



TFI STRATFORD BSAC

motto:

'HE OR SHE WHO DARES FIN'S'

40TH ANNIVERSARY ISSUE –OCTOBER 2014

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

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**ATTACHED TO YOUR
EMAIL are:**

**BSAC Safe Diving Practices
Letters I – N**

**and
Agenda for Club A.G.M.**

**Stratford BSAC was formed in
October 1974 by Keith Bond and Fred
Hewitt and this is the 40th
Anniversary**

To celebrate this occasion we had a Nostalgia Evening Party on 11th October and invited all current and past members that could be traced.

There was a marvellous turnout with old kit on show, copies of old newsletters and hundreds and hundreds of photographs all the way back to 1974.

FROM THE TRAINING POOL

A very warm welcome to all new members who have joined the club in the last few months, and a big thank you to all the instructors who have helped with training. We have just completed our second series of Ocean Diver lectures and are now in the middle of the Sports Diver lectures. If you have missed any of the lectures please let me know if you have not already done so. Dates for the exams are being arranged now and will be emailed to all trainees. I would like to encourage any of the assistant instructors to continue their training and become Open Water Instructors as we need more instructors.

Safe diving

Peter Virgo.
Training Officer

QUOTE OF THE MONTH OF AUGUST

Peter Talbot, whilst applying yet more cream to his face post dive:-
*"I won't win the Award for The Wettest Diver but I'll certainly win the one
for The Most Moisturised"*
(Does he mean The Most Greasy?)

QUOTE OF THE MONTH OF SEPTEMBER

Jon Hardman "I do"
Emma Duke "I do"



Congratulations to Emma and Jon on their marriage

**Nigel, beware yours is coming up soon and this is what happened
to Jon on his Stag Do**

Emma: "Jon there are 3 rules.. don't get arrested...don't get a tattoo and don't get lost."

Jon :"My mates managed 2 out of the 3 for me!!"



CONTENDER FOR QUOTE OF THE YEAR

Mark Jeffrey :- *“May I borrow a diving suit please” or “What every good diver should take on board”*



CHAIRMAN'S REPORT

Well the diving season is coming to an end with a flurry. 23 people went on Hilary's Red Sea trip, which is reported below and by the time this goes to print, a smaller but more exclusive group will have returned from Mozambique.

Remember that the dive show is on Saturday and Sunday the 25th and 26th of October at the NEC in Birmingham. BSAC provide 11 'pods' – small display stands - at the show for member clubs and for the second

time, we have been allocated one. It will need manning throughout the two days so all volunteers welcome.

The club has just received 2 certificates from BSAC. In 2013 we apparently qualified the 3rd highest number of Open Water Instructors and the 2nd highest number of Assistant Open Water Instructors. To the best of my knowledge, this is the first time that we have received such awards so well done to everyone who was involved

Dates for your diary:

The Club's Annual General Meeting is to be held on Thursday 13th November at 9.30 p.m. All Members are invited to attend and vote. A copy of the agenda is attached to your Email.

The Christmas Dinner is to be held on Saturday 6th December at the Grosvenor Hotel in Stratford at 7.00 for 7.30. No guesses about the theme, it is The Ruby Anniversary Dance. Tickets are printed and will be on sale now at a cost £30 each from Hilary.

David Williams
Chairman

-oOo-

DIVING OFFICER'S REPORT

The nights are drawing in, the clocks are going back and Stoney will be going on to winter opening hours soon.

But, after a busy summer of diving, there is still potential for some good diving between now and Christmas. The water will be nice and warm for a few weeks yet and the vis may well be better than it has been. So don't stow your kit just yet.

Peter Virgo and I particularly want to encourage trainees to approach either of us when they want to get some inland diving and/or qualifying dives in and we will be delighted to set up trips to Stoney and to Chepstow. Come and find us at the Club on a Thursday evening!

As the weeks go by though I do want to urge the tough divers who will go on diving year round to ensure that their kit – especially regs –

are in excellent working order and up to scratch for cold water diving. Begin to be very conscious of the possibility of free-flows!

A special note to instructors: training is very much still on-going over the autumn and winter, in the pool and in the classroom. Please give Pete as much help as you possibly can when he asks for lecturers, pool trainers and open water teaching. This is vitally important if Peter is to do his job – and for the Club as a whole.

