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The Kingston & Elmbridge Sub-Aqua Club Newsletter

A tale from Wraysbury

Chris James-Roll

It is the 4th March 2006, "Coldest day of the year" the weather reporter on Capital Radio confidently assures me as I race down the A3 on my way to Wraysbury for my first ever open water dive.



Cup of tea squire

"All my trainees have Overhead Environment Tickets," joked Jo to one of the staff members. This was the first thing I registered as I got out of my car at Wraybury.

Quietly excited yet rather anxious about the conditions I arrive at 8.45am, everyone is chatting enthusiastically about the days diving. I am caught up in the buzz yet at the same time, whilst Jo does the briefing I can't help thinking "Am I really going in there, there's ice on the surface!" Jo points me out as one of two people on the day wearing semi-dry's, a few wide-eyed stares from the more seasoned members does nothing for my anxiety levels.

Chris Hunka, my ocean diver coach in the pool confidently assures me I'll be fine, with his wise knowing look I wonder what he really thinks.

Simon Neuoff introduces himself to me as my instructor for the day, we separate from the rest group and go for our pre-dive briefing. Still in a state of naïve anticipation, I set off to get changed. 10 minutes later Simon and I are standing chest deep in the coldest water I have ever experienced. Dave Tressider has confidently assured me that fresh water never drops below about 4 degrees, surely he must be referring to the Kelvin scale of temperature!

Simon has to get his weight right so I try and stay chest deep whilst the water seeps through my suit and warms against my body.

We do our skills in the shallow water, and then we set off on our pre-set course. The shock of the cold, murky green environment is so disorientating it soon has me sucking on my air like and industrial suction pump. We get further out into the lake where the silt hasn't been kicked up and I start to relax, I can see the bottom and get my buoyancy under control. We fin around for 10 minutes. I am overjoyed with the new experience, the feeling of freedom, the silence and the sense of flying.



We get out and by the time we are back at the clubhouse I am shaking with cold so Simon sends me off to get changed. When I come back out we settle down for a hot cuppa and a de-brief.



2 hours later we do it all over again, this time I am slightly more prepared for the cold. Instead of the over excited eagerness of a 14 year old on his first date, I concentrate on my skills and take in the dive experience. I do the skills well so Simon is happy to take us off finning to 9 metres. We find the platform, then a sunken boat. I start to relax and have a good look around. I find myself following a Perch that probably weighs in at 2lb, quite

respectable in the fishing community. I had been told that Wraysbury was a muddy hole in the ground but the wildlife count in the lake totalled at least three species. My Perch, a large Pike pointed out by Dave then promptly stomped on by Jackie Maskell and Zen who decided a swim would be nice! No one was really sure whether this was due to Dave's encouragement or just Zen's sheer delight at seeing Alex rising out of the depths like a Leviathan.

Simon and I dived for 21 minutes I was unable to talk when we got out due to the cold and Simon had to help me get my fins off as I had lost all motor function!!

We de-brief, I got changed and came out to watch the other members doing their various training, Bob in his gimp mask and horny hood, Steve Collard and Alex Coombes in their re-breather kits and wonder how long it will take me to get to their level.

Then, when everyone is back in we get to the best bit of the day. All down the pub with its roaring fire for a pint.

What a great day!

Oh! and it turns out you need a helmet to dive in conditions where an Overhead Environment Ticket is required, of which I have neither.

Training update

Joanne Eaton

Nitrox courses being held at the club house.

A regional nitrox course will be taking place at the club house on 20th May. It is open to those with an Ocean diver grade or above. Qualified Ocean divers can take the one day course, which is all theory based and has an exam at the end of the day. Once qualified, you will be able to dive using up to 36% nitrox mix. For qualified Sports divers and above, you are able to attend the 2 days course. The theory day will take place on the Saturday with an open water day on the Sunday at Vobster quay. This will qualify you to use up to 50%

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nitrox mix. The one day course is £45.00 and the two day course is £80.00.



Steve Collard, Bob Holroyd, Dave Tresidder and Alex Coombs at Wraysbury training

Dive Leader lectures.

Dive leader lectures will be starting up on Thursday 27th April. They will include all theory lessons with the exception on the Oxygen administrations (DT2-DT7). Please make every effort to attend as these lectures will not be run again until later in the year.

The O2 lectures will be run later in the year or you are able to attend an Oxygen administration skill development course with the South East region.

Skill development qualifications for potential Dive Leaders.

If you attend the following Skill development courses you will be able to have the skills signed off in your qualification log book.

Dive planning & Marshalling – Dive Theory 12,

Dive planning 1 and Dive planning 2
Practical rescue management – Dive Theory 9, 10, 11 and Open water rescue dive 5

Oxygen administration – Dive Theory 2, 3, 4, 5, 6 & 7

If you wish to book on these course including the nitrox course, please let me know.

Congratulations.

Well done to Chris Hunka, he has achieved his Advanced Diver qualification. Katy Randles has achieved her Sports Diver qualification and finally Rob Lea who is now a qualified Theory Instructor.

Well done to you all.

And finally!

I am looking to update the club records with all the training qualifications gained for all active dive members. Starting next week, could I please ask that you bring your log books to me in order to update the log sheets. This will enable the Club to ensure

that the training that is arranged is in line with what grades everyone is.

Should you have any training queries, please let me know.....



Steve Collard complete with re-breather

A Shark Tale

John Rapley

Myself, Paul Eyden, Andy Ethell & Shirley Deluce decided to take leave from the Christmas shopping and cold weather for a weeks holiday diving the Brother Islands in the Red Sea the week before Christmas. We were joined by 16 other divers from different clubs all over the country, with some of them even coming in from Ireland.

A slight hiccup to start with.....Shirley picked Andy up, then me (as we were both in Worcester Park), but then it took us an hour from Worcester Park to find Alan's house in the rabbit warren where he resides in Epsom! However, despite a bit of stress on my part it was smooth sailing from there. We'd booked into the nearest on-site car park and it was only 3 minutes by bus transfer to Gatwick south terminal. Within 10 minutes we were booked in and in Yates wine bar airside having a pint of Stella and a Full Monty breakfast, well I was, the other 3 were having tea and toast....

The flight was with Britannia (Thompsons) to Marsa Alam, and I'm pleased to say we can now add this airline to our diver friendly list. Due to favourably strong tail winds the flight time was cut to 4 hours 20 mins and so before we knew it we were in the mini-bus and onto our liveaboard the "Sea Serpent".

