

AIR DIVING SUPERVISOR PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What does neutral buoyancy help divers achieve during a dive?**
 - A. Increase their speed underwater
 - B. Enhance their maneuverability and comfort
 - C. Maintain higher oxygen consumption
 - D. Improve their visibility
- 2. What happens if the surface interval of a Sur 'D' exceeds :07?**
 - A. Continue compression to a depth of 60'
 - B. Initiate a new dive
 - C. Shift to a new diver
 - D. Resume decompression on air
- 3. How should decompression stops be adjusted if the depth exceeds the original schedule during an emergency?**
 - A. Multiply air stops by 1.0
 - B. Multiply air or O2 stops by 1.5
 - C. Split the stop duration in half
 - D. Continue without adjustment
- 4. What should a diver do if they experience an emergency situation underwater?**
 - A. Panic and ascend immediately
 - B. Follow emergency procedures outlined in their diving plan
 - C. Ignore the situation if it seems minor
 - D. Switch to a different dive plan
- 5. Which of the following emergency equipment should always be available at dive sites?**
 - A. Bait for fishing
 - B. First aid kits and oxygen supplies
 - C. Additional dive tanks
 - D. Extra weights

- 6. What does the required surface interval depend on before ascending after diving?**
- A. The depth of the previous dive
 - B. The planned increase in altitude
 - C. The number of surface intervals completed
 - D. The type of gas used during the dive
- 7. What is the immediate action to take if a diver experiences a convulsion?**
- A. Remove the mask
 - B. Decompress immediately at a fast rate
 - C. Resume oxygen breathing at the current depth
 - D. Steady the diver while waiting for assistance
- 8. What should be done if a diver cannot clear to 50' in the chamber during a Sur 'D' dive?**
- A. Compress the diver to the highest depth achievable
 - B. Surface the diver immediately
 - C. Begin safety stop at 30'
 - D. Notify the support vessel
- 9. How is moderate mediastinal emphysema typically resolved?**
- A. By administering painkillers
 - B. Breathing 100 percent oxygen
 - C. Performing a deep dive
 - D. Using hyperbaric treatment
- 10. What is required to initiate surface decompression if no recompression chamber is available?**
- A. Use of a mixing chamber
 - B. Continuation of decompression on air
 - C. Immediate ascent to the surface
 - D. Increased ventilation rate

Answers

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1. B
2. A
3. B
4. B
5. B
6. B
7. A
8. A
9. B
10. B

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Explanations

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1. What does neutral buoyancy help divers achieve during a dive?

- A. Increase their speed underwater
- B. Enhance their maneuverability and comfort**
- C. Maintain higher oxygen consumption
- D. Improve their visibility

Neutral buoyancy is a critical concept in diving that allows divers to achieve a state where they neither sink nor float in the water. This balance enables divers to maintain a stable position in the water column without expending excessive energy, which enhances their overall maneuverability. With neutral buoyancy, divers can move more freely and control their position with minimal effort, leading to increased comfort during a dive. When divers are buoyant, they can switch between ascending and descending without having to constantly paddle or fight against the water. This state allows for more precise movements and positioning, making it easier to navigate around obstacles, observe marine life, or perform tasks that require focus and steadiness. Therefore, the ability to maintain neutral buoyancy significantly contributes to a diver's efficiency and enjoyment underwater. The other options do not accurately represent the primary benefits associated with neutral buoyancy. While speed, oxygen consumption, and visibility can be affected by various factors during a dive, the enhancement of maneuverability and comfort is the most direct and significant outcome of achieving neutral buoyancy.

2. What happens if the surface interval of a Sur 'D' exceeds :07?

- A. Continue compression to a depth of 60'**
- B. Initiate a new dive
- C. Shift to a new diver
- D. Resume decompression on air

When the surface interval of a Sur 'D' exceeds seven minutes, this situation implies that the diver must be carefully monitored to prevent the risk of decompression sickness due to inadequate decompression profiles. Continuing compression to a depth of 60' is a valid response in this case as it allows for the ongoing management of the diver's decompression schedule while ensuring safety. Maintaining the appropriate depth during the surface interval means that the diver is still within a controlled environment, which can help in managing inert gas washout and minimizes the potential for complications that could arise after a prolonged surface period. By continuing compression, the diver's condition can be effectively monitored, and necessary adjustments to their decompression plan can be made based on physiological responses and dive tables or computers. This strategy prioritizes the diver's safety and adherence to established procedures for managing decompression, which is crucial in air diving operations.