I want to draw your attention to a thorough and instructive article that is published in this TFI. New member, Chris Hastie suffered DCI and had a series of treatments at the Midlands Diving Chamber at the end of the summer. Thankfully he recovered fully. His dives were text book as far as depths, deco and ascent were concerned. The bends were triggered however by extreme dehydration and over-exertion – an important lesson for every diver. He submitted to me and the Safety Committee the very best Incident Report that we have seen. It was clear, thorough and is an excellent template for how divers should report incidents in the unwelcome event that they occur. The article he wrote for TFI is included below and contains less detail but gives divers a clear picture of what happened. I will add that the Safety Committee believe that there were additional factors involved which contributed to the DCI. For example, further dry suit training would have meant Chris would have been better prepared for the change in buoyancy and if a more experienced diver been present he/she would have avoided a long, hard, hot surface swim before the dive. Nevertheless, it is an excellent report and much can be learned from it.

I will be touching on all this – and much more – in my end of year report to the AGM next month.

There is no Diving Calendar for 2015 this month but if you look at page 20 you will see the trips already planned for next year. If you wish to organise a weekend then please speak to me and I will add it to the Calendar and provide help and advice if you require it.

Last but not least, I would like to say thank you to Hilary for organising yet another great trip to the Red Sea. The diving was superb even though some stomachs were not!

Peter Neal
Diving Officer

Note to self by Chris Hastie

Keeping track of the stuff in my head

Anatomy of a bend—the dangers of dehydration

August 31, 2014

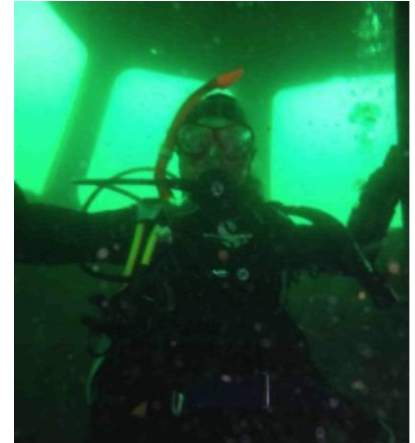
Ask most divers what causes the bends, or decompression illness (DCI), and the chances are that the response will be along the lines of rapid ascent, or perhaps staying too long at depth. A factor that seems rather under appreciated, though, is just how much of a role dehydration can play in the development of a bend. I was told recently by a hyperbaric doctor that after rapid ascent, dehydration is the second most common cause of DCI. This is the story of how I came to be having that conversation with a hyperbaric doctor, just before I stepped into a recompression chamber to be treated for a bend. It's also the story of another danger, denial. These two things, Dehydration and Denial, I've come to know as the dangerous Ds.

Feel in' hot hot hot

Back in July Sophie and I set off to **Stoney Cove** for a day of fun diving. Armed with our shiny new drysuits we wanted to practice the skills we'd recently learnt in the PADI drysuit course. It was a gorgeous day, bright and sunny, 24° C in the shade, doubtless a lot more out in the sun. We planned to dive the Staingarh, a wreck at about 21m, and knew it would be a lot colder down there. About 11° C as it turned out. So I put on a full Thinsulate™ 'teddy bear suit' under my drysuit. I'd not used this undergarment before, having used a much thinner fleece suit during training. I knew it would be more buoyant than the fleece, so put on a bit of extra weight and planned a buoyancy check as soon as we got in the water.

It was hot in that suit in the bright sun. Really hot. We walked down to the water with our SCUBA, put on our gloves, hoods and fins and jumped. Quite why, having decided to do a buoyancy check, we didn't take any spare weight with us to the water's edge will forever remain a mystery, but that's how it went. And you can probably guess what's coming. I was under weighted. So I had to get out of the water and walk back to the car, in my already baking drysuit, with SCUBA and weights on, in the warm July sun, and fetch some more lead. By the time I got back in the water and had my weight trimmed I was absolutely roasted. Rarely have I been so relieved to jump into a cold quarry. We set off on the surface swim to the Staingarh buoy and began our dive.

It was a good dive and we enjoyed exploring the Staingarh. On the face of it the profile was pretty unremarkable from a DCI point of view. We descended quite slowly down the shot line and after exploring the Staingarh headed off along the bottom in search of the Wessex (which we missed). It was a fair stay at 21m, but should have been fine. The ascent was good and slow, taking nearly 3 minutes to get from 21m to 6m for a 3 minute safety stop before surfacing.



