | 1 | - *480* | | | | | | | | | |
| 12 | 1 | - 14 51 | 179 | 304 | 382 | 462 | *480* | | | | |
| 15 | 1 | - 14 | 45 | 75 | 89 | 100 | 110 | 119 | 127 | 135 | 143 |
| 18 | 1 | - 6 | 23 | 39 | 45 | 51 | 56 | 60 | 64 | 68 | 72 |
| 21 | 1 | - | 15 | 26 | 30 | 33 | 36 | 39 | 41 | 44 | 46 |
| 24 | 2 | - | 11 | 20 | 23 | 26 | 28 | 30 | 31 | 33 | 35 |
| 27 | 2 | - | 9 | 16 | 19 | 21 | 22 | 24 | 25 | 26 | 28 |
| 30 | 2 | - | 7 | 13 | 16 | 17 | 19 | 20 | 21 | 22 | 23 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | B C D E F | G | G | G | G | G | G | G | G | G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | *480* 300 74 5 - | |
| 6 | 1 | *480* 329 10 - | |
| 9 | 1 | - *480* | |
| 12 | 1 | - 19 | 130 254 333 412 *480* |
| 15 | 1 | - | 29 55 68 78 87 96 104 112 120 |
| 18 | 1 | - | 15 28 34 39 43 47 51 55 58 |
| 21 | 1 | - | 9 19 23 26 28 31 33 35 37 |
| 24 | 2 | - | 7 15 18 20 22 24 25 27 28 |
| 27 | 2 | | - 12 14 16 18 19 20 21 23 |
| 30 | 2 | | - 10 12 14 15 16 17 18 19 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | B C D E F | G G G G G G G G G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 319 | 91 | 9 | 5 | - | | | | | | | | |
| 6 | 1 | *480* | 363 | 28 | 6 | | - | | | | | | | | |
| 9 | 1 | *480* | 107 | | | | - | | | | | | | | |
| 12 | 1 | - | | | | | 74 | 195 | 273 | 353 | 444 | *480* | | | |
| 15 | 1 | - | | | | | 15 | 36 | 47 | 57 | 65 | 73 | 80 | 88 | 96 |
| 18 | 1 | - | | | | | 7 | 19 | 24 | 28 | 32 | 35 | 39 | 42 | 45 |
| 21 | 1 | | | | | | - | 13 | 16 | 19 | 21 | 23 | 25 | 27 | 29 |
| 24 | 2 | | | | | | - | 10 | 13 | 15 | 17 | 18 | 20 | 21 | 22 |
| 27 | 2 | | | | | | - | 8 | 11 | 12 | 14 | 15 | 16 | 17 | 18 |
| 30 | 2 | | | | | | - | 7 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G | G | G | G | G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 50 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | Decompression Stop Dives |
|---|---|---|---|
| 3 | (1) | *480* 337 108 18 7 - | |
| 6 | 1 | *480* 394 50 21 5 | - |
| 9 | 1 | *480* 207 46 | - |
| 12 | 1 | - | 16 115 192 272 363 *480* |
| 15 | 1 | | - 19 27 35 42 48 55 62 69 |
| 18 | 1 | | - 10 14 18 21 24 26 29 32 |
| 21 | 1 | | - 6 9 12 14 16 17 19 21 |
| 24 | 2 | | - 6 8 10 11 13 14 15 16 |
| 27 | 2 | | - 5 7 8 9 10 11 12 13 |
| 30 | 2 | | - 6 7 8 9 10 11 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 50 % OXYGEN | | | **1 3 4 5 6 7 8 9 10** |
| SURFACING CODE | | B C D E F G | G G G G G G G G |

36%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | | B | | | A | |
| D | D | | C | | | B | | | | A | | |
| C | C | | | | B | | | | A | | | |
| B | B | | | | | | | A | | | | |
| A | A | | | | | | | | | | | |