She was a really nice, spacious vessel, so after giving us a welcome drink, briefing and dinner we had a fairly early first night

and the next morning at 06:00 we set sail for our first dive which was about an hours sail. It was a really nice relaxing dive and we encountered a nice free swimming turtle and a large variety of colourful marine life. Our second dive was on the famous Elphinstone Reef and we were joined by an Oceanic white-tip shark, cruising right under the boat with a couple of black & white pilot fish swimming an inch from his mouth – we would return to Elphinstone at the end of the week and that Shark had obviously gone off to tell all his mates about us!



We did a night dive which was enjoyable and we saw lots of sleepy marine life including a Turtle kipping under a rock until the divers rudely woke him up with the bright dive lamps. After dinner we set sail for our main destination for the week, the "Brother Islands" – consisting of Big Brother, the large islands (350m long) complete with its own manned lighthouse, and, _ mile away Little Brother (250m long) and nothing on it apart from a few rocks and an Egyptian flag.



The forecasted strong winds had not materialised, so we were rewarded with a smooth crossing. The Brothers are situated bang in the middle of the Red Sea, in between Egypt and Saudi Arabia and there has always been conflict between the two countries on the sovereignty of the Islands.

We awoke at 06:15, had a cup of Tea and after the briefing we were in the water at 07:00 for our first dive on Big Brother. We had an awesome 1st dive, coming across White tip reef sharks, a thresher shark, Silky sharks, a turtle and a school of massive Tuna, very large Barracuda, Jacks and an explosion of colours. The second dive was on the wreck of the Aida II. The Aida II is an Italian ship which was carrying troops one night in 1957 when it hit Big Brother. A

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large wreck with much intact superstructure, it starts at 15 m and stretches to below 45 m. Alan seemed very at home.....I'm glad he left his lump hammer at home. The third dive was a drift along the fantastic walls, it really is another world.



Because the Brothers are a protected marine park, and because they are so far out at sea, no night dives are allowed, so apart from the first and last night when night dives were possible, we did 3 dives a day. The first dive was usually around 6.45 after which we had breakfast, the second dive was about mid-day after which we had lunch, and the third dive was about 3.30pm – dinner was at about 7pm.

The next day our morning dive was on the wreck of the Numidia, which is less than 100 metres north of 'the Aida'. This wreck is called 'the railway wreck'. It was an English ship transporting material for railways. The ship sank around 1900 and is completely covered with soft corals in all colours.

The bow, marked by a collection of railway wheels starts in 9 meters of water. The rest of the wreck starts at 15 m and goes on to 40 m, where the hull has been broken. The rear of the boat and the propeller can be found around 80 m (not by us!!!). The current can be very strong. This was a very pleasant dive, and once again, after mooching around the wreck the rest of the dive can continue along the reef walls. All the dives had a maximum dive time of one hour.

After two days on Big Brother we made the short journey over to Little Brother. We had some tremendous dives on Little Brother as well. The first of these was tremendous, a great, gentle drift on a dive that we later named "Shark City"!, several large grey reef sharks, white tip reef sharks, a thresher shark and to top it all, an Oceanic white tip once again cruising under the boat, a truly amazing dive. The pipefish are really funny, once they take a liking to you they position themselves just above your mask and escort you for the whole dive!

The second day on Little Brother brought the winds at last.....Northerly force 4 to 5 made for quite challenging conditions. The first dive was down to 32 m on the NE plateau where we encountered 5 or 6 large white tip reef sharks, then back towards the

boat with the reef on our right, half way back a large white tip buzzed us very close before returning to the pack. The currents were "confused" on this dive, changing directions several times, making finning quite hard work. A very rewarding dive but bloody knacker – breakfast was well deserved and the pancakes took a hammering. The following dive was to start from the same plateau but coming back with the reef on our left – a large Oceanic white tip greeted us as we entered the water – and we saw the same 5 or 6 white tip reef sharks on the same plateau,, an enormous thresher shark swam below us – its tail as long as its body (Threshers use their long powerful tail fin to stun their prey) – The sharks were chasing a massive shoal of grey fusilier fish and the barracuda and jacks were also hunting the fusilers – all this hunting by the marine life left us hungry too, well it was lunchtime for us humans too.

Our last dive on Little Brother was a quiet one....we only saw 2 sharks! – 2 grey reef sharks – we decided to cut the dive short at 42 minutes to get ready for a nice gin & tonic. Our time at the Brother Islands was at an end, and the Captain decided it was time to sail for Elphinstone Reef the site of our next 3 dives, because the wind was increasing, the seas were whipping up and would only get worse. So we set sail about 3.30 pm, arriving at Elphinstone at about 9.30pm – for a late dinner. The 3 dives we did on Elphinstone the next day will live in my memory forever.

On the first dive, I was an acting novice with Andy Ethell leading the dive (part of his DL) – we were finning along the reef when we were buzzed by a large Dolphin – not many divers saw it, but it was excellent. We thought the second dive was brilliant with Oceanic white tips everywhere, but the 3rd dive was something else, there were 4 large Oceanics right under the boat – we spent ages with them, they were simply circling us changing directions, heading straight for us before veering off, it was breathtaking, some divers spent the whole dive just under the boat with the sharks until their air ran out!. That was one of the most memorable dives of the holiday, the other most memorable dive was the final dive of the week.

Unfortunately (for them!), not many bothered to do the final dive, preferring to wash and dry their kit out before we returned to land, so it was just myself and Andy with 4 others and the dive guide. This final dive, we've named "Turtle City"! – the dive site was only just outside Marsa Alam harbour, and we've dived it before and it wasn't up to much – but the dive guide (Riham) said she was going to dive a different area around the other side of the

reef, it was quite a distance away so the rib would pick us up after the dive – it was a very pretty reef and after 15 minutes of mooching around we came upon one of the most spectacular sights I have ever seen in my life – within view, all laid out around the reef, were at least 8 or 9 really massive loggerhead Turtles, I have never, ever seen that many Turtles before, all at the same time – as soon as we unwittingly disturbed them some of them took off swimming gracefully along with us, over and under us, at one point a baby turtle swam between my legs back to his mother to see what all the fuss was about. It was a truly amazing experience. None of the others would bloody well believe us when we surfaced....all we got was "yeah, yeah, yeah – pull the other one".all I can say is, you missed out big time!

A couple of "funnies" for the week?

