

SUBSCRIPT

The newsletter of the BT Research Sub Aqua Club, April 1997 issue.

IN THIS ISSUE

- Steve Jensen
- Caicos Adventure
- Nitrox marshalling
- A massive Training Corner!
- SDCs
- DO Doings
- Chairman's Corner
- Diary Dates getting fuller
- Plus much more

Further information:

Internet WWW

(from inside BT)

<http://archimedes.bt->

sys.bt.co.uk:8080/httpd/docs/BTRSAC/

(from outside BT)

<http://www.geocities.com/Colosseum/2473/>

Adline (01473) 644474

Pete and Jon's Excellent Adventure

Pete Young

I can be fairly precise about the moment when I realised that this trip was going to be an adventure as well as a diving trip. It happened when the Turks and Caicos Airways pilot looked right and left, pulled out onto the runway at Middle Caicos and headed for what looked like an insurmountable bank of earth, which marked the end of runway about 50 yards away from us. I shut my eyes and tried not to think of the oil leak in the starboard engine. After a while I opened them, and concluded that, since we weren't consumed in the fires of hell, either we were alive or I was sitting next to a very unlikely looking angel.

Jon Legh Smith and I were on our way to South Caicos after a week on business in Tampa, Florida. I

found the Club Carib, South Caicos, offering via the Internet 'unlimited' diving and full board for 6 nights for \$500, which seemed to be too good to be true, or at any rate preferable to the Florida Keys. We decided to 'check it out', as we dudes say.

The flight to Providenciales had been a big shiny jet, packed with rich and noisy Americans. My spirits flagged, only to be revived when it became clear that they, and their shiny PADI-sticker-adorned dive bags, were staying in Provo. We made our way to the checkout to be told: go and sit in the bar and we'll call you when your plane arrives. When we're called, there appears to me to be some mistake: there is no plane, but someone is trying to load our luggage into an overgrown airfix kit.

We survived our flight (including the unexpected scenic tour to Middle Caicos) and arrived at South Caicos, where we were greeted by the island's solitary taxi and taken to Club Carib. The island is not picturesque, and apart from the airport buildings, the dive shop and the solitary branch of Barclays Bank, there are few stone buildings. Most are wooden or made from corrugated steel, and animals wander freely around. At Club Carib we found a group of noisy yanks in the bar, but fortunately for us they had finished diving and were on their way home. After the first day Jon and I were the only divers on the island.

Club Carib may have been lacking in refinements, but the diving certainly made up for it. Visibility is good, never less than 20 metres and usually over 25 metres. Water temperature was around 24 degrees C according to my Aladin.5 minutes boat ride from the dive shop is a line of wide sandy areas in 10 - 15metres, dotted with coral heads and one coral arch (called "the arch"!). These areas slope gently to 20metres and then plunge in a spectacular near-vertical coral reef wall to depths of over 2000 metres.

The wall is covered with sponges, tunicates and encrusting sponges. Barrel sponges are plentiful, as are horizontal tube sponges up to 1 metre in length. Also

prominent are many bright orange Elephants Ear sponges. The corals are generally in excellent condition, although we did find one area where there was considerable damage, probably caused by explosive fishing.

Fish life is plentiful on the wall and in the sandy areas. There are many Parrot fish of all colours, Snapper and Black Surgeon, a kind of small triggerfish. Larger varieties included several varieties of Jack, Cero, Ocean and Queen Triggerfish. We encountered at least one Great Barracuda on every daytime dive, sometimes following us for considerable distances along the wall. Southern Stingrays were often encountered sleeping in the sandy areas between the bommies, occasionally gliding elegantly over the sand when disturbed. More exotic creatures included Hawksbill Turtles, an Eel garden and a couple of Sharks, and we also encountered Lobster and Octopus.

But for me the most spectacular denizens of the reef are the Spotted Eagle Rays. These magnificent creatures, some 8 ft across when fully grown, are reasonably plentiful on South Caicos and cruise along the wall. They seem completely unconcerned with divers and allowed us to approach quite closely. On our final dive we encountered a school of 10 rays, heading towards us. As they passed us we turned and followed them back along the wall. Just when it seemed that they would be lost from view, the school turned again and swam back underneath us, passing about 5 metres below.

A truly memorable dive and the best way to remember South Caicos - Most Excellent, Dudes!

