



The University of Maine

**Organizational Member of
The American Academy of Underwater Sciences**



**Temporary Diver/ Diver-in-Training
Written Exercise
(2012)**

This exercise satisfies the written exam requirement to begin diving at the level of Temporary Diver/ Diver-in-Training at The University of Maine. A score of 100% is required. Questions in multiple choice format may contain more than one correct answer. Choose all appropriate answers.

Name: _____

Supervisor: _____

Date: ___/___/___

Score: _____

UNIVERSITY OF MAINE
Temporary Diver /Diver-In-Training
Written Exam

1. You should equalize your ears and other air spaces while descending:
 - . a. only when you feel discomfort.
 - . b. approximately every few feet/meters, *before* you feel discomfort.

2. If you feel discomfort in your ears while descending, ascend until the discomfort is gone, attempt to equalize again and continue a slow descent if successful. Never continue a descent if you can't equalize.
 - . True . False

3. One of the most important rules of scuba diving is 'breathe continuously and never hold your breath'.
 - . True . False

4. If you feel discomfort during ascent due to air expansion in a body air space:
 - . a. slow or stop your ascent and give the trapped air time to work its way out.
 - . b. continue ascending; the air will force an escape path.

5. If you begin shivering underwater, you should:

If you begin shivering on the surface, should:

6. If you become overexerted underwater:
 - . a. stop, breathe, and rest.
 - . b. swim quickly to the surface and signal for assistance.

7. Planning a dive should include (circle all that apply):
 - . a. what to do in an emergency.
 - . b. maximum time and depth limits.
 - . c. a review of communication procedures.

8. If you and your buddy lose contact, the *general* recommendation is:
 - . a. search for no more than a minute, then reunite at the surface.
 - . b. search for no more than 15 minutes, then reunite at the surface.

9. If caught in a current and exhausted at the surface while boat diving, you should signal for assistance and establish positive buoyancy, then rest and catch your breath while waiting to get picked up.
 - . True . False

10. If you accidentally become entangled, you should:
 - . a. inflate your BCD so you pull free.
 - . b. turn and twist quickly to loosen the entanglement
 - . c. work slowly and carefully to free yourself

11. You can reduce the occurrence of underwater problems by diving within the limits of your experience and training.
 - . True . False

12. If you were to run out of air at 10 metres/35 feet and your buddy were not immediately available, your best option would be

- . a. to make a buoyant emergency ascent.
- . b. to make a controlled emergency swimming ascent.

Describe how you would conduct this type of ascent:

13. Exceeding established depth and/or time limits can produce _____ on ascent, which causes decompression sickness.

- . a. bubbles in the body tissues
- . b. blood circulation to the skin

14. Signs and symptoms of decompression sickness include (circle all that apply):

- . a. numbness and tingling
- . b. euphoria
- . c. pain, often in the joints and limbs
- . d. skin rash/ itching
- . e. extreme fatigue

15. A diver suspected of having decompression sickness should:

- . a. wait six hours before diving again.
- . b. stop diving, breathe emergency oxygen and seek emergency medical care.

16. Breathholding or air trapping on ascent can result in Arterial Gas Embolism (AGE), lung overexpansion injuries and/or other barotraumas.

True False

17. First aid procedures for decompression sickness, AGE, and lung overexpansion injuries include preventing and treating for shock, administering oxygen and if necessary, CPR.

. True . False

18. Dive tables and dive computers:

- . a. apply a mathematical model to determine theoretical dive time limits.
- . b. read the actual amount of nitrogen in your body.

19. Decompression sickness can occur on any dive, even if you follow the limits of your dive tables or computer.

True False

20. No decompression, or no stop, diving means:

- . a. you never run out of air.
- . b. that you plan dives with tables and computers so you can make a direct ascent to the surface if necessary.

21. When making a repetitive dive, it's necessary to account for excess nitrogen still in your body from the previous dive.

. True . False

22. The "formal" definition of bottom time is:

- . a. from the beginning of descent to the beginning of a direct ascent to the safety stop/surface.
- . b. from the time you reach the bottom to the time you reach the surface.

23. After a dive to 18 metres/60 feet for 30 minutes, followed by a 30 minute surface interval and a repetitive dive to 16 metres/50 feet for 28 minutes, your ending pressure group would be:

Answer: _____ Tables Used: _____

24. The maximum allowable ascent rate is _____ ft/min.
The recommended ascent rate is: _____ ft/min.

25. A safety stop is a pause at _____ for _____.
. a. 5 m/15 ft/3 or more minutes.
. b. 3 m/10 ft/ 1 minute.

26. You should make a safety stop: (circle all that apply):
. a. only if you dive to 30 metres/100 feet or deeper.
. b. if you dive in low visibility.
. c. only if your ending pressure group comes within three pressure groups of a no decompression limit.
. d. on every dive.

27. If you accidentally exceed a no decompression limit by less than five minutes:
. a. slowly ascend to 5 metres/15 feet and make an eight minute stop prior to surfacing, then discontinue diving for at least six hours.
. b. ascend directly to the surface, but don't exceed 18 metres/60 feet per minute.

28. If you accidentally exceed a no decompression limit by more than five minutes, slowly ascend to 5 metres/15 feet and make a stop prior to surfacing for no less than 15 minutes (air supply permitting), then discontinue diving for at least 24 hours.
. True . False

29. In cold water or under strenuous conditions, plan your dive as though it were:
. a. 4 m/10 ft shallower than actual.
. b. 4 m/10 ft deeper than actual.

30. While diving at the University of Maine you are responsible for your own safety and you may refuse to dive at any time for any reason. You should refuse to dive if you feel it is beyond your level of training or experience, or if the dive would violate the UMAINE diving regulations.

True False

Statement of Understanding

I have reviewed and understand any/all questions I marked incorrectly, indicating so by marking the correct answer with my initials.

Candidate Signature: _____

Date: ___/___/___