

May 2006

SubScript

The Sunstar Sub Aqua Newsletter

www.sunstar.org.uk



Sunstar
Sub Aqua

All Change...

So we've changed again, and editorial control has passed over to me. It's been a little while now since the last issue of Subscript, but try as I might, I've not found the time to get one published. That is until now. I'll be sticking with the tried and tested format for at least the next two or three issues, but I might get experimental in the summer, when you all send me lots of trip reports and goings on to fill the pages.

Which brings me on nicely to the next topic I'd like to discuss, content. This publication is yours, I can only publish what you give me, so if you don't give me reports or articles to fill the pages, there won't be a newsletter to publish. Now I know I said I've got editorial control up there, but I'm very liberal, and I won't be checking your spelling beyond MS spellchecker, so you've nothing to lose, send me the reports. How's the training going?

What were your first impressions of the club? What are you planning to do this season with your diving? How was that technical course you've just been on. Or do you want to sell something? That's just a few ideas, but yours will be just as valid. Submit it any way you want, but plain text is just fine. Pictures are always good space fillers as well ☺ Sorry, help to convey the message. Go on, write something down.

Send it to me at paul@whitegables.org

Cheers now

Paul Coombs

Contents

2	Chairman's Bit
3	Diving Officer's Doing's
4	Changes to BSAC Guidance and Training
6	In-water Artificial Ventilation (AV) now Rescue Breaths (RB)
8	Club Publicity
9	Boats



A pair of banded butterfly fish

Chairman's Bit

This issue has had a long gestation period and so please forgive a certain amount of 'retrospective' in this piece.

Welcome to a new year and a new committee. I'd like to thank the outgoing committee for their efforts over the last year(s). On the incoming side Raj (Diving Officer) and Paul B (Training officer) have started off with a challenge. This year we've been well subscribed with new members and we've decided to accept 12 trainees (which may be dropping to 10/11) instead of the usual maximum of eight. We also have a large number of Ocean Divers wanting to progress to Sports Diver. Dealing with this demand obviously requires a matching commitment from the club's instructors and I thank them for rising to the challenge. I also hope Dive Leaders and above will also lend a hand as the Ocean Divers progress to open water and their early dives.

The new year is a good time to consider how you want to progress and hone your diving skills. One thing to consider is training as an instructor – a potentially rewarding activity. The club needs a strong core of instructors in order to be able to thrive. (The more there are the less the load on the individual instructors and the easier it is to coordinate open water training events). Also, as an instructor, you'll be continually refreshing and maintaining your rescue skills. The route to becoming an instructor has been covered in past issues of Subscript and is outlined on the BSAC web site. The first step is to attend the Instructor Foundation Course (for which the minimum requirement is Sports Diver) and become an Assistant Instructor and then take it on from there.

As the renewals roll in – you have renewed haven't you? – I'll have the necessary signed pieces of paper for us to achieve the Clubmark Standard for the club. Hopefully this will be awarded to us in the near future and will ensure we maintain the large discount we get on the hire of Fore Street pool.

On that topic you will have seen there has been a proposal for the introduction of car parking charges at the pool. It may not affect us directly as parking would still be free after 8pm, but, as a normal pay-and-display car park, it may draw in additional cars and make finding free parking spaces more difficult. On behalf of the club I submitted our objections to the council and I'm still waiting to hear the outcome of the Council's review of the proposal.

In preparation for the diving season Calypso is being worked on. Last year's Atlas grant has enabled us to purchase an electronic chart plotter which will be a welcome addition – as those who've battled with paper charts on Calypso will appreciate! My thanks to the team who are dealing with this.

Finally a reminder about the club website. This is a central source of information about the club and documents we use on a day-to-day basis. If you feel anything is missing or hard to find please let me know. There is an (abbreviated) contacts list there, but not everybody is on it. Some people don't want their details appearing on this list but they appear on the full paper list that is occasionally distributed with SubScript. I'd appreciate feedback on how you use the online list. Is it primarily phone numbers you look up? If we drop the address column would you say "yes" rather than "no" to your details appearing?

Here's to a good and safe diving season!