Editor's bit

Phil Sheppard



Welcome to a slightly delayed issue of subscript. The Innovation '97 showcase at BT Labs has absorbed a lot of my time (but not as much as Dave Tonge I'm sure - he is managing the whole show). As a result thanks are due to Suzanne (my wife if you didn't know)

who has compiled this issue for me.

This is an exciting time for us. Suzanne is due to give birth to our first child (May 22nd if it is on time - not much chance if it takes after its father!). It is also a

time for looking forward to many diving opportunities - just look at the holidays in the diary dates at the end of this issue. Memories however are still tinged with sadness at the events of Devon last year and Howard has written a summary of what has happened since then. He also writes about the Steve Jensen Trophy and I am very pleased to see that it will be awarded each year to the organiser(s) of the most enjoyable diving expedition or holiday during the previous twelve months.

One of the great strengths of our club is that it does organise a lot of diving (yes it's a diving club) - so do take part.

Steve Jensen

Howard Westlake

As we enter a new season of diving, we cannot forget the events of last Summer in Devon. I know we will not forget Steve, but I now feel the need to summarise the outcome of the investigations and inquests.

Steve was an experienced and well qualified diver, who had planned this dive on the wreck in Devon. His failure to surface after the dive, stunned us all and, despite carefully retracing through events, no single factor has arisen that points to a diving accident of the type we would normally attribute such a fatality to. We all awaited the outcome of the examination of Steve's equipment by the DDRC Plymouth and whether an analysis of the air in his cylinder was possible. Unfortunately, insufficient air was left to allow this analysis (it is not unusual for the tank to become completely empty in these situations, if only through free-flow etc.). However, the air in the Stab Jacket cylinder was examined and found to be OK. The Coroner's inquest was held in Plymouth and attended by members of the club. The Coroner's investigations had looked at the incident in some detail, both from a diving standpoint and a purely medical stance. The Coroner returned an open verdict.

Given what we know of Steve's experience and the circumstances surrounding this dive, we are left to believe that Steve's death arose from a previously undiagnosed medical condition.

During the weeks and months following Steve's death, the club has supported Joy, his Fiancée and the rest of his family. Joy is recovering from her loss but still needs the support of her friends. We, as a club, continue to give any support we can.

Steve was well liked by friends both in the diving fraternity and in his workplace. Collections made

following his death have raised a substantial amount of money for the RNLI. Significant donations were also received from both BT and Cellnet. The money has already been put to good use, allowing the purchase of Direction Finding equipment for the Salcombe Lifeboat. Also, the RNLI have agreed to the placing of a plaque in the Salcombe Lifeboat station in recognition of the donations by Steve's friends and families.

The Steve Jensen Trophy.

Those of you who attended the Christmas Dinner this year will remember Dave Tonge showing the Trophy which has been bought by Dave, Joy and the Club. The "Steve Jensen Trophy" will be awarded at each Christmas Dinner to the organiser(s) of the most enjoyable diving expedition or holiday during the previous twelve months. The person(s) will be identified by a vote across the club membership shortly before the club Christmas dinner. The Trophy will be held by the recipient until one week before the next award ceremony at which time it must be returned, clean and in good condition, to the Club Secretary.

Steve may be gone, but he will not be forgotten.

The following is the text of a letter from W.J.R. Richardson, appeal co-ordinator of the RNLI:

Dear Secretary,

Sports Divers Appeal

In the Spring of last year I wrote asking for your clubs help with this appeal to raise £70,000 to fund the modernisation of the Lifeboat Station in St. Abbs, Berwickshire.

It gives me great pleasure to advise that you have responded marvellously and the New Year saw the appeal pass the £15,000 mark. I remain hopeful that with your continued support we can raise the remainder before December.

Having spoken to many divers over recent months I know that some find it difficult to organise fund-raising events among the many pressing demands upon you.

With the support of the Bank of Scotland the St. Abbs Crew have produced a special appeal car sticker available for a donation of £1 each. As an additional

bonus every donor will be entered into a free prize draw for:

- **One Week Free Rental of a Luxury Six Berth Caravan** kindly donated by Scouts Croft Holiday Park and Diving Centre of Coldingham (St. Abbs).
- **An original Framed Watercolour of St. Abbs Harbour** by Derek Watson internationally renowned artist of Kittiwake Gallery, St. Abbs.

An order form and complimentary car sticker are enclosed.

Thank you for your continuing support.

