

# DECO PROFILE ANALYSIS SHEET



Please complete all questions to the best of your ability. All information is treated as confidential and for Sydney Project use only

1 **Name of Diver** \_\_\_\_\_

2 **Date of Dive** \_\_\_\_ / \_\_\_\_ / \_\_\_\_      3 **Location of Dive** \_\_\_\_\_

4 **Age**     18-25 yrs     26-30yrs     31-35yrs     36-40yrs     41-45yrs     46-50yrs     51yrs+

5 **Height**     Under 5'0     5'0 - 5'4     5'5 - 5'8     5'9 - 6'0     6'1-6'4     6'5 - 6'8     6'9 plus

6 **Weight**     65-75 Kgs     76-85 Kgs     86-95 Kgs     96-105Kgs     106-115 Kgs     116-125 Kgs     125 Kgs +

7 **Training Agency** \_\_\_\_\_      6 **Certification level** \_\_\_\_\_

8 **Approximate number of dives conducted 4 weeks prior to this dive :**  
 1-3 Dives     4-6 Dives     6-10 Dives     11-15 Dives     16-20 Dives     20-30 Dives     30 plus Dives

9 **Hydration in litres per day prior to the dive**

**Hours Prior**    72hrs \_\_\_\_\_    48hrs \_\_\_\_\_    24hrs \_\_\_\_\_    2hrs \_\_\_\_\_      **During Dive**     Yes     No

10 **Food intake Prior to the Dive**

**Hours Prior**    12 hrs \_\_\_\_\_    6 hrs \_\_\_\_\_    1 hrs \_\_\_\_\_

11 **Rest prior to the Dive (i.e. Sleep)**

**Hours Prior**    48 hrs \_\_\_\_\_    24 hrs \_\_\_\_\_

12 **Exercise / Activities prior to the Dive (ranging from hard physical exercise to extended work commitments to long periods of driving)**

**Hours Prior**    48 hrs \_\_\_\_\_  
 24 hrs \_\_\_\_\_

## DIVE DETAILS

13 **Circuit**     OC     SCR     CCR      14 **Rebreather Type**     Inspiration     PRISM     Mk Series \_\_\_\_\_  
specify model  
 Evolution     Kiss     Other \_\_\_\_\_

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15 Max Dive Depth \_\_\_\_\_ Metres

16 Shallowest Deco Stop \_\_\_\_\_ Metres

17 Bottom Time \_\_\_\_\_ Minutes

17 Total Dive Time \_\_\_\_\_ Minutes

15 Gas used  Air  Nitrox  
 Oxygen  Trimix

please specify gas mix #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ #4 \_\_\_\_\_  
 please specify gas mix #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ #4 \_\_\_\_\_

18 Type of Water Fresh   
 Salt

19 Type of dive undertaken  Wreck  Cave  Deco  
 Reef  Open Ocean  Research

20 Exertion whilst on dive

**Physical**  None  Minimal  Moderate  Heavy  Very Heavy  Extreme  
**Mental**  None  Minimal  Relaxed  Uncomfortable  Stressful  Very Stressed

21 Exposure whilst on dive

Cold all dive  Cold only on Bottom  Cold on last part of deco  Warm  Unusually Hot  Extremely Hot

22 Profile Details

As Planned  Deco schedule adhered to  Deco schedule followed but diver not always at prescribed stop  Deco schedule not followed  
 Saw tooth on bottom greater than 10mtrs  Sudden Ascent from Depth  Problems with Descent  Bubble Check

23 Type of Profile Followed

RGBM  Gradient Factor  Bubble Model  VPM - ( )  Buhlmann  US Navy

24 Name of Planning Software Conservatism

V-Planner  Z-Planner  Deco Planner  Other

Other Considerations \_\_\_\_\_

25 Brand of Computer Used

VR-3  HS-Explorer  Dive-Rite NiTek  Bottom Timer  Cochrane  Aladin  
 Suunto  Other

26 Decompression Exercise

None  Casual Swimming  Relaxed with deliberate deco exercise (ie: Stretching / finning)  Strenuous (ie: continuous "hanging on" ascent line in current or large seas)  Extremely Strenuous (ie: Hanging on & swimming against current)

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## POST-DIVE DETAILS

**27 Upon Surfacing**

<input type="checkbox"/> Surface Deco done	<input type="checkbox"/> Work against Current or high Seas	<input type="checkbox"/> exited water with all equipment on	<input type="checkbox"/> exited water with partial gear on
	<input type="checkbox"/> exited water with no equipment	<input type="checkbox"/> Removal of Equipment from boat	<input type="checkbox"/>

**28 Post Dive Hydration in litres**

Hours after dive    1 hrs \_\_\_\_\_    6 hrs \_\_\_\_\_    12 hrs \_\_\_\_\_

**29 Post Dive Rest taken (ie: Sleeping)**

Hours after dive    12 hours \_\_\_\_\_    24 hrs \_\_\_\_\_    48 hrs \_\_\_\_\_

**30 Altitude reached after diving**

Hours after dive    1 hrs \_\_\_\_\_ Mtrs    6 hrs \_\_\_\_\_ Mtrs    12 hrs \_\_\_\_\_ Mtrs

**31 Post Dive Activity/Exercise**

None     Minimal     Moderate     Heavy     Extreme     Deliberate Exercise

Please Specify what kind of exertion. Consider all activities post dive (ie: heavy lifting, removal of dive gear from vessel, physical exercise, extended work commitments, long periods of driving)

\_\_\_\_\_

\_\_\_\_\_

**32 Post Dive consumption**

Alcohol Qty \_\_\_\_\_     Cigarettes Qty \_\_\_\_\_

*Please include all drugs consumed, prescribed or otherwise*

Narcotics Qty \_\_\_\_\_    Type \_\_\_\_\_

**33 Comments**

Please write a short explanation of any symptoms during or after the dive NO MATTER how small or insignificant they may seem to be. This can range from subtle aches to visual disturbances, vertigo, nausea, hearing issues etc. If a type 1 DCI hit has been experienced pls add as much detail as possible below