Back at the surface I took off my drysuit to find the undersuit absolutely drenched. My first thought was that the drysuit had leaked, but I then realised that the moisture was too evenly distributed, not concentrated around one point where a leak had been. It was sweat. After lunch and a 112 minute surface interval we went for a second dive. This time I went for thinner undergarments, not least because the Thinsulate™ suit was still drenched. At the water's edge I got a burst of cramp in one hand as I was trying to get my gloves on. Cramp is strongly linked to dehydration and I really should have heeded the warning sign. But I didn't. We dived.

Another unremarkable profile. We dropped to 21m briefly to explore the Wessex, before coming back up to the ledge at about 6m and following that for the next 30 minutes or so—plenty of time to off-gas. But there's more to a dive than the profile, and this one was full of problems. For me, all of them related to cramp. I had some of the worst calf cramps I have ever experienced, at one point screaming in agony into my regulator whilst trying to massage them away. Perhaps the one good thing to come out of this whole incident is discovering that I can have an experience like that underwater without panicking. It seems I perform well under pressure (credit to Dr Mike Gonevski for that cheesy pun!).

The first hit

I can't really remember when the pains started, but over the next few days I began to notice deep, dull 'flu like aches in several joints—wrists, elbows, ankles and, oddly, the arch of one foot. They seemed to fade in and out, easing up in one place then coming on somewhere else. I was suspicious. I Googled DCI and read up on the symptoms. I looked at some of the dive forums. But I also really didn't want to think it had happened to me. A combination of a seeming late onset, benign profiles, and the fact the pains kept moving helped me to convince myself that I didn't have a bend. I left the pains untreated. After a week, maybe a bit more, they cleared up. I've since learnt that far from not suggesting a bend, pain migrating is actually a classic symptom of DCI.

Coming back for more

Fast forward six weeks and we headed back to Stoney again for my first dive since. This time a single dive, reaching 22m and then coming back up to 6m for the last 20 minutes. It wasn't exactly a triumph of a dive—our communication was poor and my navigation even worse—but it was safe and sensible, with both our computers suggesting we had plenty of time left at 22m when we began our ascent. In the days to follow, however, the dull pains returned, this time focused in my wrists and thumbs. This was too much of a coincidence and when the pain worsened enough to wake me on Sunday night (the dive was on Friday) I guess I really knew what was going on. But by Monday morning it had eased off. It seemed such a trivial thing now that I couldn't bring myself to disturb somebody's bank holiday by making the call. My denial continued until late afternoon, when, pushed on by Sophie's very sensible nagging, I called the [Midland Diving Chamber](#).

Getting treated

I went through my symptoms and history on the phone with Dr Mike Gonevski, who quickly formed the view that I had had a dehydration related DCI back in July. Because it went untreated my redundancy had been diminished, so a fairly ordinary dive had brought about a recurrence. We arranged for me to go to the chamber on Tuesday for a full assessment and treatment.

The initial treatment followed Royal Navy table 66—a nearly six hour long session in the chamber starting off at 18m and then moving to 9m, breathing 100% Q2. For most of the time. Yes, that's right, a PO₂ of 2.8bar. Sounds abit scary when you're used to thinking of 1.4baras being the limit if you want to avoid oxygen toxicity, but as Spike, the tender who was in the pot with me, pointed out, there's no risk of drowning in a chamber.

Whilst I can't say my ride in the 'big white bus' was the most thrilling six hours I've ever spent it wasn't nearly as bad as I thought it would be. All the staff at the chamber were fantastic—welcoming, friendly and reassuring. And I got to watch a [Moc/c the Week](#) video and eat a Thai takeaway, not to mention leaving with a souvenir mug and very [amusingly written book on dive medicine](#). It's certainly not something to worry about—far better to do it than not, as I'm discovering.

Had I gone there straight away in July there's a good chance that first session would have sorted everything. But because I left things it's become a lot more stubborn. I've been back for shorter (lh45) treatments three times (1) since, and although I felt pretty pain free this morning I can feel it edging back as I type this. Denying what was going on was certainly not the smartest move I've ever made.

But it is on its way out now, and I have to say a big thank you to Spike, Dave, Robbie and Dr. Mike for getting me there.

What have I learnt?

Beware the dangerous Ds!

- **Dehydration:** do not underestimate the danger of dehydration and the role that it can play in the development of abend. Keep hydrated. Learn to spot the signs of dehydration and call the dive if you suspect you, or your buddy, are affected. If you're dehydrated a perfectly innocent looking profile can take you to the chamber.
- **Denial:** do not deny that you have abend. If you develop a pain shortly after a dive it needs checking out. Call the chamber. They don't bite. Quite the contrary, they're all really nice. And you may even get a takeaway out of it! At best, leaving things makes it worse and more difficult to resolve. At worst, it could kill you.

