



# TFI STRATFORD BSAC

*motto:*

'HE OR SHE WHO DARES FIN'S'

JUNE 2014

Any problems, suggestions or articles for TFI call Chris Prichard on 01386 462443

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**ATTACHED TO YOUR  
EMAIL are:**

**The 2014 Dive Calendar  
and**

**The Full BSAC Safe Diving  
Practices Letters d to H**

## CHAIRMAN'S REPORT

### Committee

It may seem a bit early to start talking about the club AGM, on Thursday 13<sup>th</sup> November, but before we know it, five months will have past.

The Club's Bye-Laws say that no committee member should serve more than three years in a particular position. On occasions in the past, exceptions have been made with the result that members have done more than three years in a particular post. However your Committee feel that it is vital to rejuvenate the Committee with new blood, on a regular basis. This will lead to fresh ideas and approaches but most importantly, new people becoming involved in the running of the Club. Therefore we are applying this bye-law and henceforth, no committee member will serve more than 3 years in a particular role.

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## **FROM THE TRAINING POOL**

**Congratulations to** Andy Watson and Lynne McCarthy who passed their Ocean Diver Theory.

I will be running a revision session to be confirmed in the next few weeks for those who need to take a retest. I have emailed the trainees telling them that they should start revising now. Will those of you who missed the lectures when they were held first time please let me know which ones you missed.

Peter Virgo  
Training Officer

**QUOTE OF THE MONTH**

John Simpson "I do"

Lucy Harrison "I do"

**Congratulations to Lucy and John**  
**on their marriage in May**



**Also married in May were former member  
Jerry Kelly and Kate**



**DIVING OFFICER'S REPORT**

It's nearly July and the season is under way. We have had five successful British trips, albeit rather breezy at times, and so loosing some days diving. The viz has been rather mixed but improving. In Pembrokeshire we could actually see quite a lot of the Lucy!

The reports of the Grenada trip were great. It sounds like a fabulous place to dive again. Thank you Keith and Jeannie, and are you repeating it soon!

Two notes on safety.

As you are all aware, on all dives you must carry a reel and DSMB. If your DSMB is filled by either a crack bottle or CO2 cylinder, make sure that it is in good working order. I noticed that one of my own was badly corroded and had to be replaced. We should also carry a yellow emergency marker buoy. As these are (hopefully) rarely used they do get neglected.

It is important to report that one of our senior divers/instructors underwent three sessions of recompression at the chamber in Rugby in early May when he experienced pain and tingling after training dives at Stoney.

I have reviewed all the circumstances with the divers involved and with the Safety Committee. I have reported to our own committee and will submit an official incident report to BSAC.

The senior diver has recovered well and, after a break of six weeks, is back diving. The two trainees were symptom-free after the two training dives.

In this incident the first dive to 13 metres had been preceded by two ascents from four metres when one trainee was struggling with one particular shallow water exercise. The final ascent however was controlled and well-timed.

On the second dive, there were two ascents from six (in order for the trainees to practice AAS) followed by a dive to 14.5 metres. On the ascent from there one trainee struggled to ascend (connected with a possible over-weighting issue coupled with inexperience in adjusting his dry suit) and when the instructor judged that panic was near, he brought the trainee up quickly.

The instructor began sensing pain and pins and needles in his arm about three hours post dive.

The recompression chamber recommended treatment for a possible DCI – and three sessions followed.

It was not one hundred per cent certain that the instructor had a bend – but as the recompression did alleviate symptoms it is likely that he did have DCI.

It is impossible to know precisely what the trigger was in this case. Although all divers know that a saw-tooth is bad practice, in training situations at very shallow depths, multiple ascents are generally considered safe.

The DCI might be the result of that one final rapid ascent – or that ascent coupled with the earlier ascents.

Aware of these issues, the instructor had already limited the number of times he and his trainees were descending/ascending. It is important for instructors to keep this issue in mind.

That final, overly-quick ascent was in part due to the trainee not being properly weighted during these early dives and therefore struggling with his ascent (although this was worsened by his confusion about operating his suit – despite good sessions with the suit in the pool). Conditions at Stoney (cold and low viz) were not helpful. Also, it would have been much easier to control the training session had there been two instructors so that the lesson could have been conducted one to one. However, it is recognised that one instructor to two novices is by no means unusual or frowned upon.

It is worth noting that the chamber at Rugby was extremely helpful and responsive and that all divers involved submitted excellent and thorough reports to me.

I will be including an item in the next newsletter on weighting issues and the problems of being too light as well as too heavy.