Okay, well for a start Alan was absolutely horrified to find that the Sea Serpent had PLASTIC portholes! – and he also fell off the rib one day when it was a bit choppy – and on another occasion when the rib was half way to the dive site he discovered he had forgotten to put his weight belt on and we had to turn around and go back to the Sea Serpent to get it for him!. I usually do something as well....what was it this time? – well I forgot to pack my sunglasses for the holiday (after giving everybody a check-list.....) and I also forgot my swimming shorts – so I had to use pants! – me and Paul Eyden sharing a cabin.....a mouse somehow got into our fridge and ate all my wine gums (that's what Paul said anyway),

Our last night was spent in a Hotel near the Port. It had only finished being built for about 6 weeks and whilst it was an excellent hotel built in a Nubian style, it was very quiet – but we had made friends with a nice bunch on the boat and so we all made our own entertainment. Some of us decided to go quad biking on the last day, and this was excellent fun – there was a choice of two types of bike, manual and automatic – the automatic ones were red and the manual ones were blue (so I had a manual one of course being Chelsea!) we went right out into the desert and we were meant to all keep in a line behind the guide – that lasted about 5 minutes! – I went off-piste and all around and over all the sand dunes I could find until we arrived at a Nomads desert camp – that bit was a bit tacky/touristy, the locals had laid out a table with nick nacs they had made and hoped to sell us – and we dutifully obliged of course....and gave us a cup of tea made out of flowers.....yuk.....flies were everywhere – they had a baby whose

mouth and eyes were covered in flies.....I went to use their loo for a wee and it was a whole in the ground covered by a hut made out of corrugated iron – and there were thousands of flies inside – horrific!

After half an hour we made our excuses and left! – I got on the wrong bike – it happened to be Andy’s bike (which was also blue...) and after 10 minutes Andy ran out of Petrol! (maybe because I had burned it all up going off piste on the way out?!) – we had to stop 3 times on the way back to siphon some petrol out for Andy.....

All too soon the holiday was over – it had been a fantastic week – without a doubt the best weeks diving I’ve ever done – we really felt “all sharked out”!

Looking forward to our next trip in June – whilst we won’t get the sharks, the wrecks will make up for it!

On top of the world in Val D’Isere 2006

John Rapley

Without a doubt, Val d’isere is certainly one of my favourite ski resorts, I’ve been there about 10 times now, which is why I had no hesitation in booking on Gerry’s Trip again.



On top of the world

It is always a fantastic week and this year’s trip certainly did not disappoint. We had 40 + people of all ages and abilities from total beginners to expert skiers, spread over 4 chalets. Snow had been sparse in the weeks leading up to the holiday, so, when, on 28th January with one day to go the snow began to fall to top up the compact slopes it was very good news.

I’ll just start by saying these are generally a collection of my own experiences and thoughts from the week.

For the past couple of years we have been travelling with YSE, who are slightly more expensive than the larger tour operator, but the service and the wine is much better.



Traversing the start of the Vanoise National



Me & Max with some of our off piste group

The flights and transfers all went off smoothly and “Hassell Tours” even sent out pre-printed labels with our tickets!

With such a large party it is inevitable that the group split generally into those of similar ski ability. Beginners & improvers were having lessons, and different groups broke off and did their own thing depending on what they wanted, i.e. to ski gentle all day, to ski “social” all day, i.e. to ski, stop for elevenses, ski a bit more, stop for a long lunch, ski a bit more and then retire for drinks, or to ski mental all day.....(my preference being the latter!). The après-ski venue was generally at the Warm-up bar in town, where most of the group frequented and we used as a meeting place.

The chalet I stayed in was at the lower end of the price range (quite expensive, but good food, good wine), warm, but quite compact, I think they squeeze too many people in the rooms sometimes or the rooms are too small. We had two chalet staff who did everything, clean & cook for us. The meals were very creative always consisting of canapés, starter main course, desert and coffee, with unlimited labelled wine (like JP Chenet) throughout.

As far as ski holidays go, I don’t think I’ve had such a “full on” week for a long time.

On the slopes by 9.30 until about 4.30, a bit of après-ski, dinner at 8pm with unlimited (decent) wine – hit the bars till about midnight, then to a nightclub (usually Dicks T-bar) until 4 or 5 in the morning.....I didn’t get more than 3 hours sleep a night all week apart from the night before I did the Tarentaise Tour which I’ll expand on

shortly. The mountain air is the perfect hangover cure, it’s a shame we can’t buy it in the U.K.....I’ve got to say that 98 percent of the group did not adhere to such a punishing routine!



A well-earned Stein of beer – at the end of me & Ross’s “Ski all the Blacks in one day” adventure.



Max on a brief stop on the Tarrantaise tour – see how steep some of the terrain is.



Freddie, our French guide waits for stragglers half way through our 69 kilometre trek.

Last year, I worked out a plan to ski all the black runs in Val d’isere and the neighbouring resort of Tignes, in one day (a total of 13 black runs, 12 red runs and a few blues) – but we, myself and Ross Davies (Gill Hassell’s eldest son) missed the last lift by 5 minutes meaning we could not ski the last black run called the Foret (a hard one with big moguls) – which was a shame because the plan was to finish the day with a Stein of beer in the bar at the bottom of that run. This year I decided not to risk missing out on the beer by planning the start 45 minutes earlier at 08:30. It was again myself and Ross to embark on this day of pushing vertical limits at breakneck speed. We were first in the queue at the cable car and first two skiers down the first run on our itinerary, the Face. They had the snow cannons on all night and it had been

groomed by the Piste bashers – it was like velvet – and it was an amazing run down, just the two of us intertwining the slopes at breakneck speed the whole way, the feeling was tremendous, the sound was magical and the sight was awesome. We did the run in just 4 _ minutes top to bottom (the world record is 2 minutes) – it seemed like we were going at the speed of sound so for the downhill racers you can imagine the g-force. One of the black runs on our Itinery had been closed due to avalanche risk, so we skied the glacier area instead, but everything else was open and we completed the day at the bottom of the Foret run with our Stein of beer (see photo).

Gill Hassell's other son, Max, who ski's like a demon and parties like a demon, had done the Tarentaise Tour on two previous occasions – I was booked onto one of those two years ago, but had to pull out due to illness. The Tarentaise Tour is a 69 kilometre mainly off-piste tour through the Vanoise national park – it is a very gruelling day crossing Val d'Isere, Tignes, La Plagne and Les Arcs. The conditions were not perfect; the deep powder snow had developed a hard crust, which made it even more demanding.

Me and Max were kitted out with avalanche transceivers and at 8.45 we were off like bats out of hell to ski over to Tignes to meet up with two other groups of 9 to start the tour.

For me, the most exiting part was skiing the various steep, narrow couloirs and the North face of the bellcote – these all had rocks on the sides and in the middle – the adrenaline alone got you down these, side slipping past the rocks and jump turning with the thought that any fall would probably be your last.....The bit I didn't enjoy was the 2km, mostly up-hill skate in the middle.....it was a bloody hard slog and I was soaked in sweat at the end of it. The scenery throughout was amazing, total serenity, we even spotted a golden Eagle overhead when traversing through the park (apparently there are 12 pairs in the park).