# 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE A
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | | Decompression Stop Dives | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | 13 | *480* | | | | | | | | | | |
| **6** | 1 | - | 143 | *480* | | | | | | | | | |
| **9** | 1 | - | 42 | 191 | *480* | | | | | | | | |
| **12** | 1 | - | 21 | 83 | 213 | 262 | 321 | 458 | *480* | | | | |
| **15** | 1 | - | 12 | 48 | 114 | 137 | 162 | 214 | 278 | 314 | | | |
| **18** | 1 | - | 8 | 31 | 72 | 86 | 100 | 135 | 174 | 194 | 209 | | |
| **21** | 1 | | - | 23 | 50 | 59 | 69 | 94 | 123 | 137 | 147 | 156 | |
| **24** | 2 | | - | 18 | 38 | 45 | 51 | 71 | 94 | 105 | 113 | 119 | |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** | |
| SURFACING CODE | | A | *B* | C | D | E | F | G | G | G | G | G | |
| **27** | 2 | | - | 14 | 30 | 35 | 40 | 56 | 75 | 83 | 90 | 99 | 103 |
| **30** | 2 | | - | 13 | 24 | 29 | 32 | 46 | 62 | 69 | 74 | 81 | 85 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | | | | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** | **6** | **7** |
| SURFACING CODE | | *A* | *B* | C | D | E | F | G | G | G | G | G | G |

ASCENT RATE – 15 metres per minute. Take 1 minute from 6 m to surface.

DIVE TIME – time from leaving surface to arriving at 6 m on return to surface, or arrival at 9 m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE B
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **3** | (1) | - | *480* | | | | | | | | |
| **6** | 1 | - | *480* | | | | | | | | |
| **9** | 1 | - | 97 | *480* | | | | | | | |
| **12** | 1 | - | 34 | 151 | 200 | 259 | 395 | *480* | | | |
| **15** | 1 | - | 18 | 71 | 93 | 117 | 168 | 231 | 267 | 280 | |
| **18** | 1 | - | 11 | 43 | 54 | 67 | 99 | 138 | 157 | 172 | |
| **21** | 1 | - | 7 | 29 | 36 | 44 | 67 | 94 | 107 | 117 | 126 |
| **24** | 2 | - | 22 | 27 | 33 | | 50 | 71 | 81 | 88 | 94 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |
| **27** | 2 | - | 17 | 21 | 25 | | 39 | 56 | 63 | 69 | 78 |
| **30** | 2 | - | 14 | 17 | 20 | | 32 | 46 | 52 | 60 | 63 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | *C* | D | E | F | G | G | G | G | G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE C
## DECOMPRESSION GAS 80 % OXYGEN from 6/9 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | Decompression Stop Dives | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 163 | - | | | | | | | |
| 6 | 1 | - | *480* | | | | | | | | |
| 9 | 1 | - | *480* | | | | | | | | |
| 12 | 1 | - | 71 | 116 | 177 | | 311 | *480* | | | |
| 15 | 1 | - | 29 | 45 | 64 | | 112 | 174 | 210 | 223 | |
| 18 | 1 | - | 16 | 25 | 34 | | 61 | 96 | 114 | 129 | |
| 21 | 1 | - | 10 | 16 | 22 | | 40 | 63 | 75 | 84 | 92 |
| 24 | 2 | - | 8 | 12 | 16 | | 30 | 47 | 55 | 62 | 67 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |
| 27 | 2 | | - | 9 | 12 | | 23 | 37 | 43 | 48 | 56 |
| 30 | 2 | | - | 7 | 9 | | 19 | 30 | 36 | 42 | 45 |
| DECOMPRESSION STOPS (min) at 9 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | | | **1** | **1** |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | *B* | *C* | *D* | E | F | G | G | G | G | G |

## 36% OXYGEN LEVEL 1 (greater than 984 millibar)
## TABLE D
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH | ASCENT | DIVE TIME (min) | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| (metres) | (min) | No-Stop Dives | | | | | Decompression Stop Dives | | | | |
| 3 | (1) | *480* | 278 | 55 | - | | | | | | |
| 6 | 1 | | *480* | 286 | - | | | | | | |
| 9 | 1 | | | - | 480 | | | | | | |
| 12 | 1 | | | - | 14 | 51 | 179 | *480* | | | |
| 15 | 1 | | | - | 14 | | 45 | 100 | 135 | 147 | |
| 18 | 1 | | | - | 6 | | 23 | 49 | 65 | 78 | |
| 21 | 1 | | | | - | | 15 | 32 | 41 | 49 | |
| 24 | 2 | | | | - | | 11 | 24 | 31 | 36 | 41 |
| 27 | 2 | | | | - | | 9 | 19 | 24 | 28 | 32 |
| 30 | 2 | | | | - | | 7 | 16 | 20 | 23 | 26 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |

