

Required Surface Interval Before Ascent to Altitude After Diving

Increase in Altitude

Repetitive Group	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000
Designator										
A	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
B	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	2:11
C	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	3:06	8:26
D	0:00	0:00	0:00	0:00	0:00	0:00	0:09	3:28	7:33	12:52
E	0:00	0:00	0:00	0:00	0:00	0:51	3:35	6:54	10:59	16:18
F	0:00	0:00	0:00	0:00	1:12	3:40	6:23	9:43	13:47	19:07
G	0:00	0:00	0:00	1:23	3:34	6:02	8:46	12:05	16:10	21:29
H	0:00	0:00	1:31	3:26	5:37	8:05	10:49	14:09	18:13	23:33
I	0:00	1:32	3:20	5:15	7:26	9:54	12:38	15:58	20:02	24:00
J	1:32	3:09	4:57	6:52	9:04	11:32	14:16	17:35	21:39	24:00
K	3:00	4:37	6:25	8:20	10:32	13:00	15:44	19:03	23:07	24:00
L	4:21	5:57	7:46	9:41	11:52	14:20	17:04	20:23	24:00	24:00
M	5:35	7:11	9:00	10:55	13:06	15:34	18:18	21:37	24:00	24:00
N	6:43	8:20	10:08	12:03	14:14	16:42	19:26	22:46	24:00	24:00
O	7:47	9:24	11:12	13:07	15:18	17:46	20:30	23:49	24:00	24:00
Z	8:17	9:54	11:42	13:37	15:49	18:17	21:01	24:00	24:00	24:00

Exceptional Exposure

Wait 48 hours before flying

- NOTE 1 When using Table, use the highest repetitive group designator obtained in the previous 24-hour period.
- NOTE 2 Table may only be used when the maximum altitude achieved is 10,000 feet or less. For ascents above 10,000 feet, consult NAVSEA OOC for guidance.
- NOTE 3 The cabin pressure in commercial aircraft is maintained at a constant value regardless of the actual altitude of the flight. Though cabin pressure varies somewhat with aircraft type the nominal value is 8,000 feet. For commercial flights, use a final altitude of 8000 feet to compute the required surface interval before flying.
- NOTE 4 No surface interval is required before taking a commercial flight if the dive site is at 8000 feet or higher. In this case, flying results in an increase in atmospheric pressure rather than a decrease.