

**1. ACRONYMS AND ABBREVIATIONS****A**

AAS	Alternative Air Source	AND	Advanced Nitrox Diver
ABC	Airway, Breathing, Circulation (casualty assessment)	ANDI	American Nitrox Divers International
ACI	Assistant Club Instructor (BSAC)	AP	Ambient Pressure
AD	Advanced Diver (BSAC)	AR	Ascent Rate
AED	Automatic Emergency Defibrillator	ATA	Atmospheres Absolute
AGE	Arterial gas embolism	ATM	Atmosphere
AI	Advanced Instructor (BSAC)	AV	Artificial Ventilation
AIC	Advanced Instructor Course (BSAC)	AVPU	Alert, Voice, Pain, Unresponsive (simplified consciousness assessment)
AIE	Advanced Instructor Exam (BSAC)		

B

BA	Breathing Apparatus	BP	Blood Pressure
BAR	Buoyancy, Air, Releases (BSAC)	BPM	Beats Per Minute (heart/pulse rate)
BC	Buoyancy Control	BS	British Standard
BCD	Buoyancy Control Device	BSI	British Standards Institute
BDO	Branch Diving Officer	BSAC	British Sub Aqua Club
BH	Boat Handling (BSAC)	BT	Bottom Time
BLS	Basic Life Support		

C

CAGE	Cerebral Arterial Gas Embolism	CI	Club Instructor (BSAC)
CBL	Controlled Buoyant Lift	CMAS	Confederation Mondiale des Activités Subaquatiques (World Underwater Federation)
CC	Cardiac Compressions	CNS	Central Nervous System
CCCM	Closed Chest Cardiac Massage.... superceded by ECM, and eventually CC	CO	Carbon Monoxide
CCR	Closed Circuit Rebreather	CO2	Carbon Dioxide
CD	Club Diver (BSAC)	CPF	Chartwork & Position Fixing
CEDIP	European Committee of Professional Diving Instructors	CPR	Cardio Pulmonary Resuscitation
CEN	Comité Européenne de Normalization (The European Committee for Standardisation)	CTC	Current Tissue Code
CESA	Controlled Emergency Swimming Ascent		

D

DAN	Diver's Alert Network	DM	Dive Marshal/Manager (BSAC)
DCI / DCS	Decompression Illness	DO	Diving Officer
DCC	Decompression Computer	DPM	Dive Planning & Marshalling
DCS	Dive Control Specialist (SSI)	DPV	Diver Propulsion Vehicle



ACRONYMS AND ABBREVIATIONS

DDC	Deck Decompression Chamber (offshore professional diving)	Dr ABC	Danger, Response, Airway, Breathing, Circulation (casualty assessment)
DDRC	Diving Diseases Research Centre	DSMB	Delayed Surface Marker Buoy
DER	Depth Experience Record	DT	Dive Time
DL	Dive Leader (BSAC)	DV	Demand Valve
E			
EAD	Equivalent Air Depth, or Effective Air Depth	END	Equivalent Narcotic Depth
EAR	Expired Air Resuscitation.... superceded by AV	EO	Equipment Officer
EANx	Enriched Air Nitrox	EPIRB	Emergency Position Indicating Radio Beacon
ECM	External Cardiac Massage (term superceded by CC)	ERD	Extended Range Diver (BSAC)
F			
FAD	First Aid for Divers	FCD	Freeflow Control Device
FCD	First Class Diver (BSAC)	FEV(1)	Forced Expiratory Volume (in one second)
G			
GMDSS	Global Maritime Distress and Safety System	GPS	Global Positioning System
H			
H	Hydrogen	HID	High Intensity Discharge
HE	Helium		
I			
IFC	Instructor Foundation Course	ITS	Instructor Training Scheme (BSAC)
ISO	International Standards Organisation	ITW	Instructor Training Workshop (BSAC)
ITC	Instructor Training Course (BSAC)		
K			
KISS	Keep It Simple, Stupid!		
M			
MCQ	Multiple Choice Questionnaire (also known as Multiple Choice Paper)	MFS	Mask Fin Snorkel
MOD	Maximum Operating Depth		
N			
N2	Nitrogen	NO	Nitrox
NDL	No-Decompression-Limit	NOAA	National Oceanographic and Atmospheric Administration
NE	Neon	NQI	Nationally Qualified Instructor



ACRONYMS AND ABBREVIATIONS

NI National Instructor (BSAC)

NN Nitrogen Narcosis

O

O2 Oxygen

OA/O2A Oxygen Administration

OAC Oxygen Administration Course

OD Ocean Diver (BSAC)

