

DIVE PLANNING WORKSHEET

TERMS AND ABBREVIATIONS USED IN DIVE PLANNING

Repetitive Dive – Any dive made less than 24 hours after a previous dive.

ADT – Actual Dive Time – The time from the moment of descent until returning to the surface.

Letter Group – A letter symbol for the amount of Residual Nitrogen remaining in the body from previous dives.

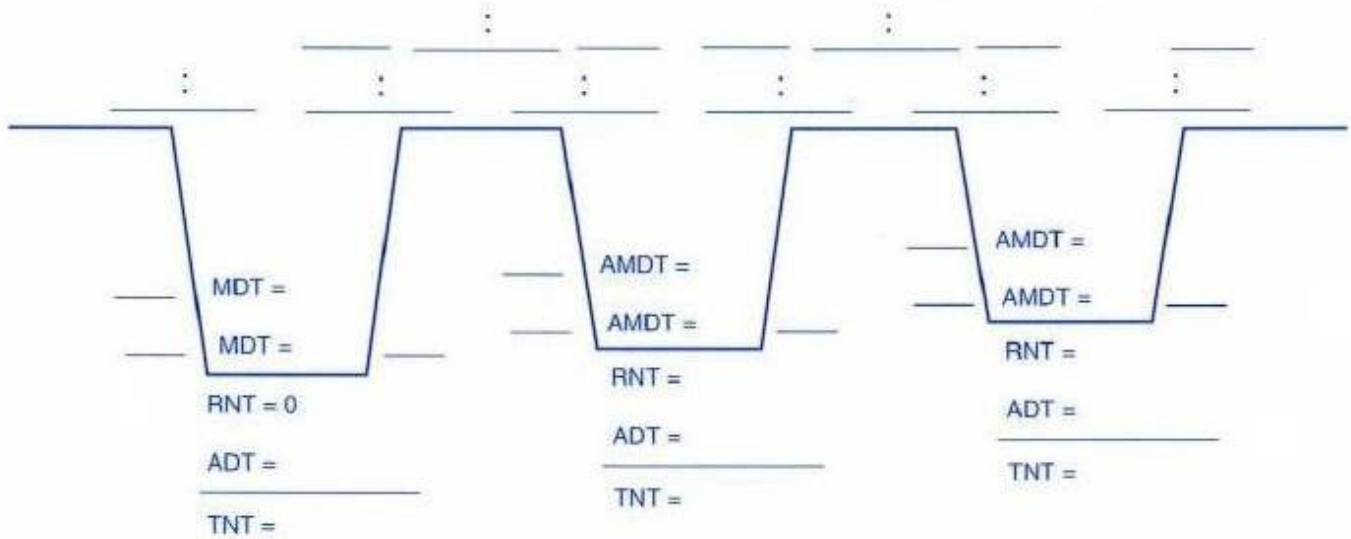
SIT – Surface Interval Time – The time spent at the surface between dives.

RNT – Residual Nitrogen Time – The nitrogen remaining in the body from a dive or dives made within the past 24 hours.

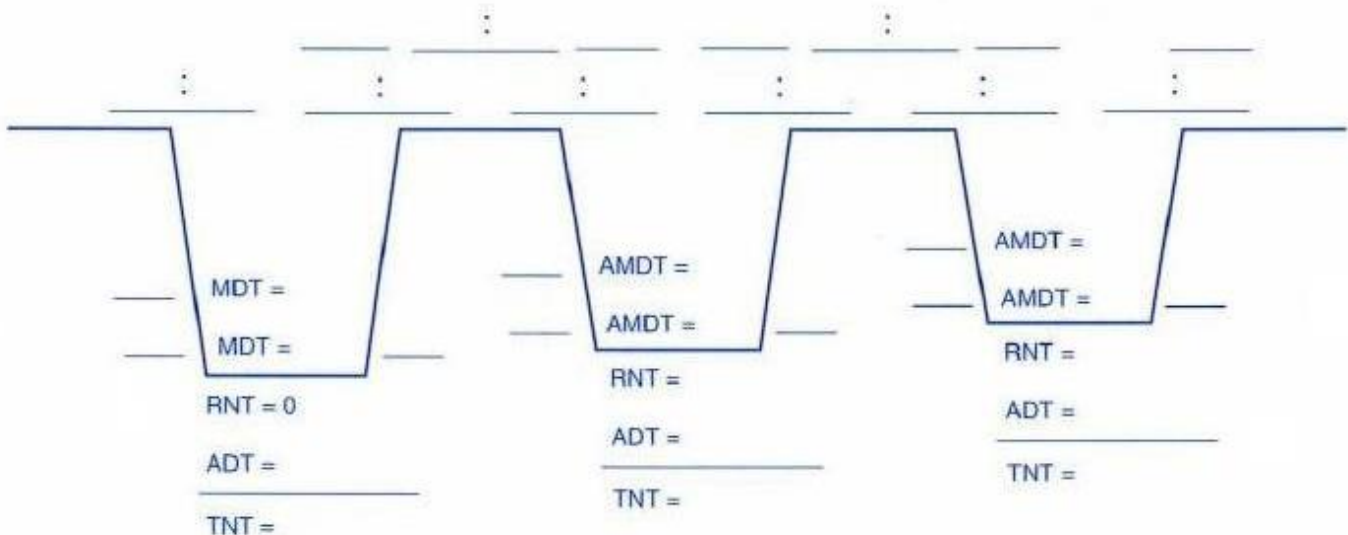
AMDT – Adjusted Maximum Dive Time – The maximum Dive Time for the depth of a dive minus the RNT.

TNT – Total Nitrogen Time – The sum of RNT and ADT. This figure is used to obtain a letter group after repetitive dives.

Dive 1



Dive 2



Dive 3