David Parkinson

Club Officers

Post	Holder
<i>Chairman</i>	David Parkinson
<i>Diving Officer</i>	Raj Mistry
<i>Training Officer</i>	Paul Beaumont
<i>Secretary</i>	Pete Young
<i>Treasurer</i>	Bob Crawley
<i>Expeditions Officer</i>	Craig Snowling
<i>Communications Officer</i>	Paul Coombs
<i>Minibus Officer</i>	Craig Snowling
<i>Boat Officer</i>	Chris Nixon
<i>Equipment Officer</i>	Paul Unsworth
<i>Social Secretary</i>	Claire Bull



Diving Officer's Doing's

So there we were, at the start of a new year with everyone looking forward and wondering what we have in store in terms of diving and training.... You'll have found out by now a lot of what was in these doings!

Training

Standard training for all grades has progressed as far as open water (Guildenburgh) with the Ocean Diver getting their first experience of the lower end of UK water temperatures.

Don't forget the Skill Development Courses (SDCs) that are run at a regional level. They are a good way to start to develop your skills. The most useful to start with are:

- Oxygen Administration (see note 1)
- Boat Handling
- Chartwork and Position Fixing
- Dive Planning and Marshalling

Details about these can be found in Dive Magazine or on the BSAC web site. A list of the courses that are being run in June are included at the end of the magazine. Some course have prerequisites, (eg Sports Diver or above) and others do not.

Note1: There will be a local Oxygen Administration course which we will run between our club and O2 diving in March and I will let you have the dates as soon as possible.

Diving

We have a few trips already proposed in the diary so get your names down to avoid missing out. There is a trip to Gozo this month and there will be several local trips which I will be organising using our club boat.

More about these in the next issues.

Early information about these generally appears on the email list and discussions in the Lord Nelson on a Monday night. When trips are firmed up they'll appear in the diary page on the club web site.

Equipment Configuration

This is a recurring issue in the diving community and concerns the use of long hoses and the

position of the alternative air source. In order to provide consistency I have stated that the only configuration I will accept for training up to Sports Diver grade are as follows:

- a) All club kit to have AAS (with AAS hose) and main regulator over right shoulder
- b) Instructors to be similarly configured but I will accept an AAS configured over the left shoulder.

I do not expect to see OD or SD students with extra long hoses whilst they are training.

You can learn about various configuration (including the use of long hoses) on the BSAC extended range diving course.

Octopush

I have asked Mike Saucedo to help run Octopush session and you may have seen his recent email. This is a good way to raise your level of fitness so I would encourage all our members to join in the fun. It is an exciting game and you may have seen a trip earlier in the year where some of our members went to France to take part in a competition. Bring you masks, fins and snorkel and join in!

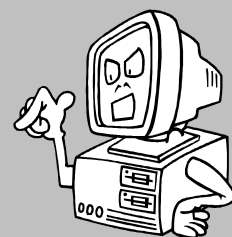
Until the next time.

Be Safe and enjoy the diving

Raj Mistry

SubMit

If you've been up to something interesting or would like to publicise something in relation to the club please contact me.



SubScript is fuelled by your input, so put your fingers to the keyboard and get typing! The preferable method of submission is electronically – just text in an email will do but a Word document would be better. Pictures are a bonus and enhance any article. Including these as separate .jpg files helps any manipulation that may be necessary to suit the production and printing process.

Email: paul@whitegables.org

Changes to BSAC Guidance and Training

Terminology

The revision of the Resuscitation Guidance for the BSAC is an opportunity to bring nomenclature in line with that used by other rescue agencies and resuscitation training agencies. The term "Resuscitation" refers to a wide variety of techniques to promote recovery in casualties who have suffered cardiac and/or respiratory arrest. These techniques encompass some which are appropriate for lay rescuers with minimal and often no equipment, through rescuers with progressively more training and facilities, to those methods only available in hospitals.

The technique first introduced in the Diver Training Programme at ST2 and referred to as "Resuscitation" should be referred to as "Basic Life Support".

