The Recreational Dive Planner is designed specifically for planning recreational (no decompression) dives on air only. Do not attempt to use it for planning decompression dives.

Safety Stops — A safety stop for 3 minutes at 15 ft is required any time the diver comes up to or within 3 pressure groups of a no decompression limit and for any dive to a depth of 100 ft or deeper.

Emergency Decompression — If a no decompression limit is exceeded by more than 5 minutes, an 8 minute decompression stop at 15 ft is mandatory. Upon surfacing, the diver must remain out of the water for at least 6 hours prior to making another dive.

Diving at Altitude — Diving at altitude (1000 ft or higher) requires the use of special procedures.

Special Rules for Multiple Dives
If you are planning 3 or more dives in a day: Beginning with the first dive, if your ending pressure group after any dive is W or X, the minimum surfave interval between all subsequent dives is 1 hour. If your ending pressure group after any dive is Y or Z, the minimum surfave interval between all subsequent dives is 3 hours.

Note: Since little is presently known about the physiological effects of multiple dives over multiple days, divers are wise to make fewer dives and limit their exposure toward the end of a multi-day dive series.

General Rules
- Ascend from all dives at a rate not to exceed 60 ft per minute.
- When planning a dive in cold water or under conditions that might be strenuous, plan the dive assuming the depth is 10 ft deeper than actual.
- Plan repetitive dives so each successive dive is to a shallower depth. Limit repetitive dives to 100 ft or shallower.
- Never exceed the limits of this planner and, whenever possible, avoid diving to the limits of the planner. 140 ft is for emergency purposes only, do not dive to this depth.