I am still hoping for more trips to be arranged this year, and as I have said before, if you are new to running a dive trip, there are people in the club who will willingly help.

**Peter Neal**  
**Diving Officer**

### Chairman's Report contd

This does not mean that committee members cannot move from one post to another, say three years as treasurer then three years as training officer.

We are very keen that members, most particularly those who have not been involved in committee work before, should put themselves forward as positions become vacant, That said, if someone is interested in becoming involved at some stage, but feels that he or she does not know enough about the particular post, then make yourself known to the committee and you can act as assistant or 'number 2' to the incumbent with a view to taking over the responsibilities in due course.

Positions which will become vacant at this years' AGM, the present officers having completed three years are:

- Chairman
- Recruitment Officer/Website Manager
- PR/Events Officer

Anyone interested, please give Thaedra or myself your name or have a chat with any committee member.

### Nautical Archaeology Society

Twenty four members attended a very interesting talk on Thursday 15<sup>th</sup> May by Mary Barber, who is Training Manager for the Nautical Archaeology Society. When I wrote to thank her, she responded in part, "*If we can be of any help in the future with helping the club get a project off the ground or any training courses please do not hesitate to get in touch*"

So anyone with any ideas, please let me know.

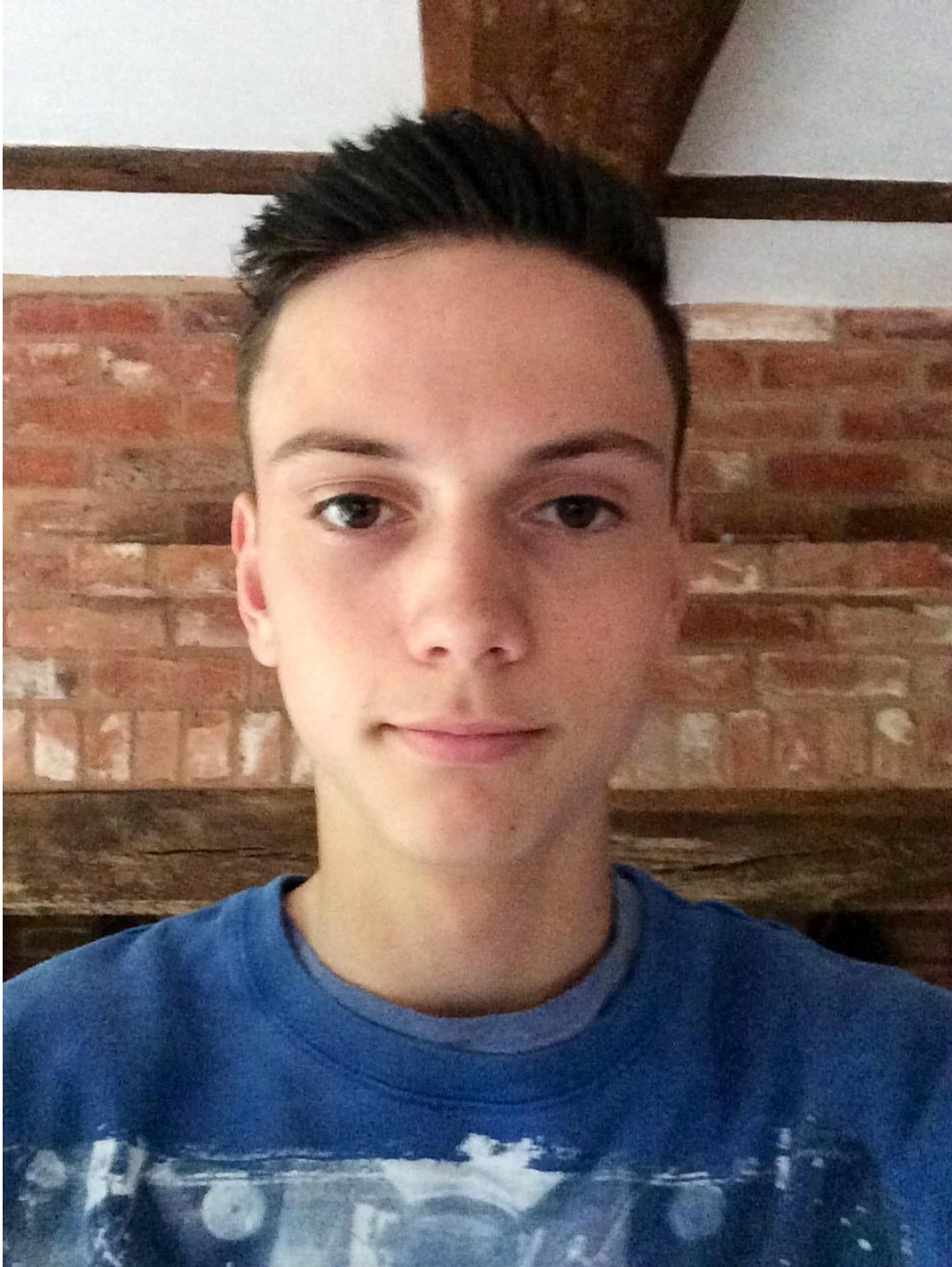
David Williams

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## **NEW MEMBER PROFILES**

Hi, I'm Glenn McIntosh. I'm 15 and I'm in year 10 at Stratford upon Avon high school. I am from Peterborough, I now live on the edge of Stratford in a small village called Bearley. I play a range of sports but rugby is my favourite. The reason I got into diving was to look at wrecks and wildlife all over the world.



Hi All,

My name is Jim Moffat, born north of the border but now living in Nuneaton, I am looking to move to Stratford with my partner Penny in the near future which has influenced the decision to join this club.



I am new to diving and have never tried this activity before, my ambition to dive began after watching lots of David Attenborough programmes 😊

I would ideally like to achieve Sports Diver but getting my Ocean Diver seems to be a task in itself at the moment.

The driver for the diving was dreamt up a year ago when Penny and I booked our joint 50<sup>th</sup> birthday vacation in Mexico, which whilst writing this profile, I'm packing to leaving on 5<sup>th</sup> June.

I work in Coventry as a Shift Supervisor for "Amtico International" a leading floor manufacturer. Hobbies include Golf and Football, taking to the terraces at Nuneaton Town whenever the opportunity lends itself.

May I also take this opportunity to thank all the trainers I have spent time with, you guys are, for sure, a patient bunch and a pleasure to know.