It was even good just to be forced to ski from 8.45 until 6, and truly feel like we deserved the beers where we finished our tour in the resort of Villaroger at the end of the day!

After dinner that night, I said I'd go out for "one" beer at the warm up bar.....it was 05:00 the next day when I struggled back from Dicks T-Bar with Max. The day was a hell of an achievement, and it deserved, and got, a hell of a night!

I'll finish with a funny story. you will remember the incident of 4 of us getting stuck in the lift in Belgium a couple of years

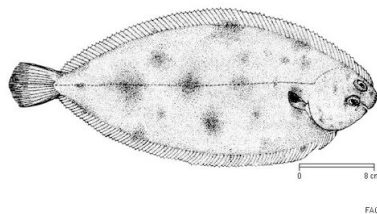
ago. Well this time I got stuck in the bathroom in our chalet – the door lock spindle had gone awry – this resulted in much laughter and the maintenance people being called – I was stuck in their for half an hour with Graham Evans shouting his usual friendly banter through the door. Hopefully I'll have more skiing to come this year – look forward to next year Gerry!

Fresh Dover Sole Meuniere

John Rapley

There is an art to "flatty bashing", but once you have got your eye in then it can be good fun. I once caught a massive beauty in Lyme Bay - here is the simple recipe I used, happy hunting.

Flatties are good at concealing themselves in the mud or sand, however they give themselves away by their protruding eyes which are the only bit of them you will see, once you spot the eyes you will be able to see a slight outline of the fish itself - then it's just a matter of whipping out your dive knife or flatty spear and bagging the fish. Dover sole is my favourite but you will be lucky to get one...



Ingredients:

- 1 whole fresh Dover sole
- 2 oz unsalted butter
- 1 oz olive oil
- 2 tsp chopped parsley
- Fresh lemon juice
- Salt and pepper

Directions:

1. Skin Dover sole using sharp dive knife.
2. In a hot frying pan, add 1 oz of butter and the olive oil. Sear Dover sole on both sides and place in heated 350 degree oven for 7 minutes
3. Add remaining butter to frying pan with white wine, salt, pepper and parsley. Serve with fresh vegetables

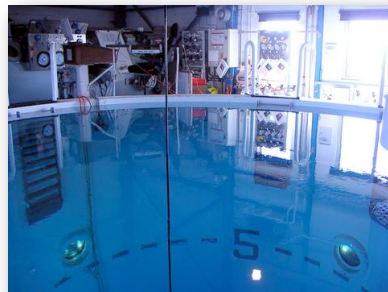
Diving the SETT

(Submarine Escape training Tank)

Sarah Jenner

Gren and I were lucky enough to fill some gaps on a University of Surrey trip to dive the SETT on Sunday 19th March 2006.

I have a list of places I'd like to dive and the SETT is on it because my Dad was in the Royal Navy and at one stage served with First Submarine Squadron on HMS Maidstone at Portland, and so had to train on the SETT in 1957. Admittedly we were obviously going from the top down rather than in the other direction as he had when doing buoyant emergency ascents! Gren on the other hand wanted to try out his new video camera and housing at depth so we were both happy to get the opportunity to go.



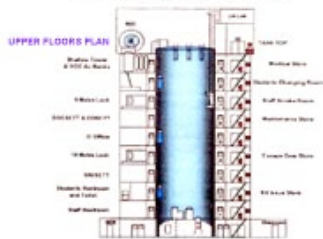
Thirty metres above sea level - The top of the SETT. Picture from Daren Waring from Surrey University BSAC - Click for a larger image

The Submarine Escape Training tank is at Fort Blockhouse (formally HMS Dolphin), in Gosport, Hampshire. It was constructed during the late 1940's, and ran its first training course in July 1954. Apart from occasional shut-down periods for maintenance work the tank has been operational continuously since it was first commissioned, training approximately 1,500 submariners per year.

The preferred method of submarine rescue is to use a small submersible attached to the forward or aft escape hatches of the stricken sub. As these can only take around 15 people at a time and you may have as many as 150 people to rescue, this could be a time-consuming process. As a last resort, the submariner needs to involuntarily become a diver, and do a buoyant emergency ascent to the surface. Various apparatus can be used to assist with the ascent, including suits and various ascent aids. The SETT is used to practice these varying escape techniques.

Note: Gren's video can be seen online on the newsletter website

SETT FLOOR PLANS



The SETT is the world's only 30 metre deep tank and is 5.5 metres wide with a balmy water temperature of 34C. What's slightly odd is the fact that the surface is on the 10th Floor of a tower block while the bottom is pretty much at ground level. Luckily there's a lift! Most people wore shortsies or just t-shirt and shorts but I wore a full-length 5-mm wetsuit and felt fine (mind you, I can't think of a single time when I've been too hot diving – even in Egypt).

We were given a health and safety briefing then a dive brief. We were to get in as buddy pairs, have a maximum bottom time of 15 minutes with the second pair getting as the first pair began their ascent and so on. We were second in, and as the water surface is just below the rim of the tank you needed to climb the ladder, swing yourself round and gently lower yourself into the water so that you didn't displace any. Having then donned your fins and mask you begin your descent.

It's a bit like diving in a space ship, everything is white and very well lit with depth markers at 5 metre intervals. You can see the surface clearly at every point, although you have to crane your head up, and those on the surface are given clear Perspex boxes so they can see what's going on down below. Although wide enough across, it does give the feeling of descending down a tube as you can only fit a couple of strokes before hitting the other side.



Looking into the depths

At the bottom are the hatches the submariners exit through (there are other entry points higher up at different levels), a very anatomically correct mural of mermaid(!) and a porthole. Again, that played with your senses, because you were

looking into someone's room but could see a window and the sun shining outside which was really strange when your depth gauge was measuring 27 metres.

There is little to explore so we just pootled round, looking at varying portholes, blisters, lights etc. as we began our slow ascent, passing the next pair as they descended. Reaching the surface, after a safety stop at 6 metres, we had clocked up a 24 minute dive with a maximum depth of 28.1 metres. Again, at the surface you need to stand on the ladder draining off water before carefully climbing out. All in all it was an interesting experience – you also get discounted entry to the Submarine Museum for the price of the dive - and we're grateful to Surrey University for organising the trip.

British Divers Marine Rescue Presentation

(Diverse '06)

Gren Hamlyn

Notes from the recent Diverse '06 conference at Surrey University organised by the BSAC South-East Region.