W.J.R. Richardson
Appeal Co-ordinator

DO Doings

Pete Young



First of all, something about pool safety: The 'swimming lane' which is roped off at Fore St. The purpose of the lane is to separate aqualung users from swimmers, particularly from anyone swimming without mask or snorkel who is

consequently unable to see divers surfacing beneath them until it is too late.

It would be much better for all concerned if aqualung users, especially instructors with trainees, could make sure that they don't encroach on the swimming lane, and swimmers without masks could make sure that they stay within its confines. Snorkellers can continue to do as they please, since they can see where they're going and hence are fair game.

My thanks are due to all those members who have given me their log books in order to update the clubs training records. There are still some people who haven't done so yet. If you haven't given me your logbook yet this winter, please do so as soon as possible in order to spare me the embarrassment of having to make a list!

Unfortunately it was necessary to cancel the Dive Marshalling day. Instead, there is an article about

marshalling nitrox dives in this newsletter. There will be a couple of sessions down at the boat hut for familiarisation with the boat electronics and the new engine and to discuss shotting and anchoring techniques. More details will be available on the Ad-line - don't forget to call Ipswich 644474 regularly for the latest information on diving trips as well.

My congratulations and thanks are due to Roy Lobbett for organising a very successful holiday to Jordan. With further expeditions already planned for Ireland, the Farnes, the south Coast and north Norfolk, it looks like being another busy and enjoyable year for the club.

Finally, some politics. I realise that by now you're all heartily sick of elections, but I'd like to remind you that the BSAC AGM is at the end of May, and the May issue of Diver Magazine will contain voting forms for the election of officers and AGM motions. As well as the election of officers, this will be your opportunity to vote on whether the minimum age for training divers should be lowered to 12 years from the present 14 years. I look forward to loads of robust debate in the Lord Nelson on this matter!

Dive safe.



[Drawing of Pete Young courtesy of Richard Lee - excellent!, Ed]

Chairman's Corner

Howard Westlake

The weather is improving, it looks like Winter is now behind us and at last its warming up. The sea at Felixstowe is still dirty brown but get your brain into gear....it will clear. Are you prepared?

Have you got your wetsuit/drysuit down from the darkest corners of the loft? Have you checked that your tanks are still in test (better to find out now than to give Ron and Diviline the pleasure of telling you when you go for a fill!!)? Have you had your Regulators serviced recently and can you be sure that those straps on your fins haven't perished over the Winter? Got your medical?

If you can say "yes" to all those questions, I suppose you think you are ready for this season's diving! But wait....are YOU ready? Have you planned to do some build-up dives, perhaps in the relative calm of Stoney Cove, Guildenburgh or Alton Water? It really is a wise move, giving you the chance to renew the acquaintance with your kit and check your own fitness and practice your skills.

Go on, make some arrangements to support the dive trips that people are already planning to the inland waters.

Have an enjoyable and safe 1997 season.

SDC...

All,

Wilf has just sent me this:

"West Midlands have an undersubscribed Dive Planning and Marshalling course the weekend of 17/18 May", I haven't got my booklet about at the moment so I don't know where it is! Further details from the club WWW page or Wilf,

Dave Lock

Boat Maintenance

Ken Gould



I have some more dates for boat maintenance

Thursday 17th April 18:00 - 20:00

Saturday 19th April 9:00 - 16:30 (ish)

Thursday 24th April 18:00 - 20:00

[Note from the Editor - this is now an historical article since I didn't get Subscript out on time. I have kept it in because I'm sure Ken would appreciate help during the rest of the year! Future dates will be sent out on email and via the adline.]

As usual, please let me know if you can attend and whether you will need a pass organised to get you onto site at BT Labs. You will be made most welcome, even if you can only make it for a couple of hours.

There is still plenty to do so any help would be most welcome. Please bring old clothing/overalls as some of the jobs can get a bit messy. If you intend coming down on a weekend day then some sandwiches and a flask of coffee would be beneficial. Oh, and something for yourself as well!

Take Care, see you there.

Diving in Mull

Simon Keating

Some more divers wanted to dive Mull with Charlie Laverty, skipper of MV Amidas, based at Tobermory. The boat is a 32' Aquastar, and will take 8 divers with room to spare. Diving on classic wrecks such as Hispania, Rondo, Breda and others, plus usual scenic stuff. Starts Sunday 24/8 to Saturday 30/8 (Neaps). Probably driving up on 23/8 and back on the 31/8.

