



TFI STRATFORD BSAC

motto:

'HE OR SHE WHO DARES FIN'S'

DECEMBER 2016

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

INSIDE THIS MONTH

Page 1	Training Update
Pages 2-4	Awards at the Annual Dinner
Page 5	Nothing to Do With Diving but.....
Pages 5 - 7	Mince Pie Diving
Pages 8 - 9	Messages from our Chairman
Page 9	Try a Dives
Page 10 - 11	Dive Trips Planned
Page 12	The Anorak Page

There are no reports from Committee Members this month. Instead we concentrate on the winners of awards at the Annual Dinner and some Articles which have been submitted. Early in the New Year there will be a Newsletter with Officer's Reports and a Dive Calendar for 2017.

FROM THE TRAINING POOL

Gatis Paseks has passed his Ocean Diver Theory Test and is well on his way to becoming an Ocean Diver.

AWARD WINNERS AT THE ANNUAL DINNER



Diver of The Year – Dai Williams



Novice Diver of the Year – Jamie Wolstencroft



Wettest Diver of The Year – Sally Richards



Winner of the Prop - Richard Talbot



Driver of The Year - Russell Thompson



Winner of The Golden Weight – Jon Arthur

Winner of Expedition Member – Stan Russell

(No photograph as Stan was absent preparing for his daughter's wedding.)

**MANY THANKS TO ANGIE DEAVES FOR ORGANISING
THE DINNER**

-OoO-

NOTHING TO DO WITH DIVING BUT ...
**If you want to see the funniest video posted in
2016 have a look at The Silent Monks singing
the Hallelujah Chorus**

(be sure to click on Full Screen.)

[Click here: Index](#)

<http://voxvocispublicus.homestead.com/Index.html>

-OoO-

“Mince Pie Dives” Christmas 2016

On the dark, dank Monday morning before Christmas, 4 Stratford Club members, Jamie, Peter T, Paul N and I (Sally) braved the murky depths of Stoney Cove on the Annual Festive Dip. It was actually warmer underwater (8 degrees) than on land (6 degrees) so we weren't as intrepid as you might think. However, between and after diving we were grateful for the Christmas Comestibles which we and our Supporters- Peter S, Dan R, Annie and Les had brought, though of course we divers saved the alcoholic contributions until after the second dive!

The viz wasn't too bad and over the course of the 2 dives we took in several objects d'art including The Helicopter, Stanegarth, Bus, Defiant, Belinda, APC and the “not as elusive as it used to be” Tornado Ejector Seat! It was a surprise to see The Underwater Christmas Tree complete with baubles and working lights, yes, working lights, as we finned back to the pier. This had been erected by Leicester SA Scout Group and could also be seen through the water from the terrace outside Nemo's. Diving done, we repaired to the fireside inside Nemo's for liquid refreshment.

Annie took some photos and here are 2. The first showing Jamie and I; and Peter T and Paul N about to descend. The other shows us keeping warm after our first dive with Peter Scarpellino's excellent Hot Chocolate. Reluctantly, we saved his Armagnac until later on.

Thanks to all divers and supporters who took part.

A great end to our diving for 2016.

Sally Richards.

(Photographs on the following page)





FROM OUR CHAIRMAN

Whilst our DO was away in warmer climates and having just read and plagiarised the following from a Stoney Cove newsletter/email, I thought I would pass this onto everyone.....especially the 3 bullet points below!!!!!!

Cold-water diving

Winter diving can be awesome, with superb visibility on bright sunny days. However, although we may be snug in our lovely, warm drysuits, the very low temperatures can cause problems with regulators. Every year, as the water gets colder, we talk about how to avoid that nasty surprise – a free-flowing regulator. The risk is ever present, but is much higher when the water is below 8 degrees. This unwanted malfunction is even worse when it occurs in a modern high-performance regulator – it can empty your cylinder in 90 seconds flat. So if you want to avoid this happening, there are some important things to remember:

1. Don't ever purge your regulator or remove it from your mouth underwater when the temperature is 8 degrees or lower.

2. Never ever use a demand valve(Regulator/Octopus) attached to your primary air supply to fill a delayed SMB or lifting bag.

