

**Warning: a dive table can aid in preventing decompression sickness, but cannot provide any guarantee.
Dive conservative and stay well within recommended limits!**

SCUBA
Courses & Publications **Dive Tables**

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Table 1 – to find pressure group at end of dive

Depth	Time	US Navy Limit					Recommended Limit														
		00	00	00	00	00	00	00	00	00											
12	5	15	25	30	40	50	70	80	100	110	130										
15	10	15	25	30	40	50	60	70	80	90											
18	10	15	20	25	30	40	50	55	60												
21	5	10	15	20	30	35	40	45	50												
24	5	10	15	20	25	30	35	40													
27	5	10	12	15	20	25	30														
30	5	7	10	15	20	22	25														
33	5	10	13	15	20																
36	5	10	12	15																	
39	5	8	10																		
		A	B	C	D	E	F	G	H	I	J	K									
7	6	5	4	4	3	3	3	3	3	3	3	3									
123	74	50	41	31	22	19	12	9	5	A	12:00 0:10	12:00 2:11	12:00 2:50	12:00 5:49	12:00 6:33	12:00 7:06	12:00 7:36	12:00 8:00	12:00 8:22	12:00 8:41	12:00 8:59
17	13	11	9	8	7	7	6	6	6	B	2:10 0:10	2:49	5:48	6:32	7:05	7:35	7:59	8:21	8:40	8:58	
113	67	44	36	27	18	15	9	6		C	1:39 0:10	2:38	3:22	3:57	4:25	4:49	5:12	5:40	5:48		
25	21	17	15	13	11	10	10	9	8	D		1:09	1:57	2:28	2:58	3:20	3:43	4:02	4:19		
105	59	38	30	22	14	12	5			E		0:54 0:10	1:29	1:59	2:23	2:44	3:04	3:21			
37	29	24	20	18	16	14	13	12	11	F			0:45 0:10	1:15	1:41	2:02	2:20	2:38			
93	51	31	25	17	9	8				G			0:40 0:10	1:06	1:29	1:47	2:03				
49	38	30	26	23	20	18	16	15	13	H				0:36 0:10	0:59	1:19	1:35				
81	42	25	19	12	5	4				I				0:33 0:10	0:54	1:11	1:28				
61	47	36	31	28	24	22	20	18	16	J					0:31 0:10	0:49	0:29				
69	33	19	14	7						K						0:28 0:10					
73	56	44	37	32	29	26	24	21	19												
57	24	11	8																		
87	66	52	43	38	33	30	27	25	22												
43	14																				
101	76	61	50	43	38	34	31	28	25												
29	4																				
116	87	70	57	48	43	38	34	32	28												
14																					
138	99	79	64	54	47	43	38	35	31												

Table 3 – to find nitrogen penalty for next dive

Table 2 – to find pressure group after surface-interval

The time in white (minutes) is the nitrogen penalty, the time in blue (minutes) is the time remaining before reaching the recommended limit

Times in this table are given in hours:minutes. These are intervals. The time you stay at the surface between dives should fall on or between the given times.

Some points to keep in mind when you are using these dive tables:

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| <ul style="list-style-type: none"> Use the exact or next greater time and depth Calculate dives in cold water and strenuous dives 4 metres deeper than they actually are After a single dive, do not fly in an airplane or ascent to high altitude for 12 hours. After multiple dives, wait at least 18 hours before flying At the end of a dive make a safety stop at 5 metres for a duration of 3 minutes. This is required for dives within 5 minutes from the recommended limit and/or dives to 30 metres depth or deeper Table for air diving only Tables for recreational dives only Dive time = beginning of descent until beginning of ascent | <ul style="list-style-type: none"> Use a dive computer whenever possible Add the nitrogen penalty to the actual dive-time and use the sum to re-enter table 1 For diving at altitudes higher than 300 meters above sea-level, this table cannot be used without conversion. Only altitude initiated divers may make these conversions If you exceed the recommended maximum dive time for less than 5 minutes, make an emergency stop at 5 metres depth during at least 8 minutes. Exceeding longer requires a stop of at least 15 minutes – never purposely exceed the limits! Ascent speed no faster than 18 metres per minute Repetitive dives should not be deeper than 30 metres Make the deepest dive of the day first |
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