Chris Hastie

-oOo-

[Stratford BSAC New Website](#)

As you may be aware we have a new site 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

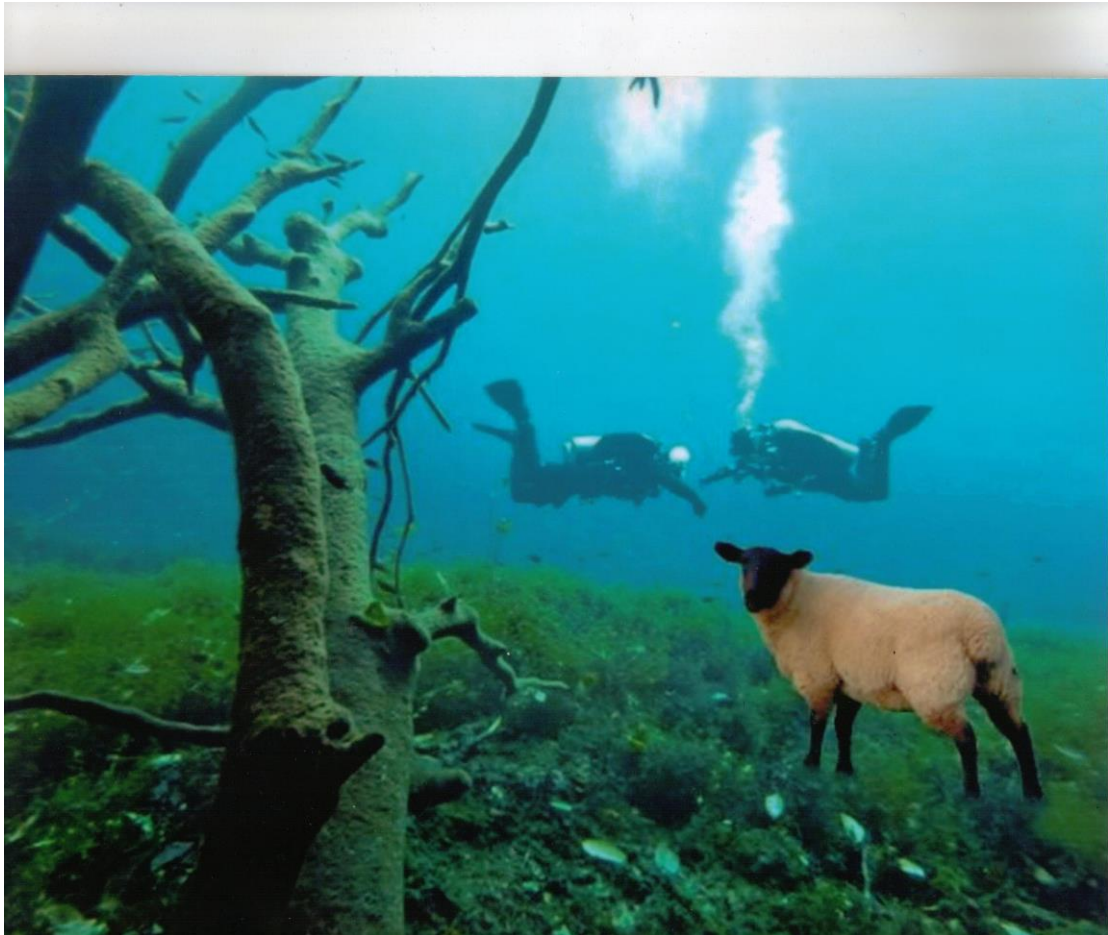
If you wish to add to the website with either a calendar entry (for all those forthcoming trips) or to add to the photo gallery entries (for all those trips just finished , especially inspiring marine shots or plain old sill ones!) then all you need to do is contact either Angie or Jon Hardman and we 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

At the Photo Competition you may recall we held a Caption Competition using this photo put together by Bond-Williams Enterprises.



The Winning Caption was from Andy Watson :-

"

At this depth the pressure must be one Baaaaa!"

-oOo-

40th ANNIVERSARY BASH



The Longest Serving and The Youngest Qualified Diver



General Chat



Jeannie's Cake

SLES OF SCILLY 2014

We've been diving off St Agnes in the Isles of Scilly for years and following a break in 2013 we returned in July 2014 for 10 days full of hope and enthusiasm.