Costs are 180 UKP/day for the boat (= 135 UKP / person / week), plus 2* 10 UKP each in ferry fares (2 short ferry crossings), plus car travel costs to Mull and back.

There is a bunk house @ 10 UKP/night or B&B @ 13-15 UKP /nt.

Any interest then mail me soon (simon@pst.bt.co.uk), Looking for pairs of divers if possible.

BSAC Instructor Training Workshop

Dave Lock

This was held in the East Midlands over the weekend of 1/2 February, about 30 potential Instructor Trainers attended with lots of National Instructors around to criticise, encourage and help, as necessary. Early in the new year I received a letter beginning "Dear Instructor, I have been notified that you are a committed and above average instructor", I should have seen a stitch up that obvious!

However, I decided to attend and be trained so that I could instruct on the "circuit" i.e. Club Instructor Course and Exam.

I arrived at 21:30 on the Friday evening and immediately went to the hotel bar as by simple deduction this might be where I could find other divers. By 22:30 I was getting worried, only one pint has passed my lips, did you have to be teatotal to be an Instructor trainer? Fortunately I meet up with some old friends and by 01:30 I had decided that you perhaps have to be an alcoholic to instruct on the circuit!

Despite this all arrived at the lecture facilities by 09:00 the following morning, some looking decidedly haggard. The Saturday was devoted to breaking down the Club Instructor Course into its elements and the aims of the student and instructor were examined in detail. We then moved to the pool where we were given a demo of the standard needed. Then it was our turn to demonstrate, I thought I knew how to teach mask clearing!! I was de-briefed by Mr. Nitrox Jack Ingle, I demonstrated too fast and progressed with too many steps. However my kit was nice and simple, I didn't dare own up to just having replaced it.

There was then a video session showing good and bad instructional techniques which we were supposed to pick up and explain. The session finished after 19:00 so we went straight to the bar. I won't say much more about this except that I retired early at 01:00.

Sunday was devoted to the Club Instructor Exam, assessing candidates and giving written feedback. I have to change my attitude, you can't just say something is crap without qualifying why! We looked at the expected standards for the various grades and practised marking classroom and pool demonstrations. Our induction system was then explained, you have to observe on 1 ITC and 1 CIE before you are "switched on" and can work on the circuit. Our progression beyond the Club Instructor circuit was then explained, from Open Water Instructor to Advanced Instructor events. We were reminded to teach in the branch on Regional SDCs and to remember to go diving as well. I owe Ali White lots for this, it must be the best stitch up ever!!

I was surprised at the care BSAC takes to encourage its potential Club Instructors and the depth of quality that its Instructor Trainers have to achieve. The care of making the exam candidates at ease and giving positive feedback is to be applauded. I also personally gained an insight into how much work I would have to do to be switched on - lots!! I would encourage those of you who would like to instruct to get yourselves onto a Club Instructor Course and hopefully progress to passing the exam. I now have lots of useful advice to give potential and existing Instructors, the first is to avoid Ali or your hard work might get recognised!!

The course finished by 17:00 and I drove back home, there was a message on the answering machine. "Hello, I'm Kathy Shemen and I'm bossing the ITC at Cambridge at the end of February. You'll be helping and your joining instructions will be sent to you". If you see me in the pool before the end of February in a panic you now know why, I have to be able to give "perfect" pool demonstrations by that time in about 20 exercises!!!

Brighton diving weekend

Pete Young

I have a number of spaces on the Grey Viking, out of Brighton Marina on Saturday 31st May/Sun 1st June.

Tides are neaps, costs 210 quid per day for the boat. We can take 12 divers which will get the costs down to 35 quid. A deposit of 12-50 is required immediately. I will be aiming for 2 wreck dives per day.

There is no compressor on board but air and nitrox is available from Black Rock divers in Brighton (along with a seemingly interminable amount of bullshit, if my last visit there is anything to go by!)

From a quick squint at Dive Sussex, diving is likely to be in the 35m range with a shallower second dive. Therefore I must restrict this to Dive Leaders and Advanced Divers - though there might be exceptions for very experienced Sport Divers.

Preference will be given to active instructors and anyone who wants to volunteer to help sort out some B&B .

If you're interested please contact me on 640885, 01394 380005 or by email.

Saturday 10th May is also available if someone wants to organise it, be warned that it's a 6m spring tide!

All this was set up by looking up a couple of numbers in the back of Diver, and making a couple of phone calls. How hard can it be, people? Anyone want to organise a weekend in Littlehampton?