## Stratford BSAC New Website

As you may be aware we have a new site [www.stratforddivers.co.uk](http://www.stratforddivers.co.uk) and its looking great.

As well as some nice shiny new pictures and write ups, there is also a member login page where you can log in to get club information such as TFI or club members information

To access the member page you need to Login with the following:

Username : manta Password : fathom9

If you wish to add to the website with either a calendar entry (for all those forthcoming trips) or to add to the photo gallery entries (for all those trips just finished , especially inspiring marine shots or plain old sill ones!) then all you need to do is contact either Angie or Jon Hardman and we will do the necessary . Please note that we will only be updating the site every fortnight so please don't request instant updates.

I hope you all enjoy the new site and please don't forget that we do have a Facebook page for write ups, comments and general interaction. We want to attract new blood to the club so post your pictures on there too!!

Any questions please contact Angie or Jon or one of the committee.

Happy diving!  
Angie Deaves

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# **BSAC SAFE DIVING PRACTICES**

**Attached to your email are all of the Safe Diving Guidelines from letter D to H  
Below is a selection of these which I would like to emphasise to all of you.**

**Peter Neal**

## **Decompression**

All dives involve some decompression, which normally takes place during the ascent and subsequent period on the surface. It follows that it is as important to correctly perform these stages as it is to monitor the dive itself. Decompression computers can assist in this if they are correctly used and are programmed to an appropriate algorithm. This means that for a simple rectangular profile they should give dive times at least as conservative as the BSAC 88 decompression tables. All dives must be planned using a decompression tool the diver has been trained to use. These could include hard copy tables, computer generated tables or a dive computer. Whatever primary decompression plan is being used the diver must also have a back up plan. It is important to realise that both tables and computers are unable to make allowance for factors such as age, fitness, exertion, obesity and injuries, which may all significantly affect susceptibility to decompression illness. Divers should therefore be aware of these factors and avoid diving beyond their limits. Dive computers which monitor the diver's heart rate are now becoming available and such developments should help with the management of these issues. Take particular care when planning repeat dives. Where two or more dives are being made the same day it is good practice to carry out the deepest dive first. It is also good practice to achieve maximum depth as early in the dive as possible and to avoid re-descending once any ascent has commenced.

