

Safety Stop Demonstration

- A PADI Scuba Safety Stop is a safety procedure where divers pause at 5 meters (15 feet) for three to five minutes at the end of a dive to allow excess dissolved nitrogen to safely off-gas from their body tissues, reducing the risk of decompression sickness.
- This recommended practice involves maintaining proper depth with good buoyancy control, signaling to dive buddies, and being aware of the surroundings.