The rationale for this is:

- This is consistent with other training agencies which use this term for this technique which requires no equipment
- The term "Basic Life Support" emphasises the purpose of the technique (i.e. to maintain the viability of the casualty)
- It reduces the expectation that this technique alone will promote full recovery
- It therefore emphasises the need to obtain help urgently
- It will potentially reduce the likelihood of self-recrimination in the rescuer in the event of an unsuccessful rescue attempt
- It is consistent with the principle of progressive training with the introduction of pocket mask, oxygen enrichment and airway adjuncts later in training in the rescue SDCs. The technique generally referred to as "Artificial Ventilation" ("AV") throughout the DTP and SDCs should be renamed "Rescue Breathing".
- This again promotes consistency across agencies

It also emphasises a distinction between other types of artificial ventilation taught currently in the Rescue First Aid SDC. Thus "Basic Life Support" encompasses rescue breathing and cardiac compressions only.

Guideline change

The main aim of the guidance change has been to reduce the possibility that cardiac compressions are interrupted during basic life support. It has been recognised that such interruptions are common and are associated with reduced chances of survival for the casualty.

The major changes are

1. Cardiac arrest is diagnosed if a casualty is unresponsive and not breathing normally.
2. Rescuers should place their hands in the centre of the chest, rather than spend more time positioning their hands using other methods.
3. Each rescue breath is given over 1 sec rather than 2 sec.
4. Use a ratio of compressions to Rescue Breaths of 30:2 for all casualties.
5. Once the casualty is on land, on diagnosing cardiac arrest,
 - summon help, leaving the casualty if necessary
 - give 30 compressions immediately
 - if circulation is not then apparent follow this by 2 rescue breaths
 - give 30 compressions followed by 2 rescue breaths
 - continue compressions and ventilation at 30:2 ratio.

Basic Life Support Sequence

In diving situations it is very unlikely that a lone rescuer will initiate these actions on land or in a boat. The most likely scenario is that Life support attempts will have been initiated in the water by a lone rescuer, and once the casualty is out of the water other members of the diving group will be available for help. Once the casualty is on land or in a boat the following sequence should be followed.

1. **Make sure you, the casualty and any other divers or bystanders are safe.**
2. **Check the casualty for a response**
gently shake his shoulders and ask loudly:
"Are you all right?"
3. **(A) If he responds**
 - leave him in the position in which you found him provided there is no further danger
 - try to find out what is wrong with him and

get help if needed

- reassess him regularly

(B) If he does not respond

- shout for help
- turn the casualty onto his back and then open the airway by placing your hand on his forehead and gently tilting his head back, keeping your thumb and index finger free to close his nose if rescue breathing is required
- with your fingertips under the point of the casualty's chin, lift the chin to open the airway

4. Keeping the airway open, look, listen and feel for normal breathing

- Look for chest movement.
- Listen at the casualty's mouth for breath sounds
- Feel for air on your cheek
- In the first few minutes after cardiac arrest, a casualty may be barely breathing, or taking infrequent, noisy gasps. Do not confuse this with normal breathing. Look, listen, and feel for no more than 10 seconds to determine whether the casualty is breathing normally. If you have any doubt whether breathing is normal, act as if it is not normal.

5. (A) If he is breathing normally

- turn him into the recovery position
- send or go for help/call for an ambulance
- check for continued breathing

(B) If he is not breathing normally

send someone for help or, if you are on your own, leave the casualty and do this yourself; return and start chest compression as follows:

- kneel by the side of the casualty
- place the heel of one hand in the centre of the casualty's chest
- place the heel of your other hand on top of the first hand
- interlock the fingers of your hands and ensure that pressure is not applied over the casualty's ribs. Do not apply any pressure over the upper abdomen or the bottom end of the bony sternum (breastbone)
- position yourself vertically above the casualty's chest and, with your arms straight, press down on the sternum 4-5 cm
- after each compression, release all the pressure on the chest without losing contact between your hands and the sternum
- repeat at a rate of about 100/min (a little less than 2 compressions per second)

- compression and release should take equal amounts of time

6. Combine chest compression with rescue breaths.

- After 30 compressions open the airway again using head tilt and chin lift
- Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead.
- Allow the mouth to open, but maintain chin lift.
- Take a normal breath and place your lips around his the mouth, making sure that you have a good seal.
- Blow steadily into the mouth while watching for the chest to rise, taking about 1 second as in normal breathing; this is an effective rescue breath.
- Maintaining head tilt and chin lift, take your mouth away from the casualty and watch for the chest to fall as air passes out
- Take another normal breath and blow into the casualty's mouth once more, to achieve a total of two effective rescue breaths. Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions.
- Continue with chest compressions and rescue breaths in a ratio of 30:2.
- Stop to recheck the casualty only if he starts breathing normally; otherwise do not interrupt resuscitation.