3. Only use CE cold-water-approved regulators.

Free-flowing-regulator incidents can quickly escalate into a very dangerous situation, so please take this seriously.

There are some video clips on the Stoney newsletter if you receive it.

Pete Talbot

I apologise for the fact that this edition of TFI looks like the Gospel According to Chairman Pete but.....

From Pete Talbot

IF YOU ARE PLANNING TO DIVE DURING THE PERIOD OF 1st FEBRUARY - 31st MARCH 2017, YOU MUST ENSURE THAT YOU HAVE A VALID/IN-DATE MEDICAL CERTIFICATE.

To be absolutely sure, complete a new one, prior to planning a dive and give it to the Miles as without you may NOT have any BSAC Third Party Insurance.

So complete the form on the next page and give it to Miles ASAP.

My Excuse for this is that when I was Membership Sec and in preparation of all paperwork being completed before the 'New Dive Year' that starts on 1st April (BSAC Common Renewal Date), some Med Certs were completed and dated during Feb and March 2016 but BSAC deem them to expire one year later, hence the potential problem for several of you.....me included!

We have discussed and agreed how to proceed next year and in the future, so that this doesn't happen again.....the first stage was to remove me as Membership Sec (and move me to another position where I can't do any damage!!) and secondly Paul Nash will get all future Med Certs dated as the 1st April, when he completes all the renewals next Feb and March.

Pete Talbot



Sport Diving Medical Form - 2016

New divers should not commence diving training and existing divers should not dive until they have completed this medical declaration or had a medical examination confirming fitness to dive.

Fees for a medical examination are the responsibility of the diver.

NOTES TO DIVER:

It is necessary for members of the above organisations to complete this form annually on renewal of membership. Exceptional fitness is not essential; both men and women can dive safely provided they are reasonably fit. If you have any queries then please contact a medical referee (listed on <http://ukdmc.org>).

IMPORTANT – FAILURE TO DECLARE A MEDICAL CONDITION COULD INVALIDATE YOUR INSURANCE

CAPITALS PLEASE

Name:		Date of birth:
Address:		
Postcode:	Telephone:	Occupation:
Dive organisation:	Branch:	Membership no:

Diver Medical Health Questionnaire

1	Have you ever suffered at any time from diseases of the heart and circulation including high blood pressure (or taking tablets for high blood pressure), angina, chest pains or palpitations?	
2	Have you ever had chest or heart surgery?	
3	Have you ever had significant bleeding or blood disorders?	
4	Have you ever suffered from or had to take medication for asthma?	
5	Have you ever had collapsed lung or pneumothorax?	
6	Have you ever had any other chest or lung disease or problems?	
7	Have you ever suffered from blackouts, fainting or recurrent dizziness?	
8	Have you had regular ear problems in the past ten years?	
9	Do you have an ileostomy, colostomy, or ever had repair of a hiatus hernia?	
10	Have you ever had epilepsy or fits?	
11	Have you ever had recurrent migraines?	
12	Have you ever had any other disease of the brain or nervous system (including strokes or multiple sclerosis)?	
13	Have you had a head injury with loss of consciousness in the past 5 years?	
14	Have you ever had any back or spinal surgery? Or had any serious back problems?	
15	Have you ever had any mental or psychological illness of any kind, fear of small spaces, crowds or panic attacks?	
16	Have you had any problem with alcohol or drug abuse in the last five years?	
17	Do you have diabetes?	
18	Are you taking any prescribed medication (except the contraceptive pill)?	
19	Are you currently receiving medical care or have you consulted a doctor in the last year other than for trivial issues e.g. common cold, infection or minor injury?	
20	Have you ever been refused a diving medical certificate or life insurance or been offered special terms?	
21	Have you ever had, or been treated for, decompression illness?	