## **Decompression illness**

Decompression illness (DCI) symptoms vary between those so sudden that immediate air evacuation to a chamber is vital, to those which may not become apparent for some hours. Some of these less dramatic symptoms, such as tingling and numbness, may well be delayed but can be more serious and produce greater disability than the pain often associated with DCI in a joint. Severe DCI symptoms, occurring at sea, require rapid transfer of the subject to a recompression chamber, laid flat on their back and if possible, the administration of 100% oxygen and fluids. Being bounced, repeatedly, in a small boat is almost certainly going to worsen the symptoms rather than help the situation. For assistance with decompression illness, advice in the UK can be obtained from the National Decompression Illness Helpline. When at sea, contact should be made via the Coastguard on VHF Channel 16. When on shore, contact can be made via the following 24hour telephone numbers: If calling in England, Northern Ireland or Wales call 07831 151 523 to be connected to the BHA / National Diver Helpline. If calling in Scotland call 0845 408 6008 to be connected with the Aberdeen Royal Infirmary. For other emergency assistance, when ashore in the UK, use 999 or 112, as usual. When diving outside of the UK, ensure that you know the local emergency contact procedures. (See BSAC 88 decompression tables / Oxygen).

## **Decompression stops**

Dives requiring decompression stops should be well planned beforehand and executed according to recommended techniques. Avoid deciding upon decompression stops once in the water. An accurate means of measuring depth and time is essential and all decompression stops should be carried out using a suitable decompression system, static line, decompression trapeze or a minimum of a delayed SMB. For the longer decompression schedules

the use of a decompression station is recommended as spare gas can be attached to the system and the entire dive team are together.

It also assists the surface team, who only have to monitor one decompression station.

Any diver who has missed planned decompression stops could be suffering from decompression illness and should be returned to the shore as quickly as possible. No attempt should be made to carry out any form of re-entry decompression as this inevitably worsens the situation. The diver should be treated as a potential casualty, kept quiet and administered oxygen and oral fluids. Emergency advice should be sought and their recommended actions followed - see the section on Decompression for contact information. (See BSAC 88 decompression tables / Decompression / Oxygen).

### **Delayed surface marker buoy**

A delayed SMB (DSMB) is no substitute for a fixed shotline and, wherever practical, a shotline should be used for the ascent and descent phases of the dive. However there are situations where the use of a shotline or a conventional SMB may not be appropriate, and in these circumstances consider the use of a delayed SMB. Ensure that you practice deployment and usage of the delayed SMB in safe, simulated conditions before using one in earnest, and when deploying the delayed SMB do not attach the free end of the line or reel to yourself, or to other personal equipment. Ideally the reel should be attached to some feature on the bottom (such as a wreck) during deployment, to avoid the risk of being pulled towards the surface. Many divers now carry two DSMBs, often one yellow and one red. The purpose here is to have the red one for general use when making a normal ascent. When a problem arises and divers wish to notify the surface cover that they need assistance, the yellow and red ones will be sent up together and on the same line. For dives where a direct ascent to the surface is inadvisable (e.g. dives involving planned decompression stops) BSAC recommends this approach as good practice.

### **Dive discipline**

It is a rule of BSAC that the Dive Manager has the authority of the Branch Diving Officer to suspend a member from diving if instructions are not obeyed. (

### **Dive computers**

Dive computers offer accurate and automatic recording of depth and time and continuously calculate the diver's decompression requirements according to the depth and duration of the dive. Computers are also available with advanced features such as the ability to calculate decompression requirements for a variety of nitrox mixes and mixed gases, and also to monitor available gas and gas consumption rates. The use of a dive computer is no substitute for proper dive planning, including proper attention to gas requirements and dive time. It is recommended that divers choose a computer which is at least as conservative as the BSAC 88 decompression tables on a rectangular dive profile. Individual susceptibility to decompression illness varies and can be affected by a number of factors, for which no computer or decompression table is able to allow. Divers should be aware of this and avoid pushing computers beyond their limits. The advice on safer diving attached to use of the BSAC 88 tables applies equally to computer users and should be followed. (See BSAC 88 decompression tables).

### **Fitness to dive**

Diving uses as much energy as moderate to heavy work. Before resuming diving, after a lay off, you are advised to regain physical fitness, practice basic underwater skills in the pool or sheltered water training area and complete a series of 'work up' dives before diving to depth. Ensure all divers are both physically and psychologically fit for the dives they plan to undertake.

## Gas requirements

All divers should carry the gas they need to complete the dive safely. They should also have a plan to access bailout cylinders in case of a gas failure. (See Air reserve) For technical divers using open circuit equipment this includes bottom gas, travel gas and decompression gas. They should also have a plan to access bailout cylinders in case of a gas failure. Reserve requirements for travel (descent & ascent) and primary gas should be calculated on the rule of thirds. Reserve gas for decompression is normally calculated as double the amount of gas required for the planned decompression schedule.

