

Guidelines for Nobendem O2 Table Use

- ☯ Follow Standard USN Conventions
 - 😊 If Descent Time is LONGER than specified - ADD the excess to the actual Bottom Time
 - 😊 If Descent Time is LESS than specified - no changes
- ☯ NEVER exceed the 30 FPM rate to the first Deco stop
- ☯ Follow USN rules regarding delayed ascent time to the first deco stop (Diveman 3: 7-4.2 or DM 4: 9-6.2.1) to recalculate the required profile
- ☯ Calculate RNT in the standard fashion using the provided Repet Group Index Table 7-4
- ☯ Time at Depth STOPS when O2 Deco Starts! Match Total Dive Time to your Plan. You may breathe all the required O2 prior to ascent IF safe (depth vs O2 Tox!!)

Nobendem **Oxygen** Decompression Tables

For IO Use In Sea-Level Dry Chamber Dives

Descent Time to Bottom Depth = 1:00

SE = Safety Enhancement :: Ascent & Descent Rate = 30 FPM

D E P T H	Time At Depth	Time to 1st Stop	D Stop		Repet Group	Total Deco Time	Total Dive Time
			20	10			
3 0 F S W	30	1:00	0		B	1	32
	40	:40	2		C	3	44
	50	:40	4		C	5	56
	60	:40	7		D	8	69
	70	:40	8		D	9	80
	80	:40	10		D	11	92
	90	:40	12		E	13	104
	100	:40	15		E	16	117
	110	:40	17		E	18	129
	120	:40	19		E	20	141
S E 6 5	135	:20	1	21	E	23	159
	150	:20	1	23	F	25	176
	165	:20	2	26	**	29	195
	180	:20	2	31	**	34	215
	195	:20	3	34	**	38	234
	210	:20	4	36	**	41	252
	240	:20	6	41	**	48	289
	270	:20	7	45	**	53	324

D E P T H	Time At Depth	Time to 1st Stop	D Stop		Repet Group	Total Deco Time	Total Dive Time
			20	10			
3 0 F S W	30	1:00	0		B	1	32
	40	1:00	0		C	1	42
	50	1:00	0		D	1	52
	60	:40	2		D	3	64
	70	:40	4		E	5	76
	80	:40	5		E	6	87
	90	:40	6		E	7	98
	100	:40	7		F	8	109
	110	:40	9		F	10	121
	120	:40	11		F	12	133
S E 5 5	135	:40	14		F	15	151
	150	:40	16		G	17	168
	165	:40	18		G	19	185
	180	:40	20		G	21	202
	195	:40	22		G	23	219
	210	:40	26		G	27	238
	240	:40	32		G	33	274
	270	:40	38		**	39	310

** = Use Nobendem to Calculate Repetitive Dives - 120 min Tissue Group Method (USN) is Inadequate

Ascend to 1st Deco Stop on AIR. ALL Subsequent Deco Time on **OXYGEN** (consider O2 time & depth vs O2 Tox!)

Nobendem **Oxygen** Decompression Tables

For IO Use In Sea-Level Dry Chamber Dives

Descent Time to Bottom Depth = 1:30

SE = Safety Enhancement :: Ascent & Descent Rate = 30 FPM

D E P T H	Time At Depth	Time to 1st Stop	Deco Stops			Repet Group	Total Deco Time	Total Dive Time
			30	20	10			
4 5 F S W	10	1:30			0	A	1.5	13
	15	1:10			1	B	2.5	19
	20	1:10			2	B	3.5	25
	25	1:10			4	C	5.5	32
	30	1:10			6	C	7.5	39
	40	1:10			10	D	11.5	53
	50	:50		2	12	D	15.5	67
	60	:50		3	14	E	18.5	80
	70	:50		5	17	E	23.5	95
	80	:50		7	19	E	27.5	109
S E 6 5	90	:50		8	22	E	31.5	123
	100	:50		10	23	E	34.5	136
	110	:50		11	26	F	38.5	150
	120	:50		11	31	**	43.5	165
	130	:30	1	12	34	**	48.5	180
	140	:30	2	14	36	**	53.5	195
	150	:30	2	15	39	**	57.5	209
	160	:30	3	16	41	**	61.5	223

D E P T H	Time At Depth	Time to 1st Stop	D Stop		Repet Group	Total Deco Time	Total Dive Time
			20	10			
4 5 F S W	10	1:30		0	B	1.5	13
	15	1:30		0	B	1.5	18
	20	1:30		0	C	1.5	23
	25	1:10		1	C	2.5	29
	30	1:10		2	D	3.5	35
	40	1:10		6	D	7.5	49
	50	1:10		9	E	10.5	62
	60	1:10		12	E	13.5	75
	70	:50	1	13	F	15.5	87
	80	:50	2	16	F	19.5	101
S E 5 5	90	:50	4	18	F	23.5	115
	100	:50	5	20	G	26.5	128
	110	:50	6	22	G	29.5	141
	120	:50	7	24	G	32.5	154
	135	:50	8	27	G	36.5	173
	150	:50	10	32	G	43.5	195
	165	:50	13	35	G	49.5	216
	180	:50	15	38	G	54.5	236

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Ascend to 1st Deco Stop on AIR. ALL Subsequent Deco Time on **OXYGEN** (consider O2 time & depth vs O2 Tox!)