Justus' Diving trip

Justus Osude

Just thought I'd drop a line about the dive trip I went on yesterday. [about was a few months ago now - Ed]

The day started well with the guy driving the Jeep Cherokee I was in getting a speeding ticked for doing 95 in a 65 zone - this after him just talking about how he missed driving on the autobahn in Germany (it was ironic but not funny).

I finally managed to get a boat dive organised out of Monterey with a couple of Cisco people. We did two dives from the Monterey Express at two sites down the coast from Monterey itself.

The first dive was at a site called the inner pinnacles - and they are just that . The top comes up to ~10m then goes down to somewhere over ~35m before shelving off again. There was a lot of surge even down around 20m where my Buddy and I were so getting back on board was fun. viz was ok, around 3-5m but I didn't see that much fish live apart from Ling cod some sort of blennies (I think) and a school of something common that I couldn't identify. I also lost my knife in the kelp even though it was on a lanyard(I really must learn some good knots) Loads of starfish and soft coral, etc.

The second dive was into a scenic area called Stillwater cove and it is notable as its in Carmel bay just off the Pebble Beach golf course. The My buddy didn't feel like doing a second dive so I teamed up with another pair.

Again the diving was unspectacular and the viz average (I think the Red Sea trip of last year has altered my perception :-). What was interesting was that I was most comfortable following the other two divers and keeping them together as they weren't acting like a good buddy pair. The longer the dive went on the more I realised that neither were very experienced(I knew one wasn't but assumed the other was because initially the divemaster had paired him with a novice on the surgey (excuse the American) dive.

On the surface I pointed out some stuff to the guys (signals, checking air, buoyancy control etc.) and asked this second guy how many dives? "Two" was the reply. I just smiled and made a mental note to check and check again before getting into the water with anyone other than my regular buddy.

I doubt these guys would have known how to help me in case of difficulty.

It made me appreciate just how comprehensive the training I got in the BTRSAC club was so thanks again to all involved.

Luckily the guy I regularly dive with is o.k. and a very good navigator and I've met another bloke who is English and a BSAC dive leader so I'm in good shape for future diving out here.

Finally for those of you offended by the use of "dove" instead of "dived", this was on one of the PBS radio stations. Referring to a carjacking incident the presenter says: "...then the victim was DRUG (read dragged) from the vehicle.."

Hope you are all well.

Justus

Requirements for the use of Nitrox

Pete Young

The use of Enriched Air Nitrox is becoming more commonplace in the sport diving world, and this general trend is being reflected in BTRSAC, with more and more members gaining qualifications in its use. Properly used, Nitrox can provide significant safety advantages over air (God's Nitrox - 21%!) and can considerably extend no-stop times between 15 and 30m. BSAC has now begun to provide its own Nitrox certification and has laid down some guidelines for the use of Nitrox on branch dives. This article explains the requirements for dive marshals, who may not necessarily hold Nitrox qualifications, and lets members wishing to use Nitrox know what is expected of them.

Most branch members holding Nitrox qualifications have obtained them from the International Association of Nitrox and Technical Divers (IANTD). BSAC qualifications will become more common as time goes on. These two organisations have one or two fundamental differences in their training which may have consequences for marshals.

IANTD training is based around the calculation of the Equivalent Air Depth (EAD) and the use of either Buelhmann air tables at the equivalent depth, or specially calculated Buelhmann tables. In principal any mixture of nitrox up to 40% Oxygen can be used as a bottom mix by a Basic Nitrox diver, with planned decompression using mixtures up to 50% Oxygen permitted for Advanced Nitrox divers.

BSAC training is entirely based around the BSAC Nitrox tables, which provide for the use of bottom mixes of 27%, 32% and 36% bottom mixtures. BSAC advanced divers may also plan decompression using mixtures of up to 50%. One very important difference is that the Equivalent Air Depth does not apply to the BSAC decompression model, and MUST not be used in conjunction with BSAC tables.

Any breathing mixture has a Maximum Operating Depth. This is the depth at which the partial pressure of Oxygen becomes large enough for the onset of Oxygen toxicity to occur. BSAC recommend that the ppO₂ should never exceed 1.4 bar. The depth at which this occurs is the MOD. BSAC tables provide a look-

up chart to determine this depth for the standard BSAC mixtures, and all divers should calculate their max. planned ppO₂ before a dive.