## CONGRATULATIONS TO :

Simon Charles, Robert Müntz, Angie Deaves and Nicholas Todd-Jones for running the Two Castles 10k Run, on Sunday 8<sup>th</sup> June, in an average time of less than one hour, when accounting for pee stops and shoe laces!

Fun By All, if you would like to join the SOA BSAC running club speak to Angie 😊



## TRY A DIVES

### SPECIAL RATES FOR FAMILY AND FRIENDS

Speak to Angie Deaves to arrange one.

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## AMENDED DIVING TRIP DATES

Please note that the **week-long** trip to Plymouth in July will not now take place. Instead, Angie Deaves with the help of Jon Arthur is organising a **weekend** trip on 26<sup>th</sup> and 27<sup>th</sup> of July. Please see the Dive Calendar for details and speak to Angie if you are interested.

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## NOTHING TO DO WITH DIVING BUT I COULDN'T RESIST IT....

After getting all of the Pope's luggage loaded into the limo, the driver notices the Pope is still standing on the curb. 'Excuse me, Your Holiness,' says the driver, 'Would you please take your seat so we can leave?' 'Well, to tell you the truth,' says the Pope, 'They never let me drive at the Vatican when I was a cardinal, and I'd really like to drive today.' 'I'm sorry, Your Holiness, but I cannot let you do that. I'd lose my job! What if something should happen?' protests the driver, wishing he'd never gone to work that morning. 'Who's going to tell?' says the Pope with a smile. Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel. The driver quickly regrets his decision when, after exiting the airport, the Pontiff floors it, accelerating the limo to 205 mph. 'Please slow down, Your Holiness!' pleads the worried driver, but the Pope keeps the pedal to the metal until they hear sirens. 'Oh, dear God, I'm going to lose my license and my job!' moans the driver. The Pope pulls over and rolls down the window as the cop approaches. But the cop takes one look at him, goes back to his motorcycle and gets on the



radio. 'I need to talk to the Chief,' he says to the dispatcher. The Chief comes on to the radio and the cop tells him that he's stopped a limo doing 205 mph. 'So bust him,' says the Chief. 'I don't think we want to do that, he's really important,' said the cop. The Chief exclaimed, 'All the more reason!' 'No, I mean really important,' said the cop with a bit of persistence. The Chief then asked, 'Who do you have there, the mayor?' Cop: 'Bigger.' Chief: 'A senator?' Cop: 'Bigger.' Chief: 'The President?' Cop: 'Bigger.' 'Well,' said the Chief, 'Who is it?' Cop: 'I think it's God!' The Chief is even more puzzled and curious, 'What makes you think it's God?' Cop: 'His chauffeur is the Pope!'

## **DIVE TRIPS / HOLIDAYS**

**There are one or two spaces available for a weekend diving in Plymouth on 27/28<sup>th</sup> September. As usual they will go on a first come first served basis so if you speak to me next Thursday you could be too late so call now on Prich 01386 462443**

**Have a look at the Dive Calendar which is attached to your email. There are lots of dive weekends and weeks of diving and, at this moment, there are vacancies on most of them**

**You can choose from:**

**Teignmouth  
Plymouth  
Anglesey  
Isles of Scilly  
Lyme Regis  
Hope Cove  
Porthkerris  
Red Sea**

**Or if you don't fancy any of those you can always organise a trip to somewhere else on one of the free dates.**

**Or if that doesn't appeal how about these links sent to me by Barbara Burger (The Not So Quiet American) who is working on two ideas:**

1. " I have a friend whose parents own a time share on **Maui**. The resort is called Maui Schooner which is in Kihei, Maui and it's a 2 bedroom flat on the beach. They are looking for someone to rent the place the week of May18th through 25<sup>th</sup> at the bargain price of \$1200 for the week. Since it's a time share there is no guarantee the rooms will face the sea but the complex is on the beach in a beautiful area with lots of amenities. Yes, they'll rent to divers or non-divers alike. If someone is interested have them look at the attached website <http://www.mauischooner.com/gallery> and then get back to me via Prich and I'll put them in contact with the owners."

