

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
 - None ☒
2.
Older divers are more prone to take (permanent) medications. Physicians will prescribe only medications compatible with diving to divers.
 - ☐ A. True
 - ☐ B. False
 - None ☒
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
 - None ☒
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
 - None ☒
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

None ☒

6.

At what age should you reduce diving?

- ☐ A. 40
- ☐ B. 55
- ☐ C. 65
- ☐ D. 75
- ☐ E. None of the above

None ☒

7.

Should older divers dive more conservatively?

- ☐ A. Yes
- ☐ B. No

None ☒

8.

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

- ☐ A. Yes
- ☐ B. No

None ☒

9.

Should I stop going diving at a certain age?

- ☐ A. Yes
- ☐ B. No

None ☒

10.

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

- ☐ A. Yes
- ☐ B. No

None ☒