So what does all this mean for the marshal? It means that certain things need to be checked in addition to the usual marshalling requirements. If a marshal is not nitrox trained, he is able to appoint a nitrox-qualified diver to act for him to ensure that the following considerations are met.

The marshal must record 3 additional pieces of information for a nitrox diver: the percentage of O₂ in the mixture, the Maximum Operating Depth (MOD) of the mixture, and the means of decompression monitoring. Figure 1 shows MOD for the standard BSAC mixtures.

Gas mix	21%	27%	32%	36%
M.O.D	57m	42m	34m	29m
PP O ₂	1.41 bar	1.40 bar	1.41 bar	1.41 bar

BSAC guidelines insist that the divers check the percentage of O₂ in their cylinders “at the dive site”. This can be done immediately prior to a dive at a shore site or on a hard boat. It can be done at the launch site if the dive is to be done from the club boats. To assist marshals in meeting this requirement, the club will be purchasing an O₂ analyser, which must NEVER be taken out to a dive site in a RIB or inflatable. Once cylinders are checked and identified they should not be swapped between members of the diving party.

Next the marshal shall satisfy himself that an adequate means of Decompression monitoring will be used, and this should also be recorded on the dive log. Use of Nitrox computers is permitted as is the appropriate BSAC Nitrox table for the mix. IANTD-trained divers may use EAD in conjunction with a suitable set of Air tables, for example the SAA tables. Air tables and computers may be used, provided that the decompression requirements are observed as though the user was diving on air. **UNDER NO CIRCUMSTANCES SHALL DIVERS USE THE BSAC AIR TABLES WITH EQUIVALENT AIR DEPTH.**

Careful thought will also need to be given to site selection and buddy pairings. Clearly the maximum depth of the site must not exceed the MOD of the mixes to be used, and the marshal should make divers aware of any likely restrictions. In cases where the sea bed is considerably deeper than

the top of a wreck, the divers should plan for being down on the sea bed.

Where possible, divers should be paired according to qualifications, gas mixture and planned decompression schedules. Where it is necessary to pair a nitrox diver with an air diver, the pair shall observe the most conservative profile for all aspects: the MOD for the mix and the no-stop time for the air diver’s tables or computer.

If a marshal is not satisfied that the guidelines are being followed, he can insist that the divers in question revert to air or abort the dive. Any marshalls who are uncomfortable with marshalling Nitrox should contact the Diving Officer for assistance and reassurance.

Training Corner



John Cook

Sports Diver training - lectures

The likely students number ten namely:

Steve Ponting
 Hannah Rose
 Alex Abbott
 Pete Francis
 Jo Salter
 Neil Macdonald
 Cyril Pulleng
 Alan Stewart
 Eva Shepherd
 Mustafa Dumenci

There are eight 60 min lectures and one 30 min multiple choice exam. There is no charge for the lectures but students intending to go on to complete their sports diver qualification

would be well advised to buy a sports diver workbook. These are available from the club through me for 2.50 pounds, and are similar in format to the novice workbooks which students will be familiar with.

To get the lectures over in a sensibly short number of weeks I propose we stick to the successful formula from last year and provide 2 lectures per Monday evening, one at 19:15 and the second at 21:45, allowing for a short rest and swim in the pool between. These will be in the Lord Nelson; there seems to be no other suitable (free) venue, short of organising at BTL.

The schedule will be:

date & time	lecture	lecture	instructor
21 April 19:15	ST1	Sports Diving	Paul Brannan
21 April 21:45	ST2	Diver Self Help	Paul Brannan
28 April 19:15	ST3	Diver Rescue II	Mick Morley
28 April 21:45	ST4	Navigation & SMB	Mick Morley
5 May 19:15	ST5	Life and Gases	Richard Lee
5 May 21:45	ST6	Deco Tables II	Richard Lee
12 May 19:15	ST7	Dive Computers	Pete Young
12 May 21:45	ST8	Adventurous Diving	Pete Young
19 May 19:15	ST9	Theory Exam	John Cook

Skills

Open water cells have been arranged as we did last year.

