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 ◉