



PIRATES DIVE CLUB



SAC Calculation

To calculate your Surface Air Consumption (SAC), the amount of gas consumed in bar while you are breathing for one minute on the surface, use the following formula:

- Start cylinder pressure
- Subtract end cylinder pressure
- Multiply by cylinder size
- Divide by dive time gives RMV
- Divide by pressure at depth (depth / 10 + 1) gives SAC

Over time your SAC rate will decrease as your breathing becomes more controlled.

Example:

Gas In	Gas Out	Used	Cylinder Size	Ltr Used	Dive Time	ATAj Depth	RMV	SAC
230	100	130	12	1560	45	2.5	34.67	13.86

$$230 - 100 = 130$$

$$130 * 12 = 1560$$

$$1560 / 45 = 34.67 \text{ RMV}$$

$$\text{RMV} / 2,5 = 13.86 \text{ SAC}$$