2. I am thinking of organizing a dive trip to either the Philippines, Truk, or Komodo, Indonesia. Found a great live aboard that looks fab. Many dives are shallow (except Truk, of course) would anyone from club would be interested. <http://www.sirenfleet.com/liveboards/philippines.html>

If so speak to Prich and he will put you in touch with me  
Barb Burger

## **MALDIVES**

Angie Deaves is also planning:

"As some of you may know I am looking to arrange a trip to the Maldives next February going around the 12th for 10 / 14 days. At the moment I haven't decided which island but have a couple in mind. Looking for somewhere large group and child tolerant with a decent house reef for snorkelling. Please let me know if you are interested so I can get a rough idea of numbers. "

Regards Angela

## FOR SALE

### **Oceanic dry suit for sale.**

Ideal for any new diver wanting to get started at a reasonable price of £60. Size- fits 5'10" tall 12 -14 stone man. Call Ben Trowman on 01386 859475

### **Twin 7ltr 300 bar**

Banded and manifolded - £200  
(used approx. 20 times)  
Optional slob knob extra £25

John 07850 739588

### **Custom Diver TDB dual bladder wing with tec**

harness in excellent condition for sale. New price would be £590 and I'm asking £300. Snap it up now before I put it on e-bay.  
Peter Neal

## WANTED

Badminton Players for the Wilmcote/Diving Club Badminton Group. Tuesday evenings at 9.00 - 10.00 Stratford Leisure Centre. Not serious, just a good friendly knock around of pairs and singles. See Geoff Russell (01789 552614. 07836 503082)

## **MOVING HEAVY LOADS?**

**John Simpson is willing to use his 4 Wheel Dive and Trailer to help any Members who need to move heavy loads.**

**Call John on 07976 849670**

## Stratford BSAC 0730 Committee 2014

Chairman: David Williams 07768 255712  
Diving Officer: Peter Neal 07967 656462  
Training Officer: Peter Virgo 07925 579632  
Secretary: Thaedra Thruston (01527 853363)  
Equipment Officer: Jay Scott 07976 283702  
Treasurer: Geoff Russell (01789 552614)  
Publicity and Membership Renewals: Hilary Wilson 07779 287558  
Recruitment: Angie Deaves 07792 775971  
Boats & Trailers John Simpson 07976 849670

**SUGGESTIONS OR PROBLEMS? THEN CALL ONE OF US**

THE  
ANORAK  
PAGE

### **MEMBERSHIP FEES 2014**

**To the Stratford Branch**, all Members pay an annual subscription of £118 towards costs of the Branch.

**To BSAC**, Members pay an annual subscription of £56.50 that covers BSAC costs, their monthly 'Scuba' magazine and their third party insurance. Both of the above are due on the 1<sup>st</sup> April each year.

**New members** are required to pay a full annual subscription for both of the above when they join. In their second year they pay pro-rata to bring them to the next 1<sup>st</sup> April.

**Hire of kit** for a new trainee is £60 for a period of for four months. Thereafter it is £30 per month.

**Pool Sessions** - £3 for all Members

**Try a Dive** £15 a session. £10 of this is refundable when you join the club.

**Training Books** vary but typically the cost for an Ocean Diver is £45.

**The Club has 2 boats** (RIB's) and Members have to contribute towards the cost of running these boats This is paid for by an Annual Boat Levy of £30 payable along with your Annual Subscription by all Members in their second year onwards If you do minimal diving from the Club boats during the year you will receive a full or part refund of your Boat Levy. Non members diving from Club RIBs will pay £10 per dive.

**Members towing RIB's** get a minimum of 70 pence per mile

**Launching RIBs at Lyme Regis**– if you need help doing this speak to the Diving Officer who will arrange for Rob Perry to do it for a fee.

### **CLUB DIVING STANDARDS**

All Members are expected to dive in accordance with the guidelines of the BSAC as published from time to time.

No dives should be organised without the prior approval of the Diving Officer who will provide you with a Diving Log which is to be completed with details of the dive and returned to him.

On the reverse side of the Diving Log is a list of the main BSAC guidelines that the Committee wishes to emphasise at this time.

You are reminded that the depth limits for qualified divers is as follows:

Ocean Divers – 20 metres

Sports Divers – 35 metres

All other qualified divers – 50 metres

Members who ignore any of these guidelines do so entirely at their own risk.

You are also reminded of the following:

- Members are strongly recommended to use Delayed Surface Marker Buoys which can be filled by means other than purged air from a mouthpiece.
- Sports Divers and above are recommended to carry their own independent source of back-up air in a second cylinder (twin or pony)

These extracts are not exhaustive and so if you have any queries you should clear these with the Diving Officer before diving.

The Diving Officer for 2014 is Peter Neal and his contact number is shown above.