If your initial rescue breath does not make the chest rise as in normal breathing, then before your next attempt: check the casualty's mouth and remove any obstruction

- recheck that there is adequate head tilt and chin lift
- do not attempt more than two breaths each time before returning to chest compressions
- If there is more than one rescuer present, another should take over CPR every 1-2 min to prevent fatigue. Ensure the minimum of delay during the changeover of rescuers.



In-water Artificial Ventilation (AV) now Rescue Breaths (RB)

Clarification of technique

The early initiation of Rescue Breaths (RB) (previously Artificial Ventilation (AV)) is an essential treatment for a drowning casualty. Current guidance for the treatment of drowning recommends that this should be started in-water if the rescuer is trained to do so (1). The BSAC teaches such a technique. This document will

- describe the technique for effective in-water Rescue Breaths (RB)
- incorporate the recently published guidance on this
- recap BSAC guidance as to the rate of in-water AV issued in 2004

Diving casualties

A non-breathing diving casualty may have suffered many different types of injury to cause the absence of breathing, however because the casualty has suffered these while submerged or immersed in water, drowning must be considered a primary cause or major contributing factor to the casualty's condition and the casualty should be treated for drowning.

Principles of rescue

The casualty must be removed from the water by the fastest and safest means possible. The rescuers should be aware of their personal safety and minimise danger to themselves and the casualty at all times. Variations in technique may be necessary depending upon the physical build and the equipment of both the casualty and rescuer. Therefore the principles of the technique will be emphasised rather than dogmatically require a standard method.

In-water Rescue Breaths (RB)

- The rescuers should be aware of their personal safety and minimise danger to themselves and the casualty at all times.
- The casualty must be removed from the water by the fastest and safest means possible.
- The rescuer must make a firm hold on the casualty and maintain this throughout the rescue.
- Suitable hold includes on the top of the casualty's cylinder, or BC strap

- Ideally this hold will allow the rescuer to "roll" the casualty towards them in the event of Rescue Breaths (RB) being needed 2. The rescuer should make the casualty and themselves buoyant at the surface.
- Ensure adequate inflation of buoyancy device to float casualty safely with airway clear of the water in the event of spontaneous breathing returning
- Avoid overinflation preventing adequate neck extension
- Consider the dropping of weight belts/pouches to ensure both maintain position on the surface 3. Open the casualty's airway by applying gentle neck extension
- The hand not being used to hold the casualty should be applied to the casualty's chin
- Avoid applying pressure over the centre of the neck (trachea)
- The forearm should be close into the side of the casualties neck (Fig 1) so that the neck can be extended by using the forearm as a "lever"

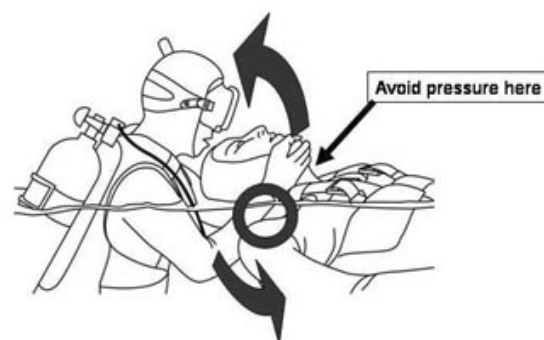


Figure 1
Rescuer's right hand on chin – avoiding trachea
Forearm tight to casualty's neck
Neck extension achieved by using forearm as lever on casualty's shoulder

- The casualty's head should be tilted backwards as if they started out looking straight ahead and then directly overhead, i.e. the head should not tilt from side to side
- The purpose of neck extension is to prevent the tongue falling back in the throat. In training, a test of the adequacy of the neck extension is that a student simulating the role of "casualty" will have difficulty swallowing if the neck is extended
- During training divers simulating the role of a casualty should be briefed to relax and rescuers briefed not to forcefully gain the neck extension to avoid the risk of injury. 4. If there is no spontaneous breathing on opening the airway in this way give Rescue Breaths (RB) for approximately 1 minute (10 Rescue Breaths)