36%

## 36% OXYGEN LEVEL 1 (greater than 984 millibar)
## TABLE E
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH | ASCENT | DIVE TIME (min) | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| (metres) | (min) | No-Stop Dives | | | | | Decompression Stop Dives | | | | |
| 3 | (1) | *480* | 300 | 74 | 5 | - | | | | | |
| 6 | 1 | | *480* | 329 | 10 | - | | | | | |
| 9 | 1 | | | - | 480 | | | | | | |
| 12 | 1 | | | | - | 19 | 130 | 443 | *480* | | |
| 15 | 1 | | | | | - | 29 | 78 | 111 | 123 | |
| 18 | 1 | | | | | - | 15 | 38 | 52 | 64 | |
| 21 | 1 | | | | | - | 9 | 24 | 33 | 40 | |
| 24 | 2 | | | | | - | 7 | 19 | 25 | 30 | 32 |
| 27 | 2 | | | | | | - | 15 | 20 | 24 | 25 |
| 30 | 2 | | | | | | - | 13 | 17 | 19 | 21 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |

36%

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE F
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH | ASCENT | DIVE TIME (min) | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| (metres) | (min) | No-Stop Dives | | | | | Decompression Stop Dives | | | | |
| **3** | (1) | *480* | 319 | 91 | 9 | 5 | - | | | | |
| **6** | 1 | | *480* | 363 | 28 | 6 | - | | | | |
| **9** | 1 | | | | *480* | 107 | - | | | | |
| **12** | 1 | | | | | - | 74 | 384 | *480* | | |
| **15** | 1 | | | | | - | 15 | 56 | 88 | 99 | |
| **18** | 1 | | | | | - | 7 | 27 | 40 | 49 | |
| **21** | 1 | | | | | | - | 18 | 26 | 32 | |
| **24** | 2 | | | | | | - | 14 | 20 | 24 | 25 |
| **27** | 2 | | | | | | - | 11 | 16 | 19 | 20 |
| **30** | 2 | | | | | | | 9 | 13 | 16 | 17 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | **1** | **3** | **4** | **5** | **6** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |

## 36% OXYGEN
## LEVEL 1 (greater than 984 millibar)
## TABLE G
## DECOMPRESSION GAS 80 % OXYGEN from 6 m stop

| DEPTH (metres) | ASCENT (min) | DIVE TIME (min) No-Stop Dives | | | | | | Decompression Stop Dives | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | (1) | *480* | 337 | 108 | 18 | 7 | - | | | | |
| 6 | 1 | | *480* | 394 | 50 | 21 | 5 | - | | | |
| 9 | 1 | | | | *480* | 207 | 46 | - | | | |
| 12 | 1 | | | | | | - | 16 | 303 | *480* | |
| 15 | 1 | | | | | | | - | 35 | 62 | 71 |
| 18 | 1 | | | | | | | - | 17 | 28 | 35 |
| 21 | 1 | | | | | | | - | 11 | 18 | 23 |
| 24 | 2 | | | | | | | - | 9 | 14 | 18 |
| 27 | 2 | | | | | | | - | 7 | 11 | 15 |
| 30 | 2 | | | | | | | - | 6 | 10 | 12 |
| DECOMPRESSION STOPS (min) at 6 metres<br>DECOMPRESSION GAS 80 % OXYGEN | | | | | | | | **1** | **3** | **4** | **5** |
| SURFACING CODE | | B | C | D | E | F | G | G | G | G | G |

36%

**Note** there are some dives possible on Table **G** that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE models how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

## SURFACE INTERVAL TABLE

| Last Dive SURFACING CODE | Minutes 15 | 30 | 60 | 90 | Hours 2 | 3 | 4 | 10 | 12 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | G | F | E | D | C | | | B | | | | A |
| F | F | E | D | | C | | | B | | | A | |
| E | E | D | | C | | | B | | | A | | |
| D | D | | C | | | B | | | A | | | |
| C | C | | | B | | | A | | | | | |
| B | B | | | | A | | | | | | | |
| A | A | | | | | | | | | | | |

