

UNDER THE JUNGLE SCR WORKSHEET METRIC



Work through the following SCR calculations to get comfortable calculating your SCR!
If you have any questions, that's what we are here for, don't stress!

EXAMPLE

STEP 1: Data Collected During Dive on
Double 11.1 L tanks

Start pressure: 210 bar
End pressure: 90 bar
Dive time: 90 minutes
Average depth: 19 meters

STEP 2: Determine gas used and convert to L

210 bar - 90 bar = 120 bar used
120 bar x 22.2 = 2664 liters used

STEP 3: Convert to an underwater rate

2664 liters ÷ 90 minutes = 29.6 L/min

STEP 4: Find the average bar of the dive

19 m ÷ 10 m/bar + 1 bar = 2.90 bar

STEP 5: Convert underwater rate to SCR

29.6 L/min ÷ 2.90 bar = 10.2 L/min

PRACTICE 1

STEP 1: Data Collected During Dive on
Sidemounted 11.1 L tanks

*** L=Left tank, R= Right tank**

Start Pressure: L 215 bar, R 210 bar
End pressure: L 75 bar, R 65 Bar
Dive time: 60 minutes
Average depth: 21.2 meters

STEP 2: Determine gas used and convert to L

_____ bar used
_____ L

STEP 3: Convert to an underwater rate

_____ L/min

STEP 4: Find the average bar of the dive

_____ bar

STEP 5: Convert underwater rate to SCR

_____ L/min

PRACTICE 2

STEP 1: Data Collected During Dive on
Double 11.1 L tanks

Start pressure: 210 bar
End pressure: 80 bar
Dive time: 75 minutes
Average depth: 14.5 meters

STEP 2: Determine gas used and convert to L

_____ bar used
_____ L

STEP 3: Convert to an underwater rate

_____ L/min

STEP 4: Find the average bar of the dive

_____ bar

STEP 5: Convert underwater rate to SCR

_____ L/min

PRACTICE 3

STEP 1: Data Collected During Dive on
Sidemounted 11.1 L tanks

*** L=Left tank, R= Right tank**

Start Pressure: L 185 bar, R 195 bar
End pressure: L 100 bar, R 110 bar
Dive time: 101 minutes
Average depth: 12 meters

STEP 2: Determine gas used and convert to L

_____ bar used
_____ L

STEP 3: Convert to an underwater rate

_____ L/min

STEP 4: Find the average bar of the dive

_____ bar

STEP 5: Convert underwater rate to SCR

_____ L/min

UNDER THE JUNGLE SCR METRIC ANSWERS



PRACTICE 1

STEP 1: Data Collected During Dive on Sidemounted 11.1 L tanks

*** L=Left tank, R= Right tank**

Start Pressure: L 215 bar, R 210 bar

End pressure: L 75 bar, R 65 Bar

Dive time: 60 minutes

Average depth: 21.2 meters

STEP 2: Determine gas used and convert to L

* remember to average the starting and end pressures

$212.5 \text{ bar} - 70 \text{ bar} = 142.5 \text{ bar used}$

$142.5 \text{ bar} \times 22.2 \text{ L/bar} = 3164 \text{ L used}$

STEP 3: Convert to an underwater rate

$3164 \text{ L} \div 60 \text{ min} = 52.7 \text{ L/min}$

STEP 4: Find the average bar of the dive

$21.2 \text{ m} \div 10 \text{ m/bar} + 1 \text{ bar} = 3.1 \text{ bar}$

STEP 5: Convert underwater rate to SCR

$52.7 \text{ L/min} \div 3.1 \text{ bar} = 17 \text{ L/min}$

PRACTICE 2

STEP 1: Data Collected During Dive on Double 11.1 L tanks

Start pressure: 210 bar

End pressure: 80 bar

Dive time: 75 minutes

Average depth: 14.5 meters

STEP 2: Determine gas used and convert to L

$210 \text{ bar} - 80 \text{ bar} = 130 \text{ bar}$

$130 \text{ bar} \times 22.2 \text{ L/bar} = 2886 \text{ L}$

STEP 3: Convert to an underwater rate

$2886 \text{ L} \div 75 \text{ min} = 38.5 \text{ L/min}$

STEP 4: Find the average bar of the dive

$14.5 \text{ m} \div 10 \text{ m/bar} + 1 \text{ bar} = 2.5 \text{ bar}$

STEP 5: Convert underwater rate to SCR

$38.5 \text{ L/min} \div 2.5 \text{ bar} = 15.4 \text{ L/min}$

PRACTICE 3

STEP 1: Data Collected During Dive on Sidemounted 11.1 L tanks

*** L=Left tank, R= Right tank**

Start Pressure: L 185 bar, R 195 bar

End pressure: L 100 bar, R 110 bar

Dive time: 101 minutes

Average depth: 12 meters

STEP 2: Determine gas used and convert to L

* remember to average the starting and end pressures!

$190 \text{ bar} - 105 \text{ bar} = 85 \text{ bar}$

$85 \text{ bar} \times 22.2 \text{ L/bar} = 1887 \text{ L}$

STEP 3: Convert to an underwater rate

$1887 \div 101 \text{ min} = 18.7 \text{ L/min}$

STEP 4: Find the average bar of the dive

$12 \text{ m} \div 10 \text{ m/bar} + 1 \text{ bar} = 2.2 \text{ bar}$

STEP 5: Convert underwater rate to SCR

$18.7 \text{ L/min} \div 2.2 \text{ bar} = 8.5 \text{ L/min}$