OMS Ocean Management Systems

OPV Over Pressure Valve

OT Oxygen Toxicity

OWI Open Water Instructor (BSAC)

OWIC Open Water Instructor Course (BSAC)

P

PADI Professional Association of Diving Instructors

PAD Public Access Defibrillator (American term for AED)

PNR Passenger Name Record

PP Partial Pressure

PPP Planning Preparation Presentation

PPPPPP Perfect Planning Prevents Piss Poor Performance

PRM Practical Rescue Management (BSAC)

PSI Pounds per Square Inch

Q

QA Quality Assurance

QRB Qualification Record Book

R

RA Rescue Assessment

RAC Rebreather Awareness Course

RB Rescue Breathing

REAP Review Encourage Assess Plan

REG Regulator

RFA Rescue First Aid

RIB / RhIB Rigid hulled Inflatable Boat

RMV Respiratory Minute Volume

RNT Residual Nitrogen Time

ROV Remotely Operated Vehicle

S

SAA Sub Aqua Association

SALT Statement of Alternative Level Training

SAR Search and Rescue

SC Surfacing Code

SCR Semi-closed Circuit Rebreather

SCUBA Self Contained Underwater Breathing Apparatus

SEEDS Safety Equipment Exercise Discipline Signals

SD Sports Diver (BSAC)

SDC Skill Development Course (BSAC)

SI Surface Interval

SLJ Surface Life Jacke

SMB Surface Marker Buoy

SNK Snorkel

SOLAS Safety of Life at Sea (int. maritim norm/convention)

SPG Submersible Pressure Gauge

SR Search & Recovery

SWA Sheltered Water Assessment

SWP Safe Working Pressure

T

TBT Total Bottom Time

TD Technical Diver

TO Training Officer

TP Test Pressure



ACRONYMS AND ABBREVIATIONS

TLA	Three Letter Acronym	TPR	Transportable Pressure Receptacle
TLC	Tender Loving Care	TSM	Technical Support Manager
U			
UPTD	Unit Pulmonary Toxic Dose	UBA	Underwater Breathing Apparatus
V			
V	Visual (Inspection of air cylinder for test purposes)	VVDS	Variable Volume Drysuit
VIS	Visibility		
W			
WB	Weightbelt	WP	Water Pressure, also Working Pressure
WC	Water Capacity		



2. TERMS AND EXPRESSIONS

Alpha (A) Flag	International maritime signal flag. It signifies to boats that divers are in the water.
Alternate Air Source	A device that can be used when the primary regulator fails, in order to reach the surface safely while breathing normally.
Ambient Light	Natural light at depth.
Ambient Pressure	The absolute pressure at a certain depth, composed from the water pressure and the weight of the atmosphere.
Apnoe	Apnoe is diving without technical equipment (free diving).
Arterial Gas Embolism	Air bubbles from a ruptured lung enter the pulmonary circulation and travel from there to the arterial circulation. This can cause a stroke.
Atmospheric Pressure	The weight of the atmosphere is the pressure of the air around us. At sea level, this is about 14.7 pounds of pressure per square inch, or 1 bar.
Barotrauma	Unequal pressure between the ambient pressure and cavities within the body (e.g. sinuses), the inside of the mask or the inside of a dry suit can lead to injury. Types of injury include skin haematomas, torn ear drum, pneumothorax, blood filled sinuses and others.
Bow	The front of a boat.
Buddy	Scuba diving is not a sport for loners, as divers should always be with a buddy. From checking each other's gear before the dive, sharing the experience, to helping in an emergency, a competent buddy is an important part of safe scuba diving.
Buoyancy	Objects put in liquids displace part of the liquid. If the weight of the displaced liquid is less than the weight of the object, the object has negative buoyancy - it sinks. If the weight of the displaced liquid is more than the weight of the object, the object has positive buoyancy - it floats or rises to the surface when underwater. The mastering of buoyancy control is a key skill for good scuba diving.
C-card	Certification card, proof that the diver has attained a certain standard of diving within one of the scuba organisations.
Capillary Depth Gauge	Using Boyle's law, a small tube in the depth gauges is used to determine depth.
Chokes	Shortness of breath caused by bubbles entering the lungs and interfering with the gas exchange; can lead to death.
Deco-Dive	A dive exceeding the no-decompression limits. Decompression stops for the purpose of nitrogen off-gassing are mandatory.
Deco-mix	A breathing gas for the express purpose of aiding nitrogen off-gassing during decompression stops, therefore containing a very high percentage of or 100 percent oxygen.
Decompression Stop	When diving outside the no-decompression limits (i.e. during a deco-dive) a specified amount of time must be spent at certain specific depths, for the purpose of nitrogen off-gassing.
Dehydration	The excessive loss of fluids from the body.
Depth Gauge	A device that indicates the depth of a diver, by measuring the water pressure.
DIN-Valve	Tank valve corresponding to the DIN (German Institute for Norms) norm. Normal valve for air scuba tanks in Germany, popular in Europe and world wide with tek divers. The regulator screws into the tank valve, ensuring a tight and safe fit.
Dive Table	A card with a matrix containing different depths, (no-decompression-)time at those depths and, where necessary, depth and length of decompression stops during ascent. Dive tables are used to plan a dive in such a way that the diver avoids contracting DCI.