3. How should decompression stops be adjusted if the depth exceeds the original schedule during an emergency?

- A. Multiply air stops by 1.0
- B. Multiply air or O2 stops by 1.5**
- C. Split the stop duration in half
- D. Continue without adjustment

When managing decompression stops in an emergency situation where the diver descends deeper than originally scheduled, it is essential to ensure that the diver safely off-gasses nitrogen. In this context, multiplying the air or oxygen stop durations by 1.5 is the appropriate approach. This adjustment accounts for the increased pressure the diver is now experiencing at a greater depth, which affects how gases are absorbed and released from the body. The depth change means that more nitrogen is likely to be accumulated in the body tissues. By extending the duration of stops, divers give their bodies more time to safely eliminate this excess nitrogen, thereby reducing the risk of decompression sickness. The other options do not adequately address the increased risk associated with deeper dives. Simply maintaining the original stop durations or halving them would not provide the necessary time for safe off-gassing in the new, deeper environment. Continuation without adjustment is not a safe option as it disregards the physiological changes that occur at greater depths.

4. What should a diver do if they experience an emergency situation underwater?

- A. Panic and ascend immediately
- B. Follow emergency procedures outlined in their diving plan**
- C. Ignore the situation if it seems minor
- D. Switch to a different dive plan

When a diver encounters an emergency situation underwater, the best course of action is to follow the emergency procedures outlined in their diving plan. This is crucial because the diving plan is designed to prepare divers for potential hazards, ensuring they have clear protocols to manage emergencies effectively. These procedures may include steps for controlled ascent, signaling for help, or using emergency equipment like a spare air supply. Adhering to the pre-established plan helps maintain composure and provides a structured response to the emergency, which is essential in potentially stressful conditions. It also allows the diver to assess the situation methodically rather than acting on impulse or fear, which can exacerbate the situation. In any diving emergency, safety should be the priority, and having a clear plan enhances the diver's ability to manage risks effectively.

5. Which of the following emergency equipment should always be available at dive sites?

- A. Bait for fishing
- B. First aid kits and oxygen supplies**
- C. Additional dive tanks
- D. Extra weights

Having first aid kits and oxygen supplies readily available at dive sites is essential for ensuring the safety and well-being of divers. In the event of an emergency, such as an injury or a diving-related medical issue like decompression sickness, immediate access to first aid equipment can make a significant difference in the outcome. Oxygen supplies are particularly critical, as they are the first line of treatment for certain diving emergencies, including barotrauma and hypoxia. This emphasis on having these supplies aligns with best practices in dive safety, as they enable quick response to incidents that can arise during diving operations. The presence of well-stocked first aid kits and oxygen equipment helps ensure that divers can receive prompt attention in case of emergencies, thus mitigating potential risks associated with diving activities.

6. What does the required surface interval depend on before ascending after diving?

- A. The depth of the previous dive
- B. The planned increase in altitude**
- C. The number of surface intervals completed
- D. The type of gas used during the dive

The required surface interval before ascending after diving is influenced significantly by the planned increase in altitude. This is primarily because ascending to higher altitudes can increase the risk of decompression sickness or "the bends," which occurs when nitrogen dissolved in the bloodstream forms bubbles as pressure decreases. When divers plan to ascend to a higher altitude after diving, it's essential to allow enough time for the body to safely eliminate excess nitrogen acquired during the dive. The surface interval is a crucial period where divers can off-gas nitrogen, ensuring they are not at risk of forming bubbles when exposed to lower atmospheric pressure at higher altitudes. While the previous dive's depth, the number of surface intervals completed, and the type of gas used during the dive are factors to consider in overall dive planning and safety, they do not specifically dictate the necessary surface interval changes related to altitude ascent like the planned increase in altitude does. Understanding this relationship is key for maintaining safety and minimizing risks in diving operations.

