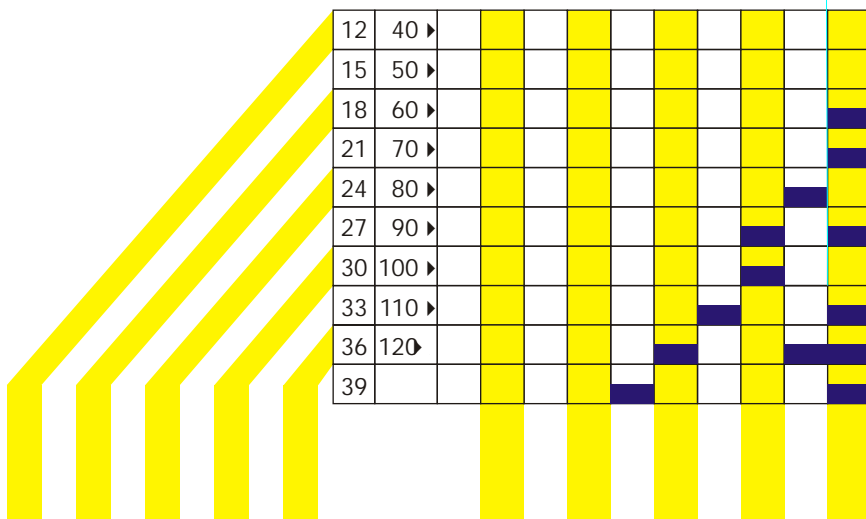


# NAUI

## WORLDWIDE



# DIVING LOG BOOK



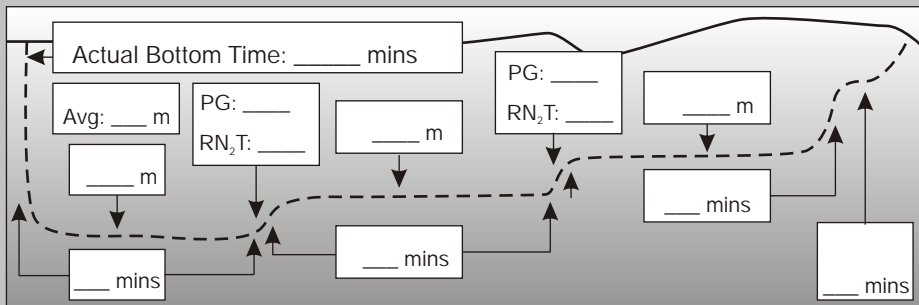
Dive No: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_



Entry: \_\_\_\_\_ Pres. \_\_\_\_\_ Residual \_\_\_\_\_  
Surf int. \_\_\_\_:\_\_\_\_ Group: \_\_\_\_ N<sub>2</sub> time: \_\_\_\_ Time in: \_\_\_\_:\_\_\_\_ Air: \_\_\_\_ bar

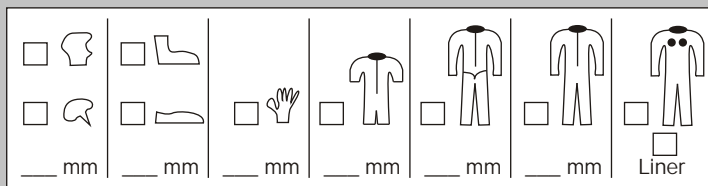


Exit: \_\_\_\_\_  
Final Pres. Group: \_\_\_\_ No dec. time left: \_\_\_\_ mins Air: \_\_\_\_ bar

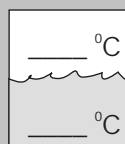
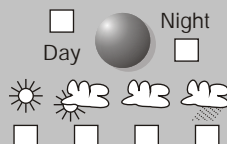
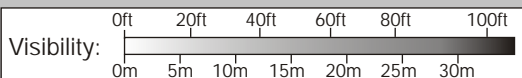
### Equipment:

Tank: ☐ Steel  
\_\_\_\_ liters ☐ Alum

Weights: ☐ Belt  
\_\_\_\_ kg ☐ BCD



Condition: ☐ Fresh ☐ Shore ☐ Waves ☐ Surf  
☐ Salt ☐ Boat ☐ Current ☐ Surge



Comments: ☐ Drift ☐ Wreck ☐ Hunt ☐ Training ☐ Photo ☐ Naturalist  
I was: ☐ Too hot ☐ Warm ☐ OK ☐ Cold ☐ Freezing

Verification: \_\_\_\_\_

☐ Instructor ☐ Divemaster ☐ Buddy

Certification No. \_\_\_\_\_

Total Actual Bottom  
Time to date:

\_\_\_\_:\_\_\_\_

Sightings:

Map of dive:

Dive tables give you a recommended depths and times for a single dive. The deeper you go the less time you may spend submerged. If you dive shallowly you may spend more time underwater before you reach your nitrogen limit.

When you dive underwater the increased air pressure forces more nitrogen to be absorbed into your body. This is called *ingassing* - forcing gas *in* to your system. When you return to the surface you will have more nitrogen in your body than before you dove.

As you spend time on the surface your body will expel gases, mostly through normal exhalation. This is called *offgassing* and is analogous to a tire or balloon with a slow leak; as you spend more time on the surface your nitrogen level will become closer to normal. The period between repetitive dives is called the *Surface Interval Time (SIT)*.

If you decide to dive again before your nitrogen level has returned to normal it is called *repetitive diving*. If your body already has *residual nitrogen* then your second dive of the day may not be as long or deep as the first. The dive tables can be used to find your letter group after the first dive, calculate your letter group after the **SIT** (Surface Interval Time) and start your second dive knowing the depth and/or time limit for the second dive.

A diver goes to a depth of 18 m in the morning. According to the chart the maximum dive time for 18 m is 55 minutes, but you stay submerged for only 50 minutes. You would emerge from the water in Letter Group H. If you stayed on the surface for 8 hours, your Letter Group would drop right back to an A. Instead, you go to shore, have some lunch, browse the dive shop and head back out to the water a few hours later. After 3 hours, you have offgassed a lot of nitrogen, but you are still in Letter Group D. As a "D", your nitrogen level is the same as if your first dive had been 20 minutes; this is known as your Residual Nitrogen Time (**RNT**). On the second dive, you want to visit the same reef - at 60 feet - but this time because you have 20 minutes-worth of *residual nitrogen* you can only stay for 25 minutes.

**Adjusted Maximum Dive Time = Maximum Dive Time - Residual Nitrogen Time**  
or

$$\text{AMDT} = \text{MDT} - \text{RNT}$$