THE DIVERS

Scilly old hands returning were Richard Wells, Stan Russell, Jon Arthur, Brett Ashford, Rebecca Waters, Geoff Russell, Andy Bacon and Chris Prichard. The Silly Virgins were Hilary Wilson, Miles Howarth, Peter Virgo and John Daffern.

In previous years the trips had been organised by Clive Porter who was unable to go this year and so plates and buying the wine Richard Wells took charge and delegated tasks to Stan, Geoff and Prich. In general this worked well except that Prich thought that Wellsy was bringing the plates and buying the wine whereas Wellsy knew that he had delegated this to Prich

THE JOURNEY

As usual, drive to Penzance collecting the RIBs en route. From here some take the ferry and others ride in the RIBs. This year, once the recently serviced boat had been put right (missing bolts from the engine) the crossing was flat and uneventful.

TROYTOWN CAMPSITE

Not much has changed at our regular campsite apart from the damage done to the shoreline by the 2013/4 winter. In previous years we have needed a gang of divers to clear rocks to give an easy pathway for

divers carrying cylinders to the beach. In 2014 this was completely



unnecessary because the storms had completely wiped away the grassy bank.

It was reassuring that we still needed tokens to operate the showers and 'Two-Token Brett' was still wanting double time in the shower block. Nothing new in this world

WEATHER

The weather for this trip was almost perfect with generally flat seas and clear skies. This is the view at sunset from our tents across the sound to the Isle of Annett



DIVING

We enjoyed diving the usual sites of The Italia, The Plympton/Hathor, and Crim Rocks which was more than a bit choppy. In addition we had obtained a licence from English Heritage to dive the wreck of HMS Colossus which sank in 1798.. This is a shallow site which is still being excavated and features with cannons, remains of muskets and timbers held together by giant copper pins.

CATERING

Stan insisted on catering for all of us in his usual magnificent style and although these pictures were taken by Jon Hardman on an earlier trip they are typical of this trip.

2015

It is intended to go again to St Agnes for 10 days from Wednesday evening 17th June to Saturday 27th June.

Anyone interested should speak to Richard Wells or Chris Prichard



-oOo-

SCOTLAND

This is an interesting link sent to me by Nick T-J

<http://www.bbc.com/news/uk-scotland-north-east-orkney-shetland-29602113>

-oOo-

TRY A DIVES

SPECIAL RATES FOR FAMILY AND FRIENDS

Speak to Angie Deaves to arrange one.

-oOo

WHO AM I?

Regular readers will know that we often feature a picture of a diver and ask them to decide who it is?

This one isn't very difficult but worth including.

Answer on page 19



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

Irish Alzheimer's

Donnelly showed up at Mass one Sunday and the priest almost fell down when he saw him. He'd never been to church in his life. After Mass, the priest caught up with him and said, "Donnelly, I am so glad ya decided to come to Mass. What made ya come?" Donnelly said, "I got to be honest with you Father, a while back, I misplaced me hat and I really, really love that hat. I know that Gleeson had a hat just like mine and I knew he came to church every Sunday. I also knew that he had to take off his hat during Mass and figured he would leave it in the back of church. So, I was going to leave after Communion and steal Gleeson's hat." The priest said, "Well, Donnelly, I notice that ya didn't steal Gleeson's hat. What changed your mind?" Donnelly replied, "Well, after I heard your sermon on the 10 Commandments, I decided that I didn't need to steal Gleeson's hat after all." With a tear in his eye the priest gave Donnelly a big smile and said; "After I talked about 'Thou shalt not steal' ya decided you would rather do without your hat then burn in hell?" Donnelly slowly shook his head. "No, Father, after ya talked about 'Thou shalt not commit adultery' I remembered where I left me hat!

-oOo-

WHO AM I? ANSWER

It's Michael Azumah of course

DIVE TRIPS / HOLIDAYS

The 2015 Dive Calendar will be available shortly.
However, there are already some trips for your diary:

Malta – long weekend in May – see Peter Neal

Isles of Scilly 18-28 June - see Richard Wells or Prich

Pembroke 25-26 July – see Peter Neal

Red Sea – October – see Hilary Wilson

KIT WANTED

Dominic Bierne is looking for the following items:

Regulators

Cylinder – 12 or 15 litres

BCD – Large /Medium

Call him on 01789 261620

#

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

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

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 1st 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 1st 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.