

# More Water, Less Bubbles



1.  
True or False: Dehydration occurs when your body loses more fluid than is taken in and is a contributing factor for Decompression Sickness  
  - ☐ A. True
  - ☐ B. False
  - ☒
2.  
What makes you dehydrate faster during a flight in an airplane?  
  - ☐ A. The dry air in the cabin
  - ☐ B. The gravity which pulls fluid to your feet, dehydrating the rest of your body
  - ☐ C. The speed of the airplane
  - ☐ D. You do not dehydrate faster during a flight
  - ☒
3.  
Drinks containing caffeine, like coffee and Coke are diuretics. Consuming these will result in:  
  - ☐ A. Hydrating your body faster
  - ☐ B. Dehydrating your body faster
  - ☐ C. Keeping a constant level of hydration
  - ☒
4.  
Which of the following are contributing factors to dehydration?  
  - ☐ A. Breathing compressed air
  - ☐ B. Alcohol
  - ☐ C. Diarrhoea
  - ☐ D. A and B
  - ☐ E. B and C
  - ☐ F. All of the above
  - ☒
5.  
What is meant with Immersion diuresis?  
  - ☐ A. Drinking water during (long, technical) dives

- ☐ B. Increased urine production during the dive
- ☐ C. Consumption of drinks containing caffeine and their effect on diving

Ⓐ

6.

True or False: when salty water dries on your skin, it leaves crystals behind, this will take the moisture out of the skin, increasing dehydration further.

- ☐ A. True
- ☐ B. False

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7.

Which of the following is NOT a sign or symptom of dehydration?

- ☐ A. Dry or sticky mouth
- ☐ B. Headache
- ☐ C. Muscle Cramps
- ☐ D. Sweating
- ☐ E. Dizziness

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8.

Dark coloured urine normally means...

- ☐ A. You are dehydrated
- ☐ B. You are well hydrated
- ☐ C. Nothing. It has nothing to do with hydration

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9.

What can be done to prevent dehydration?

- ☐ A. Keep your dive suit off until right before the dive
- ☐ B. Protect yourself from too much sun
- ☐ C. Avoid or moderate alcohol consumption
- ☐ D. Rinse yourself with fresh water after every dive
- ☐ E. A and B
- ☐ F. All the above

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10.

True or False: when drinking water, it is recommended to drink a glass of water every 15-20 minutes instead of drinking a litre of water at once just before or after a dive.

- ☐ A. True
- ☐ B. False

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