- The fingers of the hand applied to the casualty's chin should make an airtight seal
- over the mouth
- This can be achieved in a number of ways e.g.
 - Direct pressure across the lips
 - Pressing the lips upwards towards the nose
 - In training, a test of the adequacy of this seal is that a student simulating the role of "casualty" will have difficulty blowing out through the mouth
 - The rescuer should "roll" the casualty towards them whilst still maintaining the position in Fig 1
 - The rescuer makes a seal
 - with his mouth over the casualty's nose and applies a rescue breath
 - Ventilations should be given at a minimum rate of two breaths every 15 seconds
 - Each breath should take approximately 5 seconds allowing 1 second for inflation and the natural deflation of the chest for approximately 4 seconds
 - Careful monitoring for effectiveness and finding a natural rate is more appropriate than slavish adherence to nominal rates

In-Water Life Support

- The rescuers should be aware of their personal safety and minimise danger to themselves and the casualty at all times.
- The casualty must be removed from the water by the fastest and safest means possible.
- The rescuer must make a firm hold on the casualty and maintain this throughout the rescue.
- The rescuer should make the casualty and themselves buoyant at the surface.
- Open the casualty's airway by applying gentle neck extension
- If there is no spontaneous breathing on opening the airway in this way give rescue breaths for approximately 1 minute (10 Rescue Breaths) (See 1 Minute Rescue Breath Sequence Note below)

If no spontaneous breathing returns, tow casualty while giving rescue breathing at 2 breaths/15 seconds

When in standing depth, or at boat prior to landing, continue rescue breathing for 1 further minute (10 Rescue Breaths), then

dekit and land as quickly as possible **WITHOUT** further rescue breathing (See 1 Minute Rescue Breath Sequence Note below)

7. Begin basic life support according to the above algorithm i.e. 30 cardiac compressions initially, then two rescue breaths

1 Minute Rescue Breath Sequence

The rationale for this is that the general algorithm is aimed at the majority of cases of sudden cardiac which are due to ventricular fibrillation, when oxygen stores in the body are not reduced. When asphyxia has occurred prior to arrest oxygen stores are likely to have been depleted. A specific case is made in the 2005 guideline for drowning because this is the only readily identifiable cause of asphyxia.

In diving situations where drowning is the likely cause, and early rescue breathing may be of benefit, this is most likely to have been initiated in the water.

References

1. International Liaison Committee on Resuscitation. 2005 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations. Resuscitation 2005; 67: 157 - 341.
2. European Resuscitation Council. European Resuscitation Council Guidelines for Resuscitation 2005. Resuscitation 2005; 67(Suppl. 1): S1 - S190.
3. Resuscitation Council (UK). Resuscitation Guidelines 2005. ISBN 1-903812-10-0. (available at www.resus.org.uk)

Summary:

1 minute rescue breathing (10 Rescue Breaths)

If no spontaneous breathing returns . . .

Tow with rescue breathing at 2 breaths/ 15 seconds

When in standing depth, or at boat prior to landing . . .

1 further minute rescue breathing (10 Rescue Breaths)

Then dekit and land as quickly as possible WITHOUT further rescue breathing

Begin basic life support according to the 2005 algorithm i.e. 30 cardiac compressions initially then two rescue breaths

Club Publicity

There are two things coming up on the publicity front that the Committee have decided that the club will participate in. The first is a specific event at Adastral Park in June (via our association with ATLAS) and the second is the BSAC GO! DIVE event in July. Below is the basic information about each event.

Adastral Park event.

The Communications Network (previously the IBTE) are celebrating their Centenary year during 2006. As part of the celebrations a large scale event is planned at Adastral Park on Saturday 24th June, probably 12.00noon to 6.00pm. It is important to note that this is not a full scale Families Day as we used to have during the 90's. It is an event, with an estimated attendance of around 1,000 for Communication Network members and their guests. It is not a day for all local BT people.

