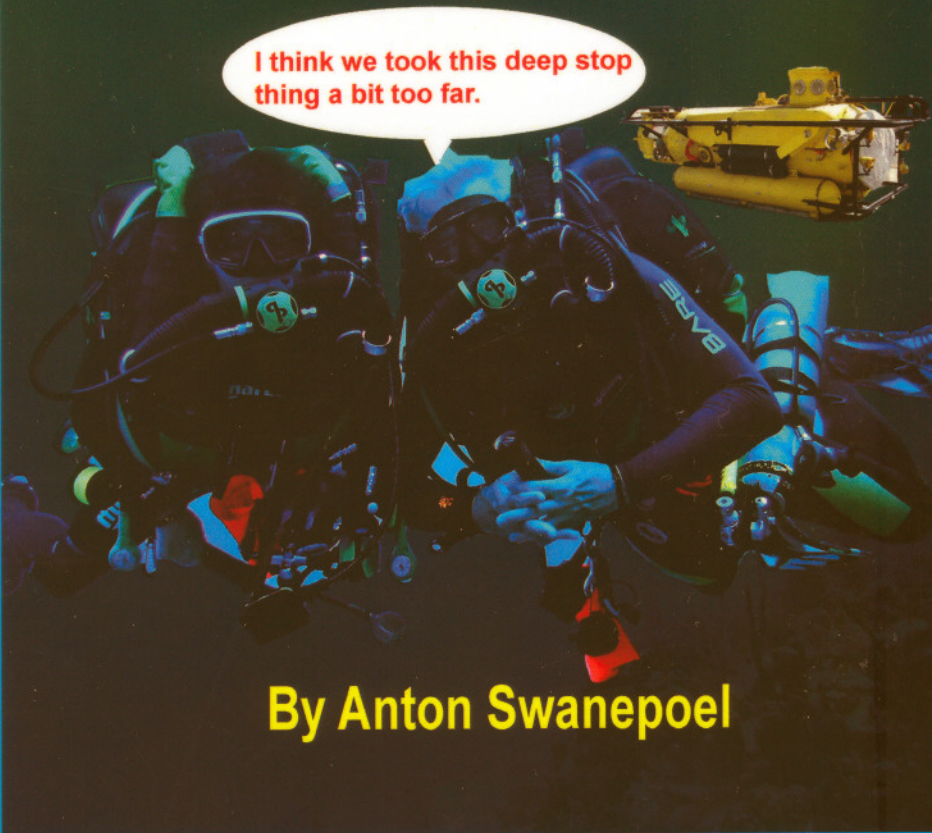


Anton Swanepoel 

Deep and Safety Stops, including  
Ascent Speed and Gradient Factors

# Deep and Safety Stops, including Ascent Speed and Gradient Factors



By Anton Swanepoel

*Finding the real reason for stops,  
and their effects on DCS risk*



## Deep and Safety Stops, including Ascent Speed and Gradient Factors

There are probably as many ways to calculate and execute “Deep Stops” as there are ways to calculate decompression.

This book looks at the research done and current understandings of Deep Stops, both for and against Deep Stops. The book’s aim is not to advocate or discredit the use of Deep Stops, but rather to be neutral and provide the reader with the most up to date knowledge, research and methods used by various groups, from military to recreational diving. The reader is shown the risks of both incorporating Deep Stops or not into their dive profile and it is up to the reader to decide if using Deep Stops is of any benefit, in addition to how if the user will calculate and execute those stops.

This book also looks at safety stops, ascent speed, descent speed, oxygen window, and Gradient Factors and how they affect your decompression schedule.

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### *About the Author*

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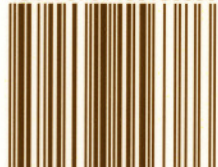


*Anton Swanepoel is a diving instructor for IANTD, TDI, NAUI, and PADI. He is a Tri-Mix instructor and a Tri-Mix gas blender instructor. He has a passion for wreck, cave and deep diving.*

*Although he dives both CCR and OC, his passion is in OC. Working as a technical instructor in a busy dive center in the Caribbean, he gets to live his passion. He has dove OC in excess of 400 ft and loves to share his passion with all.*

*Anton loves to research topics of interest to him and write about it. Due to deep stops and gradient factors playing such a large part in deep diving yet mostly not understood by many divers, he decided to research deeper into the subject.*

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