The first presentation of a packed day came from Mark Stephens from British Divers Marine Rescue (BDMR) with regards to the recent "London Whale" incident.

He gave an enlightening account of the events that surrounded the "London Whale" rescue attempt for which he was responsible. Considering the seemingly tragic subject matter it is remarkable that his account was punctuated with a healthy dose of humour.

The BDMR are a registered charity and are the primary marine animal rescue service for British coastal waters. They have four Tornado RIBs, and train over 300 medics a year to offer a 24hr, 365 day service.

They have been heavily involved with treating seals suffering with the recent outbreak of distemper and have a hospital facility in Scotland where malnourished and sickly pups have been taken over the past couple of years.

35% of all cases end happily with animals re-floated to continue their lives at sea.

During the presentation, Mark expressed frustration that the recent London whale incident provoked the extraordinary level of media interest that it did. His frustration stemmed from the fact that the BDMR rescue animals of this sort all the time - In

fact around one hundred dolphins and porpoises were rescued in the last year alone. In his opinion the London whale was just that - one whale!

His other frustration with the publicity overload was that he expected that along with the extensive media interest might come a raft of sponsorship from the general public and press - alas, this didn't seem to materialise. And calls for press interviews actually hampered the rescue attempt, as he was unable to use his mobile phone for long periods.

It is estimated that over twenty million people watched the drama unfold on television, and Mark fantasised about getting just one penny for each viewer.

Some money was raised however: The Mail on Sunday was highlighted as being the only British newspaper to pay for photos (£5,000), and a watering can* used to keep the whale wet during the rescue was recently sold on Ebay for £2,050

In general the presentation mainly took the form of Mark's impressions and actions during the time of the rescue punctuated with occasionally funny examples of mis-reporting by the news agencies.

The whale was first sighted heading upstream near the Thames flood barrier. It is speculated that animals of this sort have some kind of "go west" magnetism during their migration to bring them into the Atlantic. On some occasions this results in their mistakenly heading into the Thames estuary, and consequently into the river itself.

There comes a point as one heads upstream where a river starts to change from salt water to fresh water, and this represents the furthest upstream that can be tolerated by a whale. If the animal turns back, it can then be faced with heavy boat traffic, and so it doomed to go back and forth becoming increasingly distressed as time passes. This point on the Thames is around Battersea and Wandsworth Bridge - and it was at here that the rescue attempt was begun.



The first stage of the rescue involved beaching the whale - as nothing can be done with the animal swimming free. You will recall those early stages of the rescue, with the whale surrounded by a group of people as it was manoeuvred into position

“OK” - The Kingston & Elmbridge Sub-Aqua Club Newsletter

near some inflatable pontoons. This group of people comprised of vets, police and medics, and for reasons that no-one could later fathom, a lone reporter from The Daily Mirror.

The whale was manoeuvred onto matting, surrounded by the pontoons and taken to be lifted by crane onto a barge. This lift had never been attempted before, and was a critical and stressful experience, both for the whale and those involved in planning and executing the hoist.

Mark commented that in all reality the odds were stacked against the unfortunate whale from the very beginning. The stress it had, and was continuing to suffer, coupled with the great distance that had to be travelled to return her to safer waters did not bode well for survival. The nearest possible point where she could be set free that gave her viable chance of finding its way west again was the "Shivering Sands" near Margate.

At around the Thames barrier area the whales breathing started to fail. She fell into convulsions some hours later, and as she died the lights were turned off on the boat. Denying the press their footage of the distressed rescuers.

The BBC produced a segment for the news to mark the dramatic period of this rescue. They put together a montage of mobile phone camera photographs collected from the many thousands of people that lined the banks and bridges of the Thames. The images were set to music by Coldplay and Mark finished-off his presentation by playing this emotional sequence.

He finished-up saying with a wry smile: "It gets you right in the wallet, doesn't it".

**BDMR branded watering cans will soon be on sale in B&Q - A proportion of the sale goes to the charity. Buy one.*

Welfare Officer Required

Alex Morris

We are looking for a willing volunteer to take up the role of the Welfare Officer for the Club.

The position requires someone who is able to liaise between Club Members with welfare issues, BSAC HQ and the Committee. The position is not a Committee position and will hopefully require limited time as you will only be called upon in event of a Member requiring your support/advice or on request from the committee.

If you feel you have the nature to treat Members requests in a personal and confidential manner and can offer you time to the role, then please let me know before 15th April.

Membership renewals

Sarah Jenner

I'm sure you'll all be thrilled to know that the 1st April is almost upon us which means that it's renewal time!

I have received the renewal forms from BSAC HQ and will be at the clubhouse every Thursday from tonight to process these.

There have been two changes in membership rates which come into affect on 1st April this year.

Firstly, BSAC have raised their membership rates for most grades. And secondly, in accordance with the motion agreed at least year's AGM, our club has also introduced tiered membership fees

The chart below illustrates the all possible fees. To find your fee, simply cross-reference your diving grade (as at renewal date) with your membership type. Each box details the fee due to BSAC along with the K&E fee and the total payable.

K&E & BSAC Membership Fees 2006/7	Membership Type					Social / Freediver
	Full diving member	Abated member	Student/Youth Member	Committee member	Abated committee member	
Trainee	£110.00 £95.50 £155.50	£110.00 £140.50 £250.50	£110.00 £128.00 £238.00	N/A	£60.00 £36.50 £96.50	£36.50
Ocean Diver/Club Diver	£110.00 £95.50 £155.50	£110.00 £80.50 £190.50	£110.00 £78.00 £188.00	£60.00 £45.50 £105.50	£60.00 £36.50 £96.50	£36.50
Sports Diver	£110.00 £95.50 £155.50	£110.00 £80.50 £190.50	£110.00 £78.00 £188.00	£60.00 £45.50 £105.50	£60.00 £36.50 £96.50	£36.50
Dive Leader	£90.00 £95.50 £135.50	£90.00 £80.50 £120.50	£90.00 £78.00 £118.00	£90.00 £45.50 £135.50	£60.00 £36.50 £96.50	£36.50
Advanced Diver	£90.00 £40.50 £130.50	£90.00 £30.50 £120.50	£90.00 £28.00 £118.00	£90.00 £45.50 £135.50	£60.00 £36.50 £96.50	£36.50
Open Water/Club Instructor	£90.00 £40.50 £130.50	£90.00 £30.50 £120.50	£90.00 £28.00 £118.00	£90.00 £45.50 £135.50	£60.00 £36.50 £96.50	£20.00
Assistant Diving Instructor	£90.00 £40.50 £130.50	£90.00 £30.50 £120.50	£90.00 £28.00 £118.00	£90.00 £45.50 £135.50	£60.00 £36.50 £96.50	£36.50
Theory Instructor	£90.00 £40.50 £130.50	£90.00 £30.50 £120.50	£90.00 £28.00 £118.00	£90.00 £45.50 £135.50	£60.00 £36.50 £96.50	£36.50
Practical Instructor	£90.00 £40.50 £130.50	£90.00 £30.50 £120.50	£90.00 £28.00 £118.00	£90.00 £45.50 £135.50	£60.00 £36.50 £96.50	£36.50
First Class Diver/Adv. Instructor	£60.00 £35.50 £95.50	£60.00 £30.50 £90.50	£60.00 £28.00 £88.00	£60.00 £45.50 £105.50	£60.00 £36.50 £96.50	£36.50
National Instructor	£60.00 £35.50 £95.50	N/A £30.50 £30.50	£60.00 £28.00 £88.00	£60.00 £45.50 £105.50	£60.00 £36.50 £96.50	N/A

