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 ⦿