Nobendem **Oxygen** Decompression Tables

For IO Use In Sea-Level Dry Chamber Dives

Descent Time to Bottom Depth = 2:00

SE = Safety Enhancement :: Ascent & Descent Rate = 30 FPM

D E P T H	Time At Depth	Time to 1st Stop	Deco Stops				Repet Group	Total Deco Time	Total Dive Time
			40	30	20	10			
6 0 F S W	5	1:40				1	A	3	10
	10	1:40				2	B	4	16
	15	1:20			1	2	B	5	22
	20	1:20			1	5	C	8	30
	25	1:20			2	7	C	11	38
	30	1:20			3	9	D	14	46
	35	1:20			4	11	D	17	54
	40	1:20			5	13	D	20	62
	50	1:00		1	7	16	E	26	78
	60	1:00		2	9	19	E	32	94
S E 6 5	70	1:00		3	11	22	E	38	110
	80	1:00		5	11	25	E	43	125
	90	1:00		7	11	30	E	50	142
	100	1:00		8	13	34	E	57	159
	110	1:00		9	16	37	E	64	176
	120	:40	1	9	18	40	E	70	192
	135	:40	2	9	21	45	E	79	216
	150	:40	3	10	22	50	**	87	239

D E P T H	Time At Depth	Time to 1st Stop	Deco Stops			Repet Group	Total Deco Time	Total Dive Time
			30	20	10			
6 0 F S W	5	2:00			0	A	2	9
	10	1:40			1	B	3	15
	15	1:40			1	C	3	20
	20	1:40			3	C	5	27
	25	1:40			5	D	7	34
	30	1:20		1	7	D	10	42
	35	1:20		1	9	E	12	49
	40	1:20		2	11	E	15	57
	50	1:20		4	13	F	19	71
	60	1:20		7	15	F	24	86
S E 5 5	70	1:20		9	19	F	30	102
	80	1:00	1	10	21	G	34	116
	90	1:00	2	11	24	G	39	131
	100	1:00	4	11	26	G	43	145
	110	1:00	5	12	30	G	49	161
	120	1:00	6	14	33	G	55	177
	135	1:00	7	17	38	G	64	201
	150	1:00	8	20	42	**	72	224

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Ascend to 1st Deco Stop on AIR. ALL Subsequent Deco Time on OXYGEN (consider O2 time & depth vs O2 Tox!)

Nobendem **Oxygen** Decompression Tables

For IO Use In Sea-Level Dry Chamber Dives

Descent Time to Bottom Depth = 5:30

SE = Safety Enhancement :: Ascent & Descent Rate = 30 FPM

D E P T H	Time At Depth	Time to 1st Stop	Deco Stops			Repet Group	Total Deco Time	Total Dive Time	
			60* 40	20	10				
1 6 5 F S W S E 6 5	1	4:10	1	1	3	B	10.5	17	
	2	4:10	1	2	4	B	12.5	20	
	3	4:10	2	2	4	C	13.5	22	
	4	4:10	2	2	7	C	16.5	26	
	5	4:10	3	2	8	C	18.5	29	
	6	3:30	1	2	3	9	C	20.5	32
	7	3:30	1	3	3	10	C	22.5	35
	8	3:30	1	3	4	11	D	24.5	38
	9	3:30	1	4	4	11	D	25.5	40
	10	3:30	2	3	5	12	D	27.5	43
	11	3:30	3	4	5	13	D	29.5	46
	12	3:30	2	5	5	14	D	31.5	49
	13	3:30	3	5	6	13	D	32.5	51
	14	3:30	3	6	6	15	D	35.5	55
	16	3:30	4	6	8	16	E	39.5	61
	18	3:20*	4*	7	9	18	E	43.5	67
	20	3:20*	4*	8	11	20	E	48.5	74
	* 65 FSW								

D E P T H	Time At Depth	Time to 1st Stop	Deco Stops				Repet Group	Total Deco Time	Total Dive Time
			60	40	20	10			
1 6 5 F S W S E 5 5	1	4:50			1	2	C	8.5	15
	2	4:50			1	3	C	9.5	20
	3	4:50			2	4	C	11.5	20
	4	4:10	1	2	4		C	12.5	22
	5	4:10	1	2	4		D	13.5	24
	6	4:10	2	2	6		D	15.5	27
	7	4:10	3	2	8		D	18.5	31
	8	4:10	3	3	9		D	20.5	34
	9	4:10	3	4	9		D	21.5	36
	10	4:10	4	4	10		E	23.5	39
	11	4:10	4	5	11		E	25.5	42
	12	3:30	1	3	5	12	E	26.5	44
	13	3:30	1	4	5	12	E	27.5	46
	14	3:30	1	5	5	13	E	29.5	49
	16	3:30	2	5	7	13	F	32.5	54
	18	3:30	2	6	8	14	F	35.5	59
	20	3:30	3	7	9	16	F	40.5	66
	22	3:30	3	8	10	17	F	43.5	71

** = Use Nobendem to Calculate Repetitive Dives - 120 min Tissue Group Method (USN) is Inadequate

Ascend to 1st Deco Stop on AIR. ALL Subsequent Deco Time on **OXYGEN** (consider O2 time & depth vs O2 Tox!)