# PARTIAL PRESSURE TABLE
# PERCENTAGE OF OXYGEN IN MIX

| DEPTH metres | 21% | 22% | 23% | 24% | 25% | 26% | 27% | 28% | 29% | 30% | 31% | 32% | 33% | 34% | 35% | 36% | 37% | 38% | 39% | 40% | 41% | 42% | 43% | 44% | 45% | 46% | 47% | 48% | 49% | 50% | 80% |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | 0.27 | 0.29 | 0.30 | 0.31 | 0.33 | 0.34 | 0.35 | 0.36 | 0.38 | 0.39 | 0.40 | 0.42 | 0.43 | 0.44 | 0.46 | 0.47 | 0.48 | 0.49 | 0.51 | 0.52 | 0.53 | 0.55 | 0.56 | 0.57 | 0.59 | 0.60 | 0.61 | 0.62 | 0.64 | 0.65 | 1.04 |
| 6 | 0.34 | 0.35 | 0.37 | 0.38 | 0.40 | 0.42 | 0.43 | 0.45 | 0.46 | 0.48 | 0.50 | 0.51 | 0.53 | 0.54 | 0.56 | 0.58 | 0.59 | 0.61 | 0.62 | 0.64 | 0.66 | 0.67 | 0.69 | 0.70 | 0.72 | 0.74 | 0.75 | 0.77 | 0.78 | 0.80 | 1.28 |
| 9 | 0.40 | 0.42 | 0.44 | 0.46 | 0.48 | 0.49 | 0.51 | 0.53 | 0.55 | 0.57 | 0.59 | 0.61 | 0.63 | 0.65 | 0.67 | 0.68 | 0.70 | 0.72 | 0.74 | 0.76 | 0.78 | 0.80 | 0.82 | 0.84 | 0.86 | 0.87 | 0.89 | 0.91 | 0.93 | 0.95 | 1.52 |
| 12 | 0.46 | 0.48 | 0.51 | 0.53 | 0.55 | 0.57 | 0.59 | 0.62 | 0.64 | 0.66 | 0.68 | 0.70 | 0.73 | 0.75 | 0.77 | 0.79 | 0.81 | 0.84 | 0.86 | 0.88 | 0.90 | 0.92 | 0.95 | 0.97 | 0.99 | 1.01 | 1.03 | 1.06 | 1.08 | 1.10 | |
| 15 | 0.53 | 0.55 | 0.58 | 0.60 | 0.63 | 0.65 | 0.68 | 0.70 | 0.73 | 0.75 | 0.78 | 0.80 | 0.83 | 0.85 | 0.88 | 0.90 | 0.93 | 0.95 | 0.98 | 1.00 | 1.03 | 1.05 | 1.08 | 1.10 | 1.13 | 1.15 | 1.18 | 1.20 | 1.23 | 1.25 | |
| 18 | 0.59 | 0.62 | 0.64 | 0.67 | 0.70 | 0.73 | 0.76 | 0.78 | 0.81 | 0.84 | 0.87 | 0.90 | 0.92 | 0.95 | 0.98 | 1.01 | 1.04 | 1.06 | 1.09 | 1.12 | 1.15 | 1.18 | 1.20 | 1.23 | 1.26 | 1.29 | 1.32 | 1.34 | 1.37 | 1.40 | |
| 21 | **0.65** | **0.68** | **0.71** | **0.74** | **0.78** | **0.81** | **0.84** | **0.87** | **0.90** | **0.93** | **0.96** | **0.99** | **1.02** | **1.05** | **1.09** | 1.12 | 1.15 | 1.18 | 1.21 | 1.24 | 1.27 | 1.30 | 1.33 | 1.36 | 1.40 | | | | | | |
| 24 | 0.71 | 0.75 | 0.78 | 0.82 | 0.85 | 0.88 | 0.92 | 0.95 | 0.99 | 1.02 | 1.05 | 1.09 | 1.12 | 1.16 | 1.19 | 1.22 | 1.26 | 1.29 | 1.33 | 1.36 | 1.39 | | | | | | | | | | |
| 27 | 0.78 | 0.81 | 0.85 | 0.89 | 0.93 | 0.96 | 1.00 | 1.04 | 1.07 | 1.11 | 1.15 | 1.18 | 1.22 | 1.26 | 1.30 | 1.33 | 1.37 | | | | | | | | | | | | | | |
| 30 | 0.84 | 0.88 | 0.92 | 0.96 | 1.00 | 1.04 | 1.08 | 1.12 | 1.16 | 1.20 | 1.24 | 1.28 | 1.32 | 1.36 | 1.40 | | | | | | | | | | | | | | | | |
| 33 | 0.90 | 0.95 | 0.99 | 1.03 | 1.08 | 1.12 | 1.16 | 1.20 | 1.25 | 1.29 | 1.33 | 1.38 | | | | | | | | | | | | | | | | | | | |
| 36 | 0.97 | 1.01 | 1.06 | 1.10 | 1.15 | 1.20 | 1.24 | 1.29 | 1.33 | 1.38 | | | | | | | | | | | | | | | | | | | | | |
| 39 | 1.03 | 1.08 | 1.13 | 1.18 | 1.23 | 1.27 | 1.32 | 1.37 | | | | | | | | | | | | | | | | | | | | | | | |
| 42 | 1.09 | 1.14 | 1.20 | 1.25 | 1.30 | 1.35 | 1.40 | | | | | | | | | | | | | | | | | | | | | | | | |
| 45 | 1.16 | 1.21 | 1.27 | 1.32 | 1.38 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 48 | 1.22 | 1.28 | 1.33 | 1.39 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 51 | 1.28 | 1.34 | 1.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| NOAA Oxygen Exposure Limits | | |
|---|---|---|
| | Max Single | Max 24 hour |
| $PO_2$ bar | Exposure min | Exposure min |
| 1.60 | 45 | 150 |
| 1.50 | 120 | 180 |
| 1.40 | 150 | 180 |
| 1.30 | 180 | 210 |
| 1.20 | 210 | 240 |
| 1.10 | 240 | 270 |
| 1.00 | 300 | 300 |
| 0.90 | 360 | 360 |
| 0.80 | 450 | 450 |

