What is NDL?

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What is NDL?

- A No Decompression Limit (NDL) is the time interval that a diver may *theoretically* spend at a given depth without having to perform any decompression stops while surfacing.
- Also known as a No Stop Limit or No Stop Time.
- All recreational sport dives are dives within the NDL.

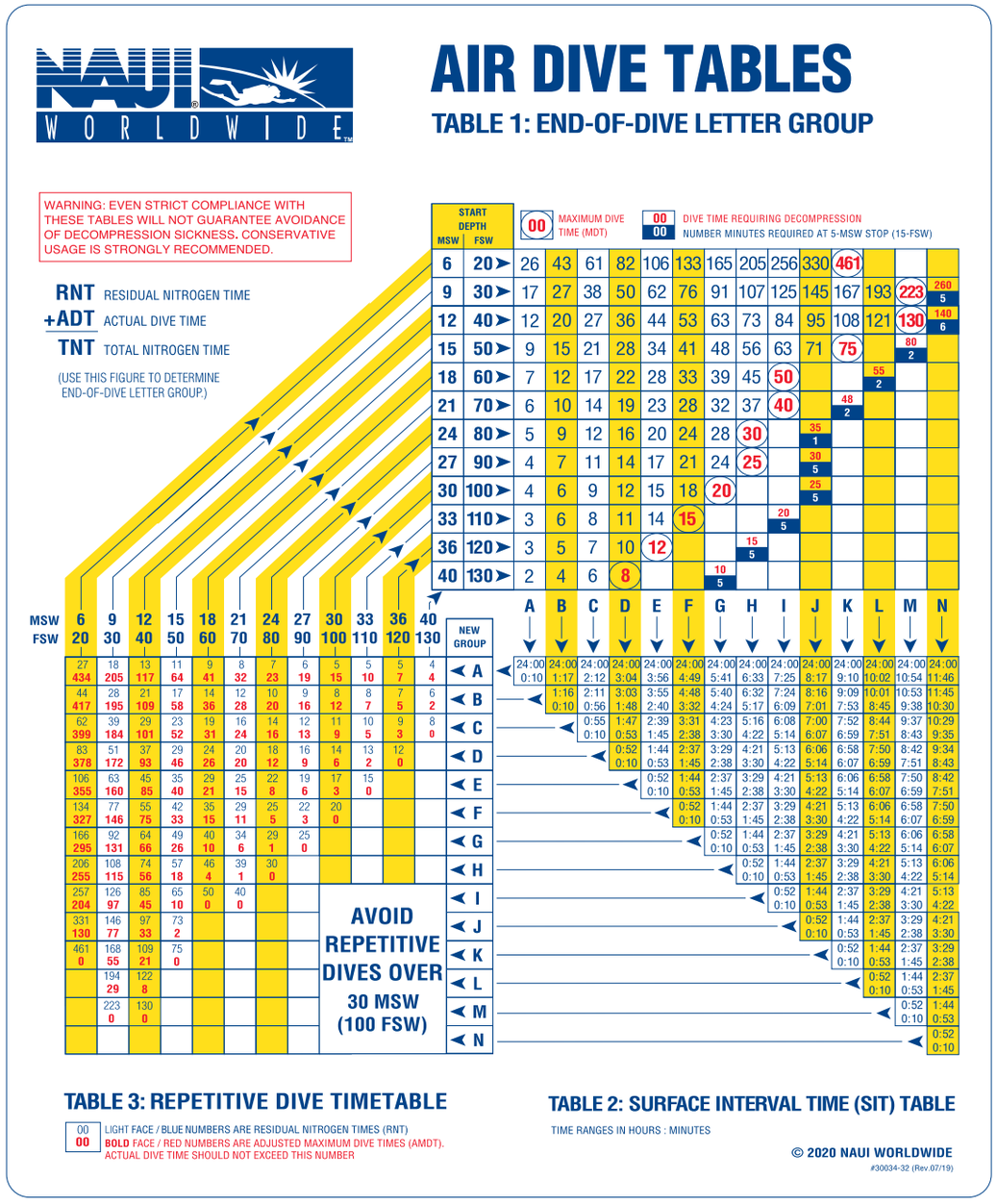
NDL on Dive Tables

- Most dive agencies have a flavor of the standard dive table, usually Air, 32%, and 36%.
- For a given depth range, a Maximum Dive Time (NDL at start of dive) is given.

  e.g., In NAUI Air Table, 51-60 feet maximum dive time is 50 minutes.
- Dive tables assume a square profile.
- Maximum Dive Time for subsequent dives requires cycling through the dive table (and doing some cyphering).

  e.g., A 2nd dive to 41-50 feet after a one hour surface interval has a Maximum Dive Time of 18 minutes.
- Dive tables assume a fixed rate of ascent

  e.g., NAUI Air Tables assume 30 feet per minute.



NDL on Dive Computers





- Dive computers have settings for 21%-40% Nitrox.
- Dive computers display remaining NDL at the current depth during a dive.
- NDL is periodically updated based on elapsed time and depth.
- Dive computers account for previous dives when calculating NDL.
- Dive computers will give you more bottom time than dive tables.
- Dive computers will reward you for reducing your depth and punish you for ascending too fast.



How to use NDL on a Dive Computer

- Watch NDL as you would your tank pressure.
  - This is especially important for repetitive dives.
- To extend the dive, reduce your depth.
- Avoid diving to limits - end dive with more than 5 minutes of NDL.

Questions? Comments?