To see this chart in more detail, please see the newsletter website

Examples:

If you are a BSAC Sports Diver and a Full Diving Member you will pay £45.50 BSAC fee and £110 K&E fee making a total of £155.50.

If you are a Dive Leader and a Full Diving Member you will pay £45.50 BSAC fee and £90 K&E fee making a total of £135.50

If you are an Advanced Diver and a Full Diving Member you will pay £40.50 BSAC fee and £90 K&E fee making a total of £130.50

A Student or Youth member and a Full Diving Member you will pay £18 BSAC fee and £110 K&E fee making a total of £128. Those who are abated to another member of the club will pay the lower BSAC rate, for example:

If you are a BSAC Sports Diver and an Abated Member you will pay £30.50 BSAC fee and £110 K&E fee making a total of £140.50.

Points to bear in mind

Check the renewal form to ensure that BSAC have the correct information about you. Make a note on the form of any changes in contact details or diving/instructor grades gained throughout the year.

If you have changed diving grade and it reduces the amount that you need to pay, I will need to see some kind of proof, such as qualification record or have verification from Jo as training Officer that you have attained that grade before I can complete the renewal.

The renewal forms have information printed on them about Direct Debit arrangements. These are not due to come into force until October 2006 and so do not apply to us. Payment for renewals is as ever, by cheque or cash.

If you can't come to the club and wish me to send you the forms please let me know. Similarly anyone who has any queries or is unsure whether they need to renew now or what they need to pay, can either catch me at the club or email me and I'll let them know.

Life saving with K&E

Joanne Eaton

When asked if I would like to take part in the BSAC life saving award scheme, I thought, why not?

You never know when you may need the skills you learn.

I added my name to the list along with others, including Sandra D and Stella. We turned up at the pool on Thursday night rearing to go.

There are different elements, rope throwing, swimming, snorkel and diving rescue and finally a theory exam. All the

elements were covered over a few weeks in the pool.

Of course, us girls managed very well with the rope throwing. Well, that is if you count attaching the rope to the ceiling or tying each other up on more than one occasion!

After several weeks of practice in the pool we were ready to take the exam. We arranged the examiners to come along on the 1st of December. We were all ready!

Split into two groups, we started with the throwing element. All those hours of throwing the ropes at the ceiling finally paid off. We followed with the diving rescue, which consisted of a controlled buoyant lift, two lengths of the pool giving artificial ventilation (AV) and de-kitting your casualty. Next up was the snorkel rescue, a length and a half swim of the pool and the tow your casualty to the side and assist with their exit, next followed the swimming rescue, once a gain a length of the pool and towing your casualty whilst giving AV. And last but no means least, we have to do the "Keepy Up-y" Which means that you have to keep your casualties head above water whilst you are treading water, not for the faint hearted! We all passed our water element of the exam, now just for the theory. Once all changed, it was back to the clubhouse for our theory exams.

A series of multiple choice questions, then on to the resussi annies and we were all home free.

All agreed that this was a good skill development course to do and that it helped with keeping our rescue skills all up to date.

Congratulations to the following members who passed their life saving exams – Sandra Donovan, Stella Harrison, Graham Evans, John Fowles, John Parish, Rob Lea and Myself. Thank you to Dave Tresidder, Brian Deluce and Neil Martin for their help with instructing and getting us through our exams.

If you are interested in taking a lifesaving exam, please let me know as there are dates planned for 2006.

Fishing & Diving in Littleton Pit

Grahame Walker
Diving Liaison Officer

This is just a note to warn you about the potential hazards of fishing hooks and lines at Littleton.

One of our divers recently found a fishing lure, about 170 mm long incorporating a large hook in it, snagged on one of the

underwater guide ropes in the diving lagoon. It was still bright and shiny so had not been down there long. Fortunately the viz was very good at the time and he saw it before it hooked him, as this size of hook would cause a nasty flesh wound or a punctured suit. It is possible to imagine worse scenarios.

I have been aware for some time that fishermen use the lagoon when we are not diving, and I have taken a relaxed view about it as the Lake is a shared facility. However, in view of the above I have asked them to stop. The rules are quite simple - no fishing in the diving lagoon and no diving outside of it. If you catch anyone fishing there please ask for their names and request that they cease fishing. Please pass the names on to me and I will take the matter up with their bailiff.

Oyster / Scallop Fitzdunster

Last dive on a Sunday, take an old post-office sack with you, and dredge the bottom for Scallops. Great fun. But, now you got 'em, what are you going to do with them?

This is as about as simple as it gets...

Ingredients

1. Six Oysters / Scallops, shucked
2. Three or four tablespoons of fresh Parmesan, grated
3. Three tablespoons of crispy pancetta, sliced
4. Black pepper to taste

Method

Pre-heat the grill to high, Place the oysters/ scallops onto a baking tray. Sprinkle the Parmesan and pancetta on. Season with black pepper then place under a pre-heated grill for two or three minutes or so. Serve when cooked through and golden.

BSAC Basic Life Support Guidelines 2006

Joanne Eaton

The bulletin from the National Diving Committee of the British Sub-Aqua Club.

General Points

The following guidance has been prepared by the Safety and Rescue Skills Advisor and endorsed by the National Diving

Committee to update our guidance and procedures in light of current advice and guidance available from all relevant sources. Key changes are highlighted in boxes within the text below for ease of reference.

Background to changes

The techniques for life support and resuscitation taught by the BSAC currently are based on an international collaboration between experts in resuscitation medicine from the world's major resuscitation organisations and are therefore consistent not only with other agencies providing training to lay rescuers, but also with the techniques used by doctors, nurses and others working in medical services around the world. These techniques are all based on the best evidence as to what is most effective.