## Oxygen Toxicity Table

| $PO_2$ | 1 min | | 2 min | | 5 min | | 10 min | | 20 min | | 30 min | | 40 min | | 50 min | | 60 min | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| bar | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS | UPTD | % CNS |
| 0.65 | 0.37 | 0.16 | 0.73 | 0.32 | 1.83 | 0.80 | 3.67 | 1.60 | 7.33 | 3.20 | 11.00 | 4.80 | 14.67 | 6.40 | 18.33 | 8.00 | 22.00 | 9.60 |
| 0.70 | 0.47 | 0.18 | 0.93 | 0.35 | 2.33 | 0.88 | 4.66 | 1.75 | 9.32 | 3.51 | 13.98 | 5.26 | 18.64 | 7.02 | 23.30 | 8.77 | 27.96 | 10.53 |
| 0.75 | 0.56 | 0.20 | 1.12 | 0.40 | 2.81 | 1.00 | 5.61 | 2.00 | 11.22 | 4.00 | 16.84 | 6.00 | 22.45 | 8.00 | 28.06 | 10.00 | 33.67 | 12.00 |
| 0.80 | 0.65 | 0.22 | 1.31 | 0.44 | 3.27 | 1.11 | 6.53 | 2.22 | 13.07 | 4.44 | 19.60 | 6.67 | 26.13 | 8.89 | 32.67 | 11.11 | 39.20 | 13.33 |
| 0.85 | 0.74 | 0.25 | 1.49 | 0.50 | 3.71 | 1.25 | 7.43 | 2.50 | 14.86 | 5.00 | 22.29 | 7.50 | 29.71 | 10.00 | 37.14 | 12.50 | 44.57 | 15.00 |
| 0.90 | 0.83 | 0.28 | 1.66 | 0.56 | 4.15 | 1.39 | 8.30 | 2.78 | 16.61 | 5.56 | 24.91 | 8.33 | 33.21 | 11.11 | 41.52 | 13.89 | 49.82 | 16.67 |
| 0.95 | 0.92 | 0.30 | 1.83 | 0.60 | 4.58 | 1.50 | 9.16 | 3.00 | 18.32 | 6.01 | 27.48 | 9.01 | 36.64 | 12.01 | 45.80 | 15.02 | 54.96 | 18.02 |
| 1.00 | 1.00 | 0.33 | 2.00 | 0.67 | 5.00 | 1.67 | 10.00 | 3.33 | 20.00 | 6.67 | 30.00 | 10.00 | 40.00 | 13.33 | 50.00 | 16.67 | 60.00 | 20.00 |
| 1.05 | 1.08 | 0.37 | 2.17 | 0.74 | 5.41 | 1.85 | 10.83 | 3.70 | 21.65 | 7.41 | 32.48 | 11.11 | 43.31 | 14.81 | 54.13 | 18.52 | 64.96 | 22.22 |
| 1.10 | 1.16 | 0.42 | 2.33 | 0.83 | 5.82 | 2.08 | 11.64 | 4.17 | 23.28 | 8.33 | 34.92 | 12.50 | 46.56 | 16.67 | 58.20 | 20.83 | 69.85 | 25.00 |
| 1.15 | 1.24 | 0.44 | 2.49 | 0.88 | 6.22 | 2.20 | 12.44 | 4.41 | 24.89 | 8.81 | 37.33 | 13.22 | 49.78 | 17.62 | 62.22 | 22.03 | 74.66 | 26.43 |