I hereby declare that I have answered 'No' to all of the questions above and that to the best of my knowledge, I am in good health and declare that I have not omitted any information which might be relevant to my fitness for diving. Any change in health must be declared as this may affect your fitness to dive. A copy of this completed certificate must be kept by the diver's Branch/Club during the period of validity.

Signed:	Date:
---------	-------

(Signature of Parent or Guardian if under the age of 18)

IF YOU THINK YOU MAY BE PREGNANT OR ARE TRYING TO GET PREGNANT PLEASE SPEAK TO A MEDICAL REFEREE FOR GUIDANCE.
 IF YOU HAVE ANSWERED 'YES' TO ANY OF THE QUESTIONS ABOVE PLEASE COMPLETE THE SEPARATE MEDICAL REFEREE FORM
 Available from www.bsac.com/medicalform or from <http://ukdmc.org>

-oOo-

TRY A DIVES

SPECIAL RATES FOR FAMILY AND FRIENDS

Speak to Lynne Bunker to arrange one.

-oOo-

CLUB CLOTHING

We now have a range of clothing available bearing our Club Logo



that includes fleeces, sweatshirts, polo shirts in many colours and a rather natty hat. We are selling these garments to you at cost i.e. this is not a fundraising exercise but an exercise in unity and togetherness! The catalogue is available to view on Thursday Nights at the Football Club - Just ask Sally

Small print: Money up front at time of ordering please.

Regards, Sally

DIVE TRIPS

MEXICO

The date will be February 28th to March 9th/10th 2017.

The Dive Centre is called Underworld Tulum.

This trip is specifically to dive in the Cenotes, which are a series of underwater caverns and caves (fresh water) which open up periodically into open bodies of water where the cave roofs have collapsed, giving beautiful lighting effects.

This trip which is organised by Sally Richards is FULL – well done again Sally. So there will only be a chance for you to go if there is a drop-out.

-oOo-



Weymouth Weekend September 16th/17th 2017

As it was so enjoyable this year (2016) I have decided to run it again in 2017. This time it doesn't coincide with the Seafood Festival, but I can assure seafood lovers that there is never a shortage of seafood in Weymouth.

Tango has a Diver Lift and loo. Accommodation on board (£10/night just bed no breakfast) or you can B&B within walking distance.

Two days diving, two dives per day. Cost £90.

I have booked the whole boat and paid the deposit. 12 divers maximum.

Minimum Diver Grade is Sports Diver with at least 20 UK Sea Dives. Max. Depth @ 30M.

Please contact me if you are interested. I will need a deposit of £60 to secure your place. sallyrichards.myzen@outlook.com or 07533 246585.

OTHER DIVE LOCATIONS

If you don't like any of the above locations and fancy diving somewhere else then why not organise a trip?

Not experienced enough? Nonsense!!!

Ask Miles and he will get one or two of the experienced divers to give you a hand.

You'll soon learn and have a lot of fun as well.

-OoO-

Stratford BSAC 0730 Committee 2017

Chairman :Pete Talbot 07958 447544
Training Officer: Hilary Wilson 07779 287558
Diving Officer: Miles Howarth 07779 287558
Recruitment: Lynne McCarthy 07775 940000
Equipment Officer: Peter Scapellino 077087 25050
Treasurer: Geoff Russell (01789 552614)
Membership Secretary Paul Nash 07966 401610
Events: Angie Deaves 07792 775971
Secretary: Sally Richards 01789 773668

SUGGESTIONS OR PROBLEMS? THEN CALL ONE OF US

**THE
ANORAK
PAGE**

MEMBERSHIP FEES 2016

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 the Committee believes that Members should contribute towards the cost of running these boats in proportion to how often they dive from them. This is paid for by a compulsory 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 60 pence per mile

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 2017 is Miles Howarth and his contact number is shown above.