As knowledge advances a regular review of this evidence is needed and such a review took place to Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations (CoSTR, Ref 1). This formed the scientific basis for the European Resuscitation Council (ERC) Guidelines for Resuscitation (2005) (Ref 2) and the Resuscitation Council (UK) Guidelines 2005 (Ref 3). The BSAC has considered the revised guidelines and this document represents the BSAC recommended technique for basic life support. The training materials for the Diver Training Programme and Skill Development Courses will be revised to incorporate these changes. It will take time for courses and training materials to be updated and for changes in practice to be disseminated. During this period there will be some variation in practice between individuals. There is no evidence that the "old" techniques based on guidance published in 2000, were dangerous or ineffective, however this new approach is recommended and is based on the best available evidence as to what is most effective. Changes in practice such as this emphasise the importance of always keeping these rescue skills current and in practice by regular up-to-date training.

Changes to BSAC Guidance and Training

Terminology

The revision of the Resuscitation Guidance for the BSAC is an opportunity to bring nomenclature in line with that used by other rescue agencies and resuscitation training agencies.

The term "Resuscitation" refers to a wide variety of techniques to promote recovery in casualties who have suffered cardiac and/or respiratory arrest. These techniques encompass some which are appropriate for lay rescuers with minimal and often no

equipment, through rescuers with progressively more training and facilities, to those methods only available in hospitals.

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

The rationale for this is:

This is consistent with other training agencies which use this term for this technique which requires no equipment

The term "Basic Life Support" emphasises the purpose of the technique (ie to maintain the viability of the casualty)

It reduces the expectation that this technique alone will promote full recovery

It therefore emphasises the need to obtain help urgently

It will potentially reduce the likelihood of self-recrimination in the rescuer in the event of an unsuccessful rescue attempt

It is consistent with the principle of progressive training with the introduction of pocket mask, oxygen enrichment and airway adjuncts later in training in the rescue SDCs

The technique generally referred to as "Artificial Ventilation" ("AV") throughout the DTP and SDCs should be renamed "Rescue Breathing". This again promotes consistency across agencies. It also emphasises a distinction between other types of artificial ventilation taught currently in the Rescue First Aid SDC. Thus "Basic Life Support" encompasses rescue breathing and cardiac compressions only.

Guideline change

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

The major changes are

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

is not then apparent follow this by 2 rescue breaths, give 30 compressions followed by 2 rescue breaths, continue compressions and ventilation at 30:2 ratio.

Basic Life Support Sequence

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

1 Make sure you, the casualty and any other divers or bystanders are safe.

2 Check the casualty for a response gently shake his shoulders and ask loudly: "Are you all right?"

3a If he responds leave him in the position in which you found him provided there is no further danger try to find out what is wrong with him and get help if needed reassess him regularly

3b If he does not respond, shout for help & turn the casualty onto his back and then open the airway by placing your hand on his forehead and gently tilting his head back, keeping your thumb and index finger free to close his nose if rescue breathing is required. With your fingertips under the point of the casualty's chin, lift the chin to open the airway

4 Keeping the airway open, look, listen and feel for normal breathing, Look for chest movement. Listen at the casualty's mouth for breath sounds. Feel for air on your cheek.

In the first few minutes after cardiac arrest, a casualty may be barely breathing, or taking infrequent, noisy gasps. Do not confuse this with normal breathing. Look, listen, and feel for no more than 10 seconds to determine whether the casualty is breathing normally. If you have any doubt whether breathing is normal, act as if it is not normal.

5a If he is breathing normally, turn him into the recovery position, send or go for help/call for an ambulance. Check for continued breathing

5b If he is not breathing normally, send someone for help or, if you are on your own, leave the casualty and do this yourself; return and start chest compression as follows: kneel by the side of the casualty, place the heel of one hand in the centre of the casualty's chest place the heel of your other hand on top of the first hand interlock the fingers of your hands

and ensure that pressure is not applied over the casualty's ribs. Do not apply any pressure over the upper abdomen or the bottom end of the bony sternum (breastbone), position yourself vertically above the casualty's chest and, with your arms straight, press down on the sternum 4-5 cm, after each compression, release all the pressure on the chest without losing contact between your hands and the sternum z repeat at a rate of about 100/min (a little less than 2 compressions per second), compression and release should take equal amounts of time

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

If your initial rescue breath does not make the chest rise as in normal breathing, then before your next attempt: check the casualty's mouth and remove any obstruction recheck that there is adequate head tilt and chin lift do not attempt more than two breaths each time before returning to chest compressions. If there is more than one rescuer present, another should take over CPR every 1-2 min to prevent fatigue. Ensure the minimum of delay during the changeover of rescuers.

In-Water Life Support

The rescuers should be aware of their personal safety and minimise danger to themselves and the casualty at all times. The casualty must be removed from the water by the fastest and safest means possible.

The rescuer must make a firm hold on the casualty and maintain this throughout the rescue. The rescuer should make the casualty and themselves buoyant at the surface. Open the casualty's airway by applying gentle neck extension. If there is

no spontaneous breathing on opening the airway in this way give rescue breaths for approximately 1 minute (10 Rescue Breaths) (See 1 Minute Rescue Breath Sequence Note below). If no spontaneous breathing returns, tow casualty while giving rescue breathing at 2 breaths/15 seconds. When in standing depth, or at boat prior to landing, continue rescue breathing for 1 further minute (10 Rescue Breaths), then dekit and land as quickly as possible WITHOUT further rescue breathing (See 1 Minute Rescue Breath Sequence Note below). Begin basic life support according to the above algorithm i.e. 30 cardiac compressions initially, then two rescue breaths.

1 Minute Rescue Breath Sequence.

The rationale for this is that the general algorithm is aimed at the majority of cases of sudden cardiac arrest which are due to ventricular fibrillation, when oxygen stores in the body are not reduced. When asphyxia has occurred prior to arrest oxygen stores are likely to have been depleted. A specific case is made in the 2005 guideline for drowning because this is the only readily identifiable cause of asphyxia. In diving situations where drowning is the likely cause, and early rescue breathing may be of benefit, this is most likely to have been initiated in the water.

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

Clarification of technique

The early initiation of Rescue Breaths (RB) (previously Artificial Ventilation (AV)) is an essential treatment for a drowning casualty. Current guidance for the treatment of drowning recommends that this should be started in-water if the rescuer is trained to do so (1). The BSAC teaches such a technique. This document will describe the technique for effective in-water Rescue Breaths (RB) incorporate the recently published guidance on this z recap BSAC guidance as to the rate of in-water AV issued in 2004. Diving casualties. A non-breathing diving casualty may have suffered many different types of injury to cause the absence of breathing, however because the casualty has suffered these while submerged or immersed in water, drowning must be considered a primary cause or major contributing factor to the casualty's condition and the casualty should be treated for drowning.

