

Aging Diver - The quiz!



1.

Which of the following are typical age-related limitations?

- A. Reduced physical fitness
- B. Altered lung function
- C. Reduced cold resistance
- D. A & C
- E. All of the above

2.

Older divers are more prone to take (permanent) medications. Physicians will prescribe only medications compatible with diving to divers.

- A. True
- B. False

3.

Immersion effects, such as blood shift to the body core, constriction of blood vessels and increase of urine excretion are especially risky for the cardiovascular system of older divers.

- A. True
- B. False

4.

Due to the depth-dependent increased breathing gas density, changes in the respiratory mechanics will allow for already existing health restrictions of the respiratory organs to manifest themselves suddenly.

- A. True
- B. False

5.

Which of the following is good safety advice for diving at an advanced age?

- A. Expand your safety margins, by diving shorter and shallower, reduce repetitive dives, respecting safety stops and use slow ascent rates
- B. Avoid jumping into the water

C. All of the above

6.

At what age should you reduce diving?

A. 40

B. 55

C. 65

D. 75

E. None of the above

7.

Should older divers dive more conservatively?

A. Yes

B. No

8.

Is there a greater risk of cardiovascular problems in older divers?

A. Yes

B. No

9.

Should I stop going diving at a certain age?

A. Yes

B. No

10.

The diving experience of older divers will compensate for any physical limitations?

A. Yes

B. No