

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

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2.

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

- ☐ A. True
- ☐ B. False

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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

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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

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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

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6.

At what age should you reduce diving?

☐ A. 40

☐ B. 55

☐ C. 65

☐ D. 75

☐ E. None of the above

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7.

Should older divers dive more conservatively?

☐ A. Yes

☐ B. No

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8.

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

☐ A. Yes

☐ B. No

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9.

Should I stop going diving at a certain age?

☐ A. Yes

☐ B. No

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10.

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

☐ A. Yes

☐ B. No

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