7. What is the immediate action to take if a diver experiences a convulsion?

- A. Remove the mask**
- B. Decompress immediately at a fast rate
- C. Resume oxygen breathing at the current depth
- D. Steady the diver while waiting for assistance

When a diver experiences a convulsion, the most immediate action is to steady the diver while waiting for assistance. This is crucial for several reasons. First, during a convulsion, there is a significant risk of injury if the diver is allowed to thrash around uncontrollably. Steadying the diver helps prevent them from hitting their head or losing control of their buoyancy, which could lead to further complications, such as injury or drowning. Additionally, it's important to assess and monitor the diver's condition while waiting for professional help. Once the diver is steadied, a supervisor or another trained individual can check for the diver's breathing, heart rate, and overall responsiveness. This action promotes safety by ensuring that the diver remains as stable as possible until medical assistance can arrive or the diver recovers from the convulsion. The other options, such as removing the mask or decompressing rapidly, can introduce additional risks. For instance, removing the mask could lead to water entering the diver's lungs or impede their ability to breathe. Decompressing at a fast rate could cause barotrauma or the bends, which are serious medical conditions. Resuming oxygen breathing at the current depth without professional assistance is also hazardous because it does not address the immediate safety

8. What should be done if a diver cannot clear to 50' in the chamber during a Sur 'D' dive?

- A. Compress the diver to the highest depth achievable**
- B. Surface the diver immediately
- C. Begin safety stop at 30'
- D. Notify the support vessel

When a diver cannot clear to 50 feet in the chamber during a Sur 'D' dive, compressing the diver to the highest depth achievable is the appropriate action. This is crucial because it allows for the gradual equalization of pressure within the diver's body, which can help prevent barotrauma or other pressure-related injuries. The process of compressing the diver creates a safer environment where the pressure is managed better, and it provides an opportunity to reassess the diver's ability to equalize or possibly continue the dive. This approach prioritizes the diver's safety above immediate ascent or other actions, recognizing that rapid or uncontrolled ascents can lead to serious complications such as decompression sickness. Taking the preventive measure of higher compression ensures that the diver's physiological needs are met before making a decision on surface recovery or other interventions.

9. How is moderate mediastinal emphysema typically resolved?

- A. By administering painkillers
- B. Breathing 100 percent oxygen**
- C. Performing a deep dive
- D. Using hyperbaric treatment

Moderate mediastinal emphysema, which involves the presence of air in the mediastinum, is typically managed by administering 100 percent oxygen. The rationale behind this method is that breathing pure oxygen helps to facilitate the reabsorption of the excess air from the mediastinal space. The use of high concentrations of oxygen increases the rate of nitrogen and helium absorption, thereby promoting a faster recovery from this condition. Breathing 100 percent oxygen can also reduce the volume of gas present by reducing the partial pressure of air in the mediastinum, which can help alleviate the condition. This approach is especially relevant in cases where the mediastinal emphysema is not severe enough to warrant invasive procedures or hyperbaric treatment. Other options, while they may have their own contexts in diving medicine, do not directly address the resolution of moderate mediastinal emphysema. Painkillers can help manage symptoms but do not resolve the underlying condition. Deep diving might exacerbate symptoms by increasing pressure and may not be a safe option for someone with emphysema. Hyperbaric treatment is typically reserved for more severe cases or specific conditions rather than moderate mediastinal emphysema.

10. What is required to initiate surface decompression if no recompression chamber is available?

- A. Use of a mixing chamber
- B. Continuation of decompression on air**
- C. Immediate ascent to the surface
- D. Increased ventilation rate

To initiate surface decompression when a recompression chamber is unavailable, the correct approach is to continue decompression on air. This process is necessary because divers need to avoid the risk of decompression sickness, which can occur if they ascend too quickly or surface directly without managing inert gas elimination. Continuing decompression on air allows the diver to gradually off-gas nitrogen absorbed during the dive while still being at the surface. By ascending to the surface under controlled conditions and following specific decompression schedules, divers can reduce the risk of bubbles forming in their bodies, which is critical when recompression therapy can't be administered. In contrast, utilizing a mixing chamber, making an immediate ascent to the surface, or increasing ventilation rate do not effectively address the critical need for controlled off-gassing in the absence of a recompression chamber. A mixing chamber is not commonly used for surface decompression, and ascending too quickly can lead to severe decompression sickness. Increasing the ventilation rate may provide temporary relief but does not replace the need for appropriate decompression practices.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://airdivingsupervisor.examzify.com>

We wish you the very best on your exam journey. You've got this!

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