

**U.S. NAVY DIVING MANUAL REVISION 3  
15 FEBRUARY 1993**

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US Navy Diving Manual REVISION 3 not available on US-Navy website

select the next longer decompression schedule than the one that would normally be selected.

**NOTE**

Take into consideration the physical condition of the diver when determining what is strenuous.

For example, the normal schedule for a dive to 90 fsw for 34 minutes would be the 90/40 schedule. If the divers are exceptionally cold or fatigued, they should decompress according to the 90/50 schedule. As can be seen by looking at the 90-foot schedule, the difference in decompression between the 40 and 50 minute bottom times is eleven minutes. Use this procedure because while the divers are at depth working, they are generating heat and on-gassing at a normal rate. Once decompression starts, however, the divers are at rest and begin to chill. Vasoconstriction of the veins takes place and they do not off-gas at the normal rate. The additional decompression time increases the likelihood that the divers will receive adequate decompression.

**7-4 GENERAL USE OF DECOMPRESSION TABLES**

**7-4.1 Rules During Ascent.** After selecting the applicable decompression schedule, it is imperative that it be followed as closely as possible. Unless a Diving Medical Officer recommends a deviation and the Commanding Officer concurs, decompression must be completed according to the schedule selected.

Always ascend at a rate of 30 fpm (:::20 per 10 fsw). Minor variations in the rate of travel between 20 and 40 fsw/minute are acceptable. Any variation in the rate of ascent must be corrected in accordance with the procedures in paragraph 7-4.2. However, a delay of up to one minute in reaching the first decompression stop can be ignored. During decompression stops the

30 pieds/min  
soit 9 à 10 m/min  
arrondi : 10 m/min

**CAUTION**

Do not attempt to interpolate between decompression schedules.

When divers are exceptionally cold during the dive and the work load is relatively strenuous,