There are thirteen students wanting sports diver skills sessions this summer. This is obviously a rather awkward number. There are two obvious cells of 4, and 5 left over. The best I can make of this goes like this:

Cell 1

students	lead instructor	assistant
Steve Ponting Hannah Rose Alex Abbott Pete Francis	Andy Mordecai	Paul Brannan

Cell 2

students	lead instructor	assistant
Jo Salter Neil Macdonald Cyril Pulleng Alan Stewart	Carl Godden	Daren Wood

Cell 3 (students already started last year)

students	lead instructor	assistant

Bob Brett	Pete Young	Raj Mistry
John Beech		
Cell 4		
students	lead instructor	assistant
Mustafa Dumenci	Mick Morley	John Cook
Eva Shepherd		
Kate Potter		

The skills sessions to be completed during the course are:

NS10 Open Water Dive No1

NS11 Open Water Dive No2 practising skills learned in pool.

these complete the Novice II qualification

SS1 Warm up dive (optional if NS11 recent)

SS2 Open Water diver rescue

SS3 Under Water Nav.

SS4 SMB

SS5 Dive to 10m

SS6 Dive to 15m

SS7 Rescue assessment I

SS8 Dive to 20m

SS9 10m dive and sports diver assessment II

Some of these may in practise be combined depending on progress. In open water training the club does not set specific dates for specific sessions. This has been tried in the past and invariably fails due to personal commitments of everybody. It is up to the students in each cell to organise themselves days away with the lead instructor. You'll probably need four or five. One or more could be eg during the club trips to Weybourne. Most will be at Guildenburgh or Stoney Cove (inland quarry sites) or possibly Alton water, and at weekends. Your instructors will normally be able to go with you but sometimes might find other club instructors to deputise for them.

About the costs.....

There's no specific charge for the SD course, but there are costs. The dives will be in open water, and there will be admission charges where ever you go; It costs 3 pounds/day to get into Alton Water for example, to dive. I think Guildenburgh is 4 pounds, and a similar amount for Stoney Cove.

You'll need air in your cylinders at 2 to 2-50 per go. As you'll be in greater depth and underwater for longer you'll probably need a refill for every dive.

You'll need to get to the places; Alton Water doesn't cost much but Guildenburgh and Stoney Cove are ~100 miles away, costing about 18 pounds in petrol to get to and back.

You'll also need to buy (~150 pounds) or hire a suit (e.g. from Diveline at ~9 pounds/day or 14 pounds/weekend) and you'll need of course to continue to use full scuba gear. If you continue to use club gear there is a charge of £8 per day for this (excellent value - try hiring it from Diveline instead if you don't think so). This was inclusive for the Novice training, but needs to be paid for sports diver training. Alternatively you could consider buying your own equipment, perhaps second hand.

You should also factor into your calculations an allowance for paying for your instructor's air and entrance fee and offering him a lift to the site. He is NOT paid by the club to give you instruction; he's just doing it as part of his hobby.

My thanks to all instructors and indeed everyone contributing to the Sports Diver programme for 1997.

Good Luck everyone with your training and enjoy it. That's what its all about!

1997 Eastern Region Coaching Scheme SDCs*



May 17	Practical Rescue Management	Guildenburgh or Ipswich
June 28/29	Dive Planning and Marshalling	Portland
September 13/14	Chartwork and Position Fixing	Ipswich/Felixstowe
September 27	Practical Rescue Management	Guildenburgh or Ipswich
October 4/5	Boathandling & Diver/Cox	Ipswich/Felixstowe
October 18/19	Advanced Nitrox	Ipswich
November 22	Oxygen Admin	Norwich
November 23	First Class Theory Prep	Ipswich

Local (Branch) SDCs 1997

Marine Radio Operation

Dive Planning and Marshalling

Outboard and Boat Maintenance

I need to have at least 6 weeks notice to arrange Branch SDCs, so contact me in good time. If you need to see a syllabus or want to know the entry level for any SDC you can ring me, Dave Lock on 01473 605622.

* SDC = Skill Development Course

DIARY DATES

Subscript deadline

31 May 1997.

Early submission of articles appreciated.

Events, courses (SEE ALSO the SDC list on the previous page) and holidays

Date	Event (all holidays!)	Contact
31 May / 1 June	Grey Viking, Brighton Marina	Pete Young
10/11 July OR 4/5 September OR 18/19 October	Eastbourne on board Taurus	Pete Young
11-13 July	Weybourne	John Cook
19 July	Bar - B - Q at Bawdsey	Frances Cook
1-3 August	Weybourne	John Cook
17-23 August	Skelligs, Ireland	John Cook
24-30 August	Mull	Simon Keating
12-15 September	Farne Islands	Mick Morley
12-17 October	Scapa Flow	Chris Pitts

Next committee meeting

28th April '97