External Distractions
- RID Factor
- Secondary Duties
- Cell phone
- Socialization

Internal Noise
- Thoughts and emotions that every human experiences cognitively/physiologically.
  - Can distract people from seeing, even when their eyes are on the water
  - Difficult to manage

Physical Body Blindness
- Reflection
- Refraction
- Ripple Effect

Cognitive Body Blindness
- Denial
- Disbelief
- Delay