Principles of rescue

The casualty must be removed from the water by the fastest and safest means possible. The rescuers should be aware of their personal safety and minimise danger

to themselves and the casualty at all times. Variations in technique may be necessary depending upon the physical build and the equipment of both the casualty and rescuer. Therefore the principles of the technique will be emphasised rather than dogmatically require a standard method.

In-water Rescue Breaths (RB)

The rescuers should be aware of their personal safety and minimise danger to themselves and the casualty at all times. The casualty must be removed from the water by the fastest and safest means possible.

1. The rescuer must make a firm hold on the casualty and maintain this throughout the rescue. Suitable hold includes on the top of the casualty's cylinder, or BC strap Ideally this hold will allow the rescuer to "roll" the casualty towards them in the event of Rescue Breaths (RB) being needed.

2. The rescuer should make the casualty and themselves buoyant at the surface. Ensure adequate inflation of buoyancy device to float casualty safely with airway clear of the water in the event of spontaneous breathing returning. Avoid over inflation preventing adequate neck extension. Consider the dropping of weight belts/pouches to ensure both maintain position on the surface

3. Open the casualty's airway by applying gentle neck extension. The hand not being used to hold the casualty should be applied to the casualty's chin. Avoid applying pressure over the centre of the neck (trachea). The forearm should be close into the side of the casualties neck so that the neck can be extended by using the forearm as a "lever"

Rescuer's right hand on chin – avoiding trachea Forearm tight to casualty's neck. Neck extension achieved by using forearm as lever on casualty's shoulder Avoid pressure here. The casualty's head should be tilted backwards as if they started out looking straight ahead and then directly overhead, ie the head should not tilt from side to side. The purpose of neck extension is to prevent the tongue falling back in the throat. In training, a test of the adequacy of the neck extension is that a student simulating the role of "casualty" will have difficulty swallowing if the neck is extended. During training divers simulating the role of a casualty should be briefed to relax and rescuers briefed not to forcefully gain the neck extension to avoid the risk of injury.

4. If there is no spontaneous breathing on opening the airway in this way give Rescue Breaths (RB) for approximately 1 minute (10 Rescue Breaths). The fingers of the hand applied to the casualty's chin should make

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

Changes to In-water Rescue Breaths Guidance In February 2006 the National Diving Committee approved amendments I had proposed to our Basic Life Support Guidance in line with the recommendations of the Resuscitation Council. These changes are summarised in the document 'BSAC Basic Life Support guidelines 2006' and Instructors, Branch Officers and all divers should make themselves familiar with them. However, one of these changes significantly implicates on the Guidance above and represents a change in our in-water Rescue Breathing (RB) (formerly AV) advice when it comes to dekitting and removal of a casualty from the water. This is summarised in the box opposite.

Andy Procter, Safety & Rescue Skills Advisor
February 2006

1 minute rescue breathing (10 Rescue Breaths)

If no spontaneous breathing returns. Tow with rescue breathing at 2 breaths/ 15 seconds. When in standing depth, or at boat prior to landing, 1 further minute rescue breathing (10 Rescue Breaths) Then dekit and land as quickly as possible. WITHOUT further rescue breathing Begin basic life support according to the 2005 algorithm i.e. 30 cardiac compressions initially then two rescue breaths

Reference

(1) Soar J et al (2005) European Resuscitation Council Guidelines for Resuscitation 2005. Section 7. Cardiac arrest in special circumstances. Resuscitation 67S1, S135S170

Mixed Gas Diving - Skin Deep

Alan Dunster

Details of five mixed gas diving trips leaving from Weymouth in 2006

- 24th & 25th June
- 29th & 30th July
- 26, 27 & 28th August (Bank Holiday)
- 23rd & 24th September
- 7th & 8th October

Contact Alan for more information
(Not by e-mail)

Sussex Sea-search (Diverse '06)

Gren Hamlyn

Notes from the recent Diverse '06 conference at Surrey University organised by the BSAC South-East Region.

Kate Cole's presentation at Diverse '06 was an overview of the activities of Sea-search and a call for volunteers to participate in the scheme.

Any UK diver that is interested in wildlife can be involved in this effort to attain an overview of the distribution of aquatic life around our coast. And there seems more of

it than you might think. Of the forty thousand or so species in the sea, half can be found around the UK! Including the second biggest fish in the world - the basking shark.

The main aim of the survey is to understand our environment and the pressures that industry, fishing and pollution place on marine species. Volunteer divers play an important role. Sussex Sea-search is part of a nation-wide programme, but as you might expect, the Sussex survey area covers the 140 or so kilometres of coast from Chichister to Rye. And the programme offers a great introduction to divers that are interested in marine conservation. In fact the only pre-requisites are good buoyancy control and the ability to record what you see and a slate.

Divers record the types of seabed, any interesting underwater features and what species are common during their dive. And, any dive can be a Sea-search dive.

Divers can participate at three levels:

1) Observer

At this level you are simply expected to complete a form after your dive, say in the car-park before you go to the pub. Observers need to complete a days training, and their first five entries are assessed.

2) Surveyor

The form for this level is a bit more in depth (complete it in the pub after a dive) and

there are two days training and two assessed dives. But, you get a qualification!

3) Specialist

This level is adaptable, evolving and flexible. Focusing on either a particular species or site.

As you can see, anyone can participate. And, the more divers that are involved the better the picture of our coastal wildlife can be put together. As Kate emphasised - "Any dive can be a Sea-search dive", you just need to be willing to fill out a form.

So what happens to all these forms?

All the data is collected into a national, and publicly available, database to be used to inform conservation decisions and plans. This information helps determine dredging licences and boundaries and fishing rights. But also builds into a comprehensive guide to all marine life and areas of significance.

For instance, the Sussex coast is unique in having the only underwater chalk cliffs - only four feet high though. It also sports the largest concentration of wreck sites.

On the wildlife front:

- The hermit crab is the most commonly recorded species.
 - It is the easterly limit of the Jewel anemone
 - Rare sightings include both the Ross and Cup corals along with the Grey Triggerfish!
 - If you want to find out more about the programme, visit www.seasearch.org.uk
-

Check www.scubakingston.co.uk for new articles as they are added.

Next download edition available July 2006

Any new articles send to gren@scubakingston.co.uk

That's it for Q1 - Happy diving!