TABLE 7-3
REPETITIVE-GROUP DESIGNATIONS FOR NO-DECOMPRESSION DIVES.

TABLE 7-4
RESIDUAL NITROGEN TIMETABLE
FOR REPETITIVE AIR DIVES

DEPTH (FEET)	10	15	20	25	30	35	40	50	60	70	80	90	100	110	120	130	140		
TOTAL	60	35	25	20	15	5	5	--	--	--	--	--	--	--	--	--	--	A	0:10 12:00
	120	70	50	35	30	15	15	10	10	5	5	5	5	--	--	--	--	B	0:10 3:20
	210	110	75	55	45	25	25	15	15	10	10	10	7	5	5	5	5	C	0:10 1:39
	300	160	100	75	60	40	30	25	20	15	15	12	10	10	10	8	7	D	0:10 1:09
BOTTOM	225	135	100	75	50	40	30	25	20	15	15	15	13	12	10	10	10	E	0:10 0:55
	350	180	125	95	60	50	40	30	30	20	25	20	20	15	15	15	15	F	0:10 0:45
	240	160	120	80	70	50	40	35	30	25	22	20	20	15	15	15	15	G	0:10 0:40
	325	195	145	100	80	60	50	40	35	30	25	25	20	15	15	15	15	H	0:10 0:36
TIME	245	170	120	100	70	55	45	40	40	35	30	25	25	20	15	15	15	I	0:10 0:33
	315	205	140	110	80	60	50	50	40	35	30	25	25	20	15	15	15	J	0:10 0:31
TBT	250	160	130	90	80	60	50	50	40	35	30	25	25	20	15	15	15	K	0:10 0:28
	310	190	150	100	80	60	50	50	40	35	30	25	25	20	15	15	15	L	0:10 0:26
	220	170	130	90	80	60	50	50	40	35	30	25	25	20	15	15	15	M	0:10 0:25
	270	200	150	100	80	60	50	50	40	35	30	25	25	20	15	15	15	N	0:10 0:24
	310	200	150	100	80	60	50	50	40	35	30	25	25	20	15	15	15	O	0:10 0:23

NOTES:

TABLE 7-3

USE THE ACTUAL OR NEXT GREATER DEPTH THAN THE DEPTH OF DIVE, FOLLOW THE ROW DOWN TO THE ACTUAL OR NEXT GREATER THAN ACTUAL TOTAL BOTTOM TIME, THEN FOLLOW THAT ROW TO THE RIGHT FOR THE REPET GROUP DESIGNATION

TABLE 7-4 (Updated per NEDU Report 13-83)

READ ACROSS, HORIZONTALLY TO SURFACE INTERVAL, READ DOWNWARD TO THE NEW GROUP DESIGNATION, CONTINUE DOWNWARD TO THE REPETITIVE DIVE DEPTH. THE NUMBER AT THE INTERSECTION IS THE RNT

IF THE SURFACE INTERVAL IS LESS THAN 10 MIN. USE THE TBT OF THE PREVIOUS DIVE FOR THE RNT

USE EXACT DEPTH, **ROUND DEEPER** TO NEAREST DEPTH IF EXACT DEPTH NOT LISTED (if exact depth is 63 round deeper to 70)

NEW GROUP
DESIGNATION

REPETITIVE
DIVE DEPTHS

	40	241	213	187	161	138	116	101	87	73	61	49	37	25	17	7
50	160	142	124	111	99	87	76	68	56	47	38	29	21	13	6	
60	117	107	97	88	79	70	61	52	44	36	30	24	17	11	5	
70	96	87	80	72	64	57	50	43	37	31	26	20	15	9	4	
80	80	73	68	61	54	48	43	38	32	28	23	18	13	8	4	
90	70	64	58	53	47	43	38	33	28	24	20	16	11	7	3	
100	62	57	52	48	43	38	34	30	26	22	18	14	10	7	3	
110	55	51	47	42	38	34	31	27	24	20	16	13	10	6	3	
120	50	46	43	39	35	32	28	25	21	18	15	12	9	6	3	
130	44	40	38	35	31	28	25	22	19	16	13	11	8	6	3	
140	40	38	36	32	29	26	23	20	18	15	12	10	7	5	2	
150	38	35	32	30	27	24	22	19	17	14	12	9	7	5	2	
160	36	33	31	28	26	23	20	18	16	13	11	9	6	4	2	
170	34	31	29	26	24	22	19	17	15	13	10	8	6	4	2	
180	31	29	27	25	22	20	18	16	14	12	10	8	6	4	2	
190	30	28	26	24	21	19	17	15	13	11	10	8	6	4	2	