TCN are keen for the ATLAS clubs to be involved with the day. This is an opportunity for individual clubs to 'sell' themselves, highlight profiles and possibly encourage additional members. It is likely that the BodyTalk Gym will be within the events perimeter but the Clubhouse and Sports Hall will not. The main event venues will be Antares, Hub, Upper Loading Bay and the areas that link those three.



The BSAC is launching an exciting new campaign - GO! Dive with BSAC.

This campaign is a call to all existing divers to contact the BSAC so they can go diving with us! The campaign will appeal to divers who have already trained through other agencies, lapsed BSAC members, divers who have had a break for whatever reason or divers who have learnt while away on holiday.


From the Branch Survey we are aware that many of our Branches would like to attract and recruit this sort of diver to their Branch.

It's easy to get involved!


We will do everything for you. We will be advertising the campaign in various magazines, running a press trip, and taking the initial call or email from the divers.

All you have to do is register your branch to get involved in the campaign and then run an evening for these divers to come along and meet you all, hopefully join and then go diving with your branch.

During the month of July is when we ask that you run an open/meeting/evening for these divers to come to visit your branch, hear all about your exciting branch diving and then join to become a member of your branch



ORDERING OF SUNSTAR



SUB AQUA LOGO GARMENTS

If you've seen members walking around sporting garments with the club logo and wish to make an order then you need to see me, Catherine Bacon. I am usually down at the pool/ Lord Nelson pub on Monday club nights. I have only one catalogue book to show but it is worth looking through its extensive range of garments, hats and accessories.

Ordering is quite simple. Just choose garment type, size, colour (garment and logo) and let me know. For an extra charge of £3 you can even have variations of the logo eg. Sunstar logo on one side of the garment and the lettering of *Sunstar Sub Aqua* on another side.

Prices seen on the price list does not include VAT or postage and packing. I share out the cost of P&P between those who have placed an order.

It can take up to a month to receive your garments as the company has to order the garments in and they are also slow in sending an invoice so please be patient. But as many members will tell you it's well worth the wait.

The garments are good quality and wear and wash well. So do come down on a Monday and fix yourself up with some clothes that will make you proud to be a member of Sunstar Sub Aqua.

David

Social

Claire has been busy sorting various events and there is also the opportunity to spend a day sailing on the Norfolk Broads in conjunction with the Sailing Club – see the Diary.

The curry evening at the Royal Bengal in Woodbridge was a great success and enjoyed by all. We're looking forward to the next one which I believe will be in Felixstowe.

Claire is organising a trip to see Me & My Girl at the New Wolsey theatre in Ipswich on Friday June 23rd, starring our very own student ocean diver, Paul Mann! See

<http://www.wolseytheatre.co.uk/pages/viewevent.html?event=250&eventTitle=Me+And+My+Girl> for more info. Tickets are £12 each, anyone who is interested please contact Claire.



Boats

A dedicated band of volunteers has got Calypso ready for the season and she has already done several trips – the last for the Chartwork and Position Fixing SDC in mid-May. She is now fitted out with an electronic chart plotter which we purchased at the Boat Show thanks to a grant from ATLAS to cover the cost. As always there are still a few jobs outstanding – primarily on the trailer.

There is still Buzo to be tackled and made ready for the Weybourne trips.

Keep your eye on the mailing list or contact Chris or Raj direct to offer your services in finishing the remaining jobs.

Come and Join Us!

If you like what you've seen in this month's newsletter, why not think about joining Sunstar? Divers of all levels and persuasions are welcome! The club has great facilities for all kinds of diving, and offers a wide range of training and courses. We also organise loads of diving trips each year, both in the UK and abroad. Check out our website at <http://www.sunstar.org.uk/> to see what facilities we have (Minibus, Boats etc), what we do and what we have done (back issues of *SubScript*).

We have several schemes you could join under - varying from complete beginner to first-class diver. New Trainees normally pay ~£230 for the year (includes BSAC training materials and use of club equipment), whereas experienced divers pay ~£140 p.a. (inc BSAC subscription) with some discount available if you work at BT and already pay ATLAS membership. Please contact **Eric Nelson**, club secretary for Membership forms and the exact payment details on 01473 606592 or info@sunstar.org.uk.