ACRONYMS AND ABBREVIATIONS

Dry suit	<p>An air-tight garment that completely covers the diver's body, apart from the head and the hands. Instead of the layer of water between body and wet-suit, air or another suitable gas, like Argon, provides insulation. Dry suits have an air-tight zipper and seals (normally made of latex) around the neck and wrists. Special dry suit gloves are available, so only the head gets wet. Dry suits come in different varieties, the most popular being those made of neoprene or trilaminate. Divers using the latter need extra undergarments for added insulation.</p> <p>Dry suits are the best choice for diving in cold water (below 10 degrees Celsius)</p>
Epilimnion	<p>The layer of warmer water above a thermocline.</p>
Equalization	<p>The process of restoring the pressure in cavities (such as sinuses and middle ear) and in the mask to ambient pressure.</p> <p>When descending, the equalization of the middle ear is most easily achieved by closing your nostrils with your fingers and blowing through the blocked nose. The built up pressure opens the Eustachian tubes to the middle ear, thus making equalization possible. Equalization should be started early on during the descent, not just when you feel pain!</p> <p>Equalization when ascending should happen automatically, although this might not be possible when the tubes are swollen (e.g. if you have a cold). Vertigo and/or a torn ear drum (tympanic membrane) can be the result. It is therefore not advisable to dive if you have a cold.</p>
Exposure Suit	<p>Any suit worn by a diver in order to prevent excessive loss of body heat. Can be divided into wet suits, semi-dry suits and dry-suits.</p>
First Stage	<p>The part of the regulator which gets connected to the scuba tank valve. It reduces the tank pressure to about 9-11 bar over ambient pressure (depending on regulator).</p>
Free diving	<p>Another term for Apnoe diving, i.e. diving without scuba equipment.</p>
Giant Stride	<p>One of the ways to enter the water in full gear. Standing at the edge of a boat's dive platform or a dock, you take a step forward into the water.</p>
Halocline	<p>An intersection between layers of fluids of different densities, the most relevant for divers being the intersection of fresh and sea water.</p>
HBO Chambers	<p>Hyperbaric Oxygen Chambers - used to treat decompression sickness by recompressing the injured diver and then slowly decompressing him. Often this entails using 100 percent oxygen over a period of time.</p>
Heliox	<p>Breathing gas mixture containing helium and oxygen. Used for deep dives, as the helium substitutes the nitrogen, thus reducing the danger of nitrogen narcosis. For dives deeper than 60m the percentage of oxygen is reduced to avoid oxygen toxicity (hypoxic heliox). At great depths (equals high partial pressure of helium) there is a risk of HPNS.</p> <p>Sport divers often prefer trimix over heliox due to the lower costs of Trimix.</p>
High Pressure Hose	<p>Connects the first stage with the pressure gauge.</p>
High Pressure Nervous Syndrome	<p>Effect on the nervous system due to high gas pressure at depth, especially connected to helium. Can lead to involuntary muscle movements, convulsions and seizures.</p>
Hydrostatic testing	<p>Hydrostatic testing is used to check the tank's structural integrity</p>
Hypertermia	<p>The temperature of the body is higher than normal. Can occur through overheating in a wet suit when waiting in the sun while others are still getting dressed.</p>
Hypertonic	<p>A liquid solution with more salt content than blood.</p>
Hyperventilation	<p>Rapid and very shallow breathing. Lowers the level of CO₂ in the blood which regulates the breathing impulse. Can lead to blackout.</p>
Hypolimnion	<p>The layer of colder water below a thermocline.</p>
Hypothermia	<p>The temperature of the body is lower than normal. Leads to severe problems if it drops to 35°C (95°F) and to death when the temperature is even lower for some time.</p>
Hypotonic	<p>A liquid solution with less salt content than blood</p>
Hypoxemia	<p>The level of oxygen in the blood is insufficient.</p>



ACRONYMS AND ABBREVIATIONS

In-gassing	With increasing pressure more gas is dissolved into a liquid, until the liquid is saturated (i.e. the amount of gas dissolving into and leaving the liquid is equal).
Live Aboard	A dive boat that offers sleeping and eating accommodation. The advantage of live aboards is the ability to get to dive spots that can't be reached by day trips.
Low pressure Hose	Connects the first stage to the 2nd stage or inflator.
Nitrox	Any mixture of nitrogen and oxygen that contains more than the 21 percent oxygen found in ordinary air. Popular nitrox blends: 32, 36 and 40 (meaning they contain 32 percent, 36 percent and 40 percent O ₂). Other terms are: Enriched Air, Safe Air
No Fly Time	Amount of time which should pass before a diver flies in a plane. Normally around 24h. This is done to avoid DCI.
Off-gassing (Out-gassing)	With decreasing pressure less gas is dissolved into a liquid than is given off, until the amount of gas dissolving into and leaving the liquid is equal.
Pony Bottle	A small extra tank, often strapped to the main tank. It has its own regulator with first and second stages and is used as an alternate air source in case of emergencies. Very popular in Britain, In Germany the system of having a single tank with two independent regulators is more wide-spread.
Port	Left side of a boat when facing the front of the boat (bow).
Pressure Gauge	Device monitoring the amount of air left in the diver's tank. It is attached to the high pressure port of the regulator's first stage.
Quick Releases	The main buckles on the BCD and weight belt are normally quick releases, i.e. they can be opened quickly in case of emergency to ditch the BCD or weight belt.
Rebreather	Also called Closed Circuit Rebreather (CCR) - a type of scuba equipment which re-uses the exhaled air by removing CO ₂ and adding O ₂ . A CCS produces no bubbles and is noiseless, which make it an invaluable piece of equipment for naval divers.
Repetitive Dive	Dive after a previous one, where the surface interval was not sufficient to reduce the residual nitrogen levels back to normal sea level status.
Reverse Squeeze	When enclosed spaces in the body (e.g. sinuses, middle ear) are blocked, this leads to pain and injury during ascent.
Safety Stop	Even when diving within the no-decompression limits, a safety stop at 3-5 metres for about 3 minutes is recommended for the purpose of nitrogen off-gassing.
Semi-Closed Rebreather	A type of scuba equipment which re-uses most of the air exhaled by the diver, removing surplus CO ₂ and adding oxygen. As opposed to a Closed Circuit Rebreather, it gives off some bubbles.
Second Stage	The part of the regulator put into the mouth to breathe through. The second stage reduces the pressure coming from the first stage (at around 10 bar over ambient pressure) to the ambient pressure.
Single Dive	A dive where the nitrogen levels of all tissues are back to normal sea level status. Normally any dive with a previous surface interval of 12 - 24 hours and more.
Snorkel	A tube with a mouthpiece, supplying the diver with air. The diameter should not exceed 25mm for adults and 15mm for children. The length should not exceed 35cm.
Squeeze	Feeling of discomfort or pain caused by a drop in pressure in an enclosed space (sinuses, inside of the mask, inside of a dry suit) when not properly equalized.
Stage Bottle	An extra bottle carried by the diver or deposited at a certain depth. The breathing gas contained in stages is very often a deco-mix.



ACRONYMS AND ABBREVIATIONS

Starboard	Right side of a boat when facing the front of the boat (bow).
Stern	The rear of a boat.
Surface Interval	Length of time spent on the surface between two dives.
Thermocline	An intersection between a cold and a warm layer of water, normally with a distinct difference in temperature.
Trimix	Breathing gas mixture containing helium, nitrogen and oxygen. Used for deep dives, as the helium substitutes some of the nitrogen, thus reducing the danger of nitrogen narcosis (normoxic trimix). For very deep dives the percentage of oxygen is also reduced to avoid oxygen toxicity (hypoxic trimix). More popular than Heliox, as less of the (expensive) helium is used.
Tympanic Membrane	Medical term for ear drum.
Weights	On the surface a diver in a wet suit is very likely to be buoyant. Lead weights help to overcome this positive buoyancy and make you sink. In combination with a BCD-jacket they help the diver to control buoyancy during every stage of the dive.
Wet Suit	A suit (normally) made from neoprene that provides thermal protection in or under water. A layer of water is trapped between the diver's skin and the suit, acting as an additional insulation layer.
Y Valve	A tank valve with two outlets, so that two independent regulators can be attached to one bottle. Since the air supply can be cut off for each outlet, the freezing of one regulator doesn't lead to a complete air loss.