

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
- None

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
- None

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
- None

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
- None

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

None

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

None

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

None

8.

Dark coloured urine normally means...

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

None

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

None

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

None