Alternatively come and meet us on Monday nights in Ipswich at the Fore Street swimming pool (8:30-09:45pm) or afterwards in the Lord Nelson Pub

For Sale

Don't forget the "for sale" section on the club web site. It's an opportunity for you to dispose of unwanted kit and a way for new divers in the club to build up their inventory.



(Localish) SDC COURSES FOR JUNE

Date	Course	Location	Contact/Book
03 Jun 2006	Diver Cox'n Assessment	London	Email l.sdco@bsac.com
03 Jun 2006	Open Water Instructor Course	London	Book IWC
04 Jun 2006	Practical Instructor Exam	London	Book IFC
10 Jun 2006	Oxygen Administration Award	Birmingham	Email wm.sdco@bsac.com
10/11 Jun 2006	Chartwork and Position Fixing	London	Email l.sdco@bsac.com
10/11 Jun 2006	Dive Planning and Marshalling	South West	Email sw.sdco@bsac.com
10/11 Jun 2006	Dive Planning and Marshalling	Portland	Email e.sdco@bsac.com
10/11 Jun 2006	Extended Range Diving	North West	Email nw.sdco@bsac.com
11 Jun 2006	Lifesaver	Birmingham	Email wm.sdco@bsac.com
17 Jun 2006	Dive Planning and Marshalling	Newhaven	Email se.sdco@bsac.com
17 Jun 2006	Open Water Instructor Course	South East	Book IWC
17/18 Jun 2006	Advanced Instructor Course	Dartmouth	Book AIC
17/18 Jun 2006	Marine Life Identification	London	Email l.sdco@bsac.com
17/18 Jun 2006	National Instructor Exam	Prep-Small Boat	BSAC HQ
18 Jun 2006	Practical Instructor Exam	South East	Book IFC
24 Jun 2006	Diver Cox'n Assessment	Cornwall	Email sw.sdco@bsac.com
24 Jun 2006	Nitrox Diver	Southern	Email s.sdco@bsac.com
24 Jun 2006	Open Water Instructor Course	North West	Book IWC
24 Jun 2006	Open Water Instructor Course	Netherlands	Book IWC
24 Jun 2006	Open Water Snorkel Instructor Training Course	Bartley Green	BSAC HQ
24/25 Jun 2006	Advanced Instructor Course	Southern	Book AIC
24/25 Jun 2006	Advanced Nitrox Diver	West Midlands	Email wm.sdco@bsac.com
24/25 Jun 2006	Advanced Nitrox Diver	Southern	Email s.sdco@bsac.com
24/25 Jun 2006	Boat Handling	Cornwall	Email sw.sdco@bsac.com
24/25 Jun 2006	Combined Nitrox Diver	Southern	Email s.sdco@bsac.com
24/25 Jun 2006	Combined Nitrox Diver	East Midlands	Email em.sdco@bsac.com
25 Jun 2006	Practical Instructor Exam	North West	Book IFC

Sunstar Diary 2006

May

15 - 28	Liveaboard to the sun	Rob Spray	ocean
19	Build up dives and Training <i>Stoney Cove</i>	Raj Mistry	M training D
22	Committee Meeting	David Parkinson	
25 ^{May} - 4 ^{Jun}	Gozo	Paul Unsworth	D

June

23	Me & My Girl <i>Wolsey Theatre</i>	David Parkinson	
26	Committee meeting	David Parkinson	

July

8 - 9	Weybourne Dive and Beach Party <i>Weybourne</i>	Rob Spray	M B training ocean D
21 - 28	Celtic tour - Wales and Ireland <i>Wales and Ireland</i>	Rob Spray	M ocean D
31	Committee Meeting	David Parkinson	

August

21	Committee Meeting	David Parkinson	
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September

1 - 4	Fun in the Farnes	Rob Spray	M ocean D
9	Sailing on the Norfolk Broads	Mike Saucedo	
25	Committee Meeting	David Parkinson	

October

30	Committee Meeting	David Parkinson	
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Key

C	Calypso	OD	Only suitable for Ocean Diver upwards
B	Buzo	SD	Only suitable for Sport Diver upwards
M	Minibus	dlplus	Only suitable for Dive Leaders and upwards
training	Training event	Full	Fully booked