



WHAT'S BUBBLING

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The Magazine of Ealing Sub-Aqua Club (BSAC 514)
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DIVE TRIPS ... DIVE TRIPS ... DIVE TRIPS ... DIVE TRIPS ... DIVE

WHITSUN BANK HOLIDAY - SAT 28 TO MON 30 MAY - contact Jackie Rasbach if you're interested in going to **ANGLESEY**.

SATURDAY & SUNDAY 18TH/19TH JