

# The Rebel Yell

A Newsletter for the Diving Rebels - One of the Oldest Scuba Clubs in Texas - Established 1958

August 2010

## 2010 DIVING REBEL BOARD

Keith Weber,	President
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Kelly Barentine,	Treasurer
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### Appointed Positions

Danny Bouska, Webmaster/Newsletter  
Linda Magnuson, Historian

To contact one of the Club's officers,  
please visit our website at:

[WWW.DIVINGREBELS.ORG](http://WWW.DIVINGREBELS.ORG)

or send an email with your question(s)  
and/or comments to:

[info@divingrebels.org](mailto:info@divingrebels.org)



We are on the web in multiple locations:  
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## MEMBERSHIP MEETING Wednesday – August 4, 2010

**Meeting Time**  
**6:30pm Social**  
**7:15pm Meeting**

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## August Meeting Program

TBA

### Upcoming Events Calendar

Aug	4	Monthly Membership Meeting
Aug	TBD	Canyon Lake – New Braunfels
Sept	1	Monthly Membership Meeting and Chinese Auction
Sept	4-6	Lake Ouachita – Arkansas
Sept	25-26	Lake Travis
Oct	6	Monthly Membership Meeting
Oct	23-24	Blue Lagoon – UW Pumpkin Carving & More!

## President's Report

Hey Members and Friends,

If you haven't been getting out for the meetings, you have been missing some good times. Last month's SCUBA bingo was a hoot as Kelly ran the show and I got to play. I've never been much good at the game and the trend held true. However, I did learn something and that is not to pick the small picture frame game: the game of CUB does not SCUBA make. The surprise for me was that I was able to relax and really did have a good time and enjoyed the game. I have to attribute thanks to Kelly for that experience. She was amazing in helping me pull the event off.

We've also had some good speakers grace us with their presence. Tracie Benson thrilled us by sharing her adventures that focus on shark diving – great white pictures were almost enough said. Danny Bouska regaled us with rare whale shark sightings in Utila and a comparison and down-to-earth briefing on the two resorts he experienced on his trip earlier this year. Johnny Griffin gave an account that was almost beyond belief of his exploits in Australia and diving in the Coral Sea. The pictures told a story of their own.

The début Wheel of Dive Fortune was a smash on the scene. With a little adjustment, I can see that one being a recurring event, maybe even a tradition like the upcoming Chinese Auction. May Merchandise Madness was a novel approach to new Diving Rebel gear sales. Our vendor worked with us to provide samples and the Club pre-purchased some merchandise. All was offered for sale after orders were taken and other than some ridiculously small women's tanks, we did very well on selling the samples. Between that and the arrival of the orders, there are only a few not sporting some new threads. Considerations are being entertained for a winter version, what do you think?

In addition to all of that, we've managed to carry on Club business, organize outings, and have great social interaction. Well, all except for when Marcus Greenberg and his new sidekick, Troy Tidwell, visit. They are the Gestapo of making sure members are wearing Diving Rebel gear.

I really admire Marcus for setting the tone as Jr. Board Member and being diligent in attendance – and collecting fines. With his lead they have managed to exceed budget I think pretty much every month. That's quite an accomplishment for a couple of guys not too far shy of teen hood; definitely quality young men in the making.

Remember Board nominations are just around the corner. And as exemplified above, we'll put anyone to work. The real delight is that while I have been President and even previously as Treasurer, I have had the pleasure of working with individuals like Marcus that demonstrate the heart of the Club. What's in your heart that binds you to the Club? Let it shine!

Let's let our hearts show,  
Keith



## What to Expect at Upcoming Events/Outings!

### August TBD

Canyon Lake: Keith Weber is coordinating this outing and you can expect water temperature in the 70's and visibility of approximately 6 - 15 ft.

### September 1

Chinese Auction: This is the biggest Rebels fundraiser. Expect this to be one of the most entertaining monthly meetings of the year. Make plans to attend. For more info on what a Chinese Auction is, see page 4.

### September 4-6

Lake Ouachita: Keith is coordinating this outing and you can expect lots of diving with good visibility. Average depth is 50' with deepest being 200'. Currently surface water temps are in the mid to upper 80's with a thermocline at 16-25' dropping temps to around 70 and getting progressively cooler with depth.

### September 25-26

Lake Travis: Danny Bouska is coordinating this outing. One event under consideration is a two-tank (four hour) boat excursion to a couple of dive sites around Lake Travis, which could include Starnes Island, Wreck Alley or Oasis Wall. Make sure to check your email, the website, and the September Newsletter for more information. Expect water temperature to be similar to current temps at 86 at the surface, 80 at 35' and 68 at 60' with visibility averaging 10-15' at Windy Point; 5-10' at Wreck Alley and 20'+ at Starnes island.

### October 23-24

The Blue Lagoon: Danny Bouska is coordinating this outing. Expect a lot of fun at this outing as the main event for this outing will be an Underwater Pumpkin Carving Contest. Other events being planned may include a Navigation Contest, Underwater Egg Race, Underwater Torpedo Toss, and an Underwater Golf Ball Search. Watch for more information in your email, the website, and upcoming Newsletters!

## Did you know that...

- The first scuba apparatus was first invented in 1943, by legendary French seaman Jacques Cousteau. The device was originally named as the Aqualung.
- Worldwide there are about 7 million divers who are currently practicing scuba, while an approximate 500 000 new scuba divers are annually registered.



## Birthdays

Aug 2	Ellen Fourton
Aug 7	Bob Martinez
Aug 7	Steve Woodward
Aug 9	David Blake
Aug 12	Jim Magnuson
Aug 21	Phyllis Kirchoff
Aug 28	Rich Seba

## Anniversaries

Aug 24	Phyllis & Jim Kirchoff
Aug 28	Diane & George Bartulevicz
Aug 31	Laurie & Rick Seba



Did we miss your special date? If so, it's not in our database. Contact Mark Estill to update your info!

## A Rebel Welcome to New Members Joining in July 2010

Cory Bailow  
Ft Worth, Tx – Advance Open Water  
Say "Hi" to Cory and give a Rebel Welcome  
to our newest member!

## Don't forget Diving Rebels Caps and T-Shirts On sale at any monthly meeting!



Aquatic Blue



NAVY & NATURAL



BLACK



NAVY

Merchandise sold to Diving Rebels Members Only



## What is the CHINESE AUCTION?

Well it's time for the circus to come to town! By that it means the annual Diving Rebels Chinese Auction. This is not only the biggest Rebels fundraiser but also one of the most entertaining monthly meetings.

The way this works is that we have a live auction for donated gifts. What makes it special is that the items being auctioned are wrapped and unknown to the audience. What is being auctioned might be a dive computer, an old wet suit, spare fins, boxes of Girl scout cookies or just about anything else. After you win an item by high bid, you have the choice of either keeping the item, or forcing a trade for whatever item was won before yours. The kicker is that you have to decide to trade or not to trade before you unwrap your item. The previous bid winner may have won the bid for a dive knife that you want. So you trade off your wrapped item for the dive knife not knowing what you traded away. This means that you at least get the dive knife, but what did you give up for it???? Maybe it is an old smelly wet suit; maybe it is a new dive computer. As trades can only go back to one previous round, the bid winner before you will unwrap whatever you swapped him. He cannot have it taken away nor can he force a swap for any other previously auctioned items.

Your item, whether you swap or not, may be taken from you by the next winning bidder. You also must unwrap and disclose your item to the group. If all of this does not make sense, don't worry it will be explained again at the meeting.

What we ask you to bring is some item of value wrapped in a nondescript wrapping, newspaper or paper bags are quite acceptable. Think about things you can talk your employer into donating, things you got two of for Christmas. How many people really need two paper shredders, twelve boxes of thin mint cookies or three electric cheese straighteners?

If you want to win a bid bring some \$\$\$\$, as the competition sometimes becomes quite fierce, and the banter hilarious and the items worth the effort.



### Divers' Alert – read all about it - Lake Ouachita for Labor Day, Sep 4 – 6, 2010

There has been considerable interest in a trip to Lake Ouachita in Arkansas. I believe it will be too late to reserve a barge so a great deal depends on level of interest. I will be looking for a \$20 non-refundable deposit at the August meeting or at least prior to the Sep meeting. If there are enough divers, at least 4, I will take my boat. The deposit will offset about ½ the fuel costs of dragging it up there with 4 divers which is what my boat can handle in a run. If more than that, obviously our travel costs go down while ferry run fuel for divers will increase.

We will need meal coordinators. I will handle Saturday evening and then we will anticipate meals for Saturday lunch, Sunday all 3 meals and Monday breakfast.

The pick up and rendezvous point is Brady Mountain Marina. [directions below]. We usually camp on an island. The first pick up will be approximately 11pm and departing for the island at 11:30pm Friday evening. The pick up on Saturday if needed will be at 1pm departing at 2:00. Depending on how many and the cargo involved, this may be on the way to a dive, or back to the island to unload gear. Afternoon dives begin at 3 and will finish about 6. If there are any stragglers we can make a pick up on the way back. Saturday night dives will be at the cove or island. Sunday diving begins at 9:30am until about noon and afternoon dives begin about 2:30 – 5. Night dives will begin after dinner at approximately 9pm. Monday will consist of a first trip at 9am to the drop off, and then depends a lot on population as to what we can do later. I tried to allow good surface intervals because some of these dive profiles can be 80 to 100 feet.

To get to Brady Mountain Marina Take I-30 to HWY 70 to Hot Springs. Out of Hot Springs take 270 west until you see the sign on the right and turn there (Brady Mountain Rd). This should be about ½ mile past FM1272 and Royal, AR. Their phone number is 501-767-3422. The map can be found at [http://mappoint.msn.com/\(jziiui450ozzva555ekul5zw\)/map.aspx](http://mappoint.msn.com/(jziiui450ozzva555ekul5zw)/map.aspx)

We have a little time to finalize plans, but it is key that we have a decent number count to plan for boat loads. There will be a sign up sheet (u sign u pay) or please let me know at [actionfigurekeith@hotmail.com](mailto:actionfigurekeith@hotmail.com) or home phone 817-581-9010 asap.

Keith

## Canyon Lake August ??? 2010

Well I don't know what it is that makes us getting to Canyon Lake so volatile. We tried to make it a couple of times over the last few years and something has come up. Well this year we have a good reason to try to change the date. Danny Etson Barentine and Chau Nyugen, both Club members, are getting married on Aug 21 the original date of the outing. Now you would think the Activities Director would have his priorities aligned with the Club's, but in this case the coordination of others' schedules outweighed our outing date – and who can dispute that wedding bliss could be better.

So with all that said, I am taking over the Outing Magnifico role and proposing to move the outing to Aug 14. We can have a vote for it at the meeting, remain on the scheduled date, move to the 14<sup>th</sup>, or move to the 28<sup>th</sup>. The 28<sup>th</sup> has logistical considerations that the next weekend is Labor Day and we plan to be at Lake Ouachita. I am not opposed to driving in opposite directions in two different weekends, but not sure about the rest of the Club members.

OK so the plan, what ever date it happens the plan is that I hope to be there Friday night as the gates close at 10pm. The plan is to camp at North Park (actually on the south east end of the lake). There is a camping fee \$12 – we can have up to 10 people per site for the day, but only 2 cars/tents per site overnight. Talk to me to get the other ½ of mine for the night and just tell the gate you're with the Diving Rebels if you're coming for the day. I'll make sure they know who we are and I bet they don't actually track the number of guests. You will just have to plan to be out around 10pm as I have seen them do patrol and ask people to leave although there is a code to exit.

North Park: N 29°52.507'                      W 098°12.074'

North Park is located off FM 306 near the dam. From IH 35 take FM 306 exit no.191 located just west of New Braunfels, travel west on FM 306 for 18.5 miles (total time a little more than 4 hrs from DFW), or from US 281 take FM 306 east 16.5 miles. The park is open from 7:00am to 10:00pm. There are 19 campsites (no RV hookups), vault toilets, no showers, no boat ramp. This is a popular scuba diving area. Check our [Operating Policy for North Park](#).

- It is a popular class area for Austin so the morning and early afternoon might be crowded, but I don't expect a lot of campers. As such, early morning diving will probably be the best.
- It is a Corp of Engineers' park with primitive camping and waterless toilet buildings. The key is that the diving is a walk off the shore and a wall that is about 50 ft out. It has sunken stuff and lines to a platform at 70ft – pretty cold but not totally dark on the first weekend in Oct 2007 after Trashfest.
- There are cabins and other accommodations along Hwy 306 not far from the park. And New Braunfels is about 15 - 20 minutes away (back down 306 to E Common St and right). Let me know if I should arrange something. Google for Canyon Lake and check the map
- Meal share – well guess what, I have catfish left frozen from mid-year and we'll be having it for Saturday dinner. Beyond that I don't have a firm plan so speak up if you want to eat as a group.
- Diving – as early as possible and often. The issue will be air fills. There's a shop in New Braunfels and I've heard rumors that there is a small operation near the lake. I've just never had the need to refill. I'll check into it for the DR Holler planned closer to the event. But as a safeguard let's plan on taking as much air as possible. Those who will to loan tanks, bring them to the meeting – full or not as I will make that membership card work hard if not.

There are probably details I have left out so prepare your questions and we'll talk about them at the meeting along with having the vote on a date. Contact me at [actionfigurekeith@hotmail.com](mailto:actionfigurekeith@hotmail.com) or home phone 817-581-9010 if you have questions or want to reserve a spot.

On the pic, we will be to the right at the little white beach looking area on the point around the curve from the dam.



## July 10-11, Blue Lagoon Outing Report

By Danny Bouska

Despite the landfall of a tropical depression and rain in Huntsville on the days preceding the outing, the Rebels journeyed to The Blue Lagoon near Huntsville. Several of the group arrived Friday evening to a star filled night. The tropical depression had moved northwest leaving the lagoon ready for a weekend of diving. Tents were set up and several people decided to cool off with a dip in the lagoon before calling it a night.

Morning arrived to a mirrored surface on Lagoon II. This picture was taken around 6:30am. The seven campers who had arrived Friday night began to awaken and move about the camping area, some getting ready for an early morning dive and some preparing coffee and some preparing a breakfast of waffles. Yes Paula and Nick Boyett prepared waffles for us to enjoy for breakfast and those that partook were very grateful to have a full stomach to begin the day.



It didn't take long for Keith Weber and Johnny Griffin to slide into the peaceful waters of Lagoon II for their first dive of the day. By 10am, there were about 12 divers making plans to enter the water. My first dive was in a 3 ml wet suit and I soon discovered there was no need for thermal protection. The water temperature was 86 degrees from surface to bottom. Visibility averaged 20' and in some areas may have been as good as 30'. It was going to be a full day/weekend of diving as Troy Tidwell and Ashley Lieske were doing their open water dives to obtain their Jr Open Water. Both Troy and Ashley did a great job with their skills and after each dive we took off to explore the many boat wrecks located in Lagoon II.

The group grew to 18 just in time for dinner. Myself and Kirk stood over the grill cooking hamburgers, hot dogs while others prepared the fixings along with several desserts. Kirk and I found ourselves flipping the burgers and then heading into the water to cool off, emerging to flip the burgers then heading back in to cool off. The group ate and talked about the days diving as the sun set to the West. Kirk Tidwell cranked out homemade ice cream which was enjoyed later as the sun set and the group settled in to watch a movie on the big screen, well really it was a sheet hung over a rope.

The smell of breakfast tacos and coffee spread thru the campsites on Sunday morning and the blurry eyed campers scurrying out of their tents to satisfy the hunger pains grumbling in their stomachs. After breakfast, it wasn't long before the divers began to enter the water for more diving and enjoyment of the great visibility and warm waters. Many of the group lingered throughout the day swimming and diving or just being hunkered down in the water to avoid the heat.

It was great to overhear comments such as "This is the best outing I've been to since joining the club"; "We need to come here more often"; "We need to have a three day outing here". Overall, it was a great outing with good attendance, good weather, good food, good diving and most of all great camaraderie. And yes, we are returning to The Blue Lagoon for the October Outing when we will have an Underwater Pumpkin Carving Contest and other events so place October 23-24 on your calendars and make plans to be at The Blue Lagoon.



## **Decompression Illness: What Is It and What Is The Treatment?**

By Dr. E.D. Thalmann, DAN Assistant Medical Director

*With Reports by Renée Duncan, Editor, and Joel Dovenbarger, Vice President, DAN Medical Services*

### **Care Of The Diver With Decompression Illness (Part 2, Continuation from July Newsletter)**

#### **I. Determine the Urgency of the Injury**

Make an initial evaluation at the dive site. Suspect decompression illness if any of the signs or symptoms previously described occur within 24 hours of surfacing from a dive. The initial state of the affected diver will determine the order and urgency of the actions taken. Based on a classification used by the U.S. Navy, the diver can be placed in one of three case categories:

- emergency
- urgent
- timely

#### **Category A - Emergency Cases Of DCI**

Symptoms are severe and appear rapidly, within an hour or so of surfacing. Unconsciousness may occur. Symptoms may be progressing, and the diver is obviously ill. The diver may be profoundly dizzy, have trouble breathing or have major abnormalities in consciousness. Obvious neurological injury is seen in altered consciousness, abnormal gait or weakness.

These divers are obviously very sick, and a true medical emergency exists. If necessary (e.g., if the diver is unconscious), begin CPR and take immediate action to have the diver evacuated. Check for foreign bodies in the airway. If ventilatory or cardiac resuscitation is required, the injured diver must be supine (lying on the back). Vomiting in this position, however, is extremely dangerous; if it occurs, quickly turn the diver to the side until the airway is cleared and resuscitation can resume in the supine position.

If available, use supplemental oxygen while administering breaths to increase the percentage of oxygen received by the injured diver. Even if CPR is successful and the diver regains consciousness, 100 percent oxygen should be provided and continued until the diver arrives at a medical facility.

#### **If Trained Healthcare Personnel Are Available . . .**

... then an intravenous (IV) infusion using isotonic fluids without dextrose should be started. An initial rapid infusion of 1 liter over 30 minutes should begin to correct any dehydration and reduce hemoconcentration. Once this is accomplished, then the rate of administration should be reduced to a 100-175 cc / hour maintenance rate.

Additional 1-liter boluses may be required to further correct dehydration and maintain blood pressure but should only be given by trained healthcare personnel capable of weighing the need for further fluid with possible complications. These would include fluid overload problems and discomfort from urinary retention in divers with abnormal bladder function due to spinal cord decompression sickness. If trained personnel are available, a urinary catheter should be placed in all unconscious divers and in those who cannot urinate.

#### **Call DAN**

After stabilization and arrangements for evacuation, contact DAN for advice on the nearest chamber location. DAN medical experts can get in touch with the receiving facility to assist in diagnosis and, if necessary, treatment. Do this even if the diver appears to be improving on oxygen. While awaiting evacuation, take as detailed a history as possible and try to evaluate and record the diver's neurological status. These facts are useful to the receiving medical facility. If air evacuation is used, cabin pressure should be maintained near sea level and not exceed 800 feet / 244 meters unless aircraft safety is compromised.

Place the diver in the lateral recumbent position, also known as the recovery position. This puts the person on one side (usually left) with head supported at a low angle and the upper leg bent at the knee. If vomiting occurs in this position, gravity will assist in keeping the airway clear.

## **Category B - Urgent Cases Of DCI**

Here, the only obvious symptom is severe pain that is unchanging or has progressed slowly during the past few hours. The diver does not appear to be in distress except for the pain, and the neurological signs and symptoms are not obvious without a careful history and examination.

Immediately place the injured diver on 100 percent oxygen and give fluids by mouth. Do not attempt to treat the pain with analgesics until advised to do so by medical personnel. Continue providing oxygen until arrival at the medical treatment facility.

Contact DAN or the nearest medical facility for advice on what sort of transport is necessary and where the diver should be evacuated to, even if symptoms improve or are relieved with oxygen. Emergency air transport may not be necessary in all cases.

While awaiting evacuation, take as detailed a history as possible and try to evaluate and record the diver's neurological status. This information will be useful to those at the receiving medical facility. If air evacuation is used, cabin pressure should be maintained near sea level and not exceed 800 feet unless aircraft safety is compromised.

## **Category C - Timely Cases Of DCI**

Symptoms are either not obvious or have progressed slowly for several days. Usually the main signs or symptoms are vague complaints of pain or an abnormality of sensation; the diagnosis of DCI may be in question. Obtain as complete a diving history as possible and do a neurological evaluation. Then call DAN or the nearest medical facility for advice or go to the nearest medical facility, if nearby, for evaluation.

**II. Get the Dive History** If possible, obtain and document the following information for all suspected cases of DCI:

- For 48 hours preceding the injury, get a description of all dives: depths / times, ascent rates, intervals between dives, breathing gases, problems or symptoms at any time before, during or after the dive;
- Ask for symptom onset times and progression after the diver has surfaced from last dive;
- Get a description of all first aid measures taken (including times and method of 100 percent oxygen delivery) and their effect on symptoms since the injury;
- Record the results of the on-site neurological examination (described below);
- Make a description of all joint or other musculoskeletal pain including: location, intensity and changes with movement or weight-bearing maneuvers;
- Get a description and distribution of any rashes; and
- Provide a description of any traumatic injuries before, during or after the dive.

## **III. Conduct an On-Site Neurological Examination**

Information regarding the injured diver's neurological status will be useful to medical personnel in not only deciding the initial course of treatment but also in the effectiveness of treatment. Examination of an injured diver's central nervous system soon after an accident may provide valuable information to the physician responsible for treatment.

The On-Site Neuro Exam is easy to learn and can be done by individuals with no medical experience. Perform as much of the examination as possible, but do not let it interfere with evacuation to a medical treatment facility. The examination is given on the DAN website and is also in the DAN *Dive and Travel Medical Guide*.

## **IV. Get the Injured Diver to the Nearest Medical Facility and Call DAN**

Call for local EMS first; then call DAN. Depending on the severity of the injury (see above), take immediate care for the diver's Airway, Breathing and Circulation and contact local EMS. After making contact with EMS, then call DAN.

## **Call DAN's Diving Emergency Hotline**

+1-919-684-8111 or +1-919-684-4DAN (-4326) - to talk to an expert in diving medicine. Remember, +1-919-684-4DAN (-4326) accepts collect calls. DAN medical staff is on call 24 hours a day to handle diving emergencies.

## **When You Call the DAN Hotline:**

1. The Hotline numbers are answered at the switchboard of Duke University Medical Center. Tell the operator you have a diving emergency. The operator will either connect you directly with DAN or have someone call you back at the earliest possible moment.
2. The DAN staff member may make an immediate recommendation or call you back after making arrangements with a local physician or the DAN Regional Coordinator. DAN Regional Coordinators are familiar with chamber facilities in their area, and because they're qualified in diving medicine, they make recommendations about treatment.
3. The DAN staff member or Regional Coordinator may ask you to wait by the phone while he / she makes arrangements. These plans may take 30 minutes or longer, as several phone calls may be required.

This delay should not place the diver in any greater danger. However, if the situation is life-threatening, arrange to transport the diver immediately to the nearest local medical facility for immediate stabilization and assessment of his or her condition. Call DAN *TravelAssist* at 1-800-326-3822 (1-800-DAN EVAC) at this time for consultation with the local medical provider.

**A Perspective** The above tries to paint an accurate picture of DCI and its consequences; you should not conclude, however, that recreational diving is likely to cause injury. In fact, DCI is rare: researchers estimate between three and four cases of dive injuries reported for every 10,000 dives - approximately 1,000 cases per year. In addition the vast majority of the DCI cases are minor and treatment results in complete resolution with no impact on future diving activity.

Like any sport, scuba diving does have injuries, and knowing how to recognize DCI will ensure that in the unlikely event it does occur, the outcome will almost always be favorable. DAN is available 24/7 to assist in getting treatment for any dive injury and has access to world-class experts in the diagnosis and treatment of DCI. Not many other sports can boast of that kind of immediate support.

DAN is not resting on its laurels, though. We're continuing to look for ways to reduce the number of diving accidents even further. Project Dive Exploration (PDE) is a study designed to do just this. This study trains observers to recognize DCI, and they then collect dive profile data and compile information on behavioral and health aspects. The principal goal of PDE is to establish a recreational dive database that will serve as resource research in dive safety. To learn more about PDE, see [www.DiversAlertNetwork.org/medical/research/pde/](http://www.DiversAlertNetwork.org/medical/research/pde/)

## **Returning to Diving after DCI**

The U.S. Navy has set down rules for returning to diving after treatment. For pain-only DCI where there are no neurological symptoms, divers may begin diving two to seven days after treatment, depending on the treatment table used.

If there are neurological symptoms, the diver may resume diving two to four weeks after treatment, depending on symptom severity. For very severe symptoms, the diver must be reevaluated three months after treatment and cleared by a Diving Medical Officer.

The Navy's guidelines are for professionals, where time off must be minimized so operations are not compromised.

## **Guides For Sport Divers**

For recreational divers, where diving is not a livelihood, a more conservative approach is called for to further minimize the chance that a diving injury will recur.

- After pain-only DCI where there are no neurological symptoms, a minimum of two weeks without diving is recommended.
- If there are minor neurological symptoms, six weeks without diving is recommended.
- If there are severe neurological symptoms or any residual symptoms, no further diving is recommended.

Even if symptoms were not severe and they resolved completely, a diver who has had multiple bouts of DCI must take special considerations. If DCI is occurring where other divers on the same profile are DCI-free, the diver may have an increased susceptibility to DCI. In these cases, a Diving Medical Specialist must be consulted to determine if diving can be resumed safely.