| 1.20 | 1.32 | 0.48 | 2.65 | 0.95 | 6.62 | 2.38 | 13.24 | 4.76 | 26.47 | 9.52 | 39.71 | 14.29 | 52.95 | 19.05 | 66.18 | 23.81 | 79.42 | 28.57 |
| 1.25 | 1.40 | 0.51 | 2.80 | 1.03 | 7.01 | 2.56 | 14.02 | 5.13 | 28.04 | 10.26 | 42.06 | 15.38 | 56.08 | 20.51 | 70.10 | 25.64 | 84.12 | 30.77 |
| 1.30 | 1.48 | 0.56 | 2.96 | 1.11 | 7.40 | 2.78 | 14.79 | 5.56 | 29.59 | 11.11 | 44.38 | 16.67 | 59.18 | 22.22 | 73.97 | 27.78 | 88.77 | 33.33 |
| 1.35 | 1.56 | 0.61 | 3.11 | 1.21 | 7.78 | 3.03 | 15.56 | 6.06 | 31.12 | 12.12 | 46.68 | 18.18 | 62.24 | 24.24 | 77.81 | 30.30 | 93.37 | 36.36 |
| 1.40 | 1.63 | 0.67 | 3.26 | 1.33 | 8.16 | 3.33 | 16.32 | 6.67 | 32.64 | 13.33 | 48.96 | 20.00 | 65.28 | 26.67 | 81.60 | 33.33 | 97.92 | 40.00 |
| 1.50 | 1.78 | 0.83 | 3.56 | 1.67 | 8.91 | 4.17 | 17.82 | 8.33 | 35.64 | 16.67 | 53.45 | 25.00 | 71.27 | 33.33 | 89.09 | 41.67 | 106.91 | 50.00 |
| 1.60 | 1.93 | 2 22 | 3.86 | 4.44 | 9.65 | 11.11 | 19.29 | 22.22 | 38.58 | 44.44 | 57.87 | 66.67 | 77.16 | 88.89 | 96.45 | 111.11 | 115.75 | 133.33 |

These tables allow the calculation of Unit Pulmonary Toxicity Dose (UPTD) or % Central Nervous System dose.
Find the $PO_2$ level in the left hand column and look up the associated oxygen toxicity dose in the appropriate exposure time column.
For exposure times not shown in the table, split the exposure into unit times shown above and add the indicated doses to find the total dose.

e.g for a 33 minute exposure at 1.20 bar $PO_2$ read:

| | | UPTD | % CNS |
|---|---|---|---|
| 1.20 for | 1 min | 1.32 | 0.48 |
| 1.20 for | 2 min | 2.65 | 0.95 |
| 1.20 for | 30 min | 39.71 | 14.29 |
| Total | 33 min | 43.68 | 15.72 |

Note Users are reminded that BSAC recommends a $PO_2$ limit of 1.40 bar
The $PO_2$ may be increased to 1.60 bar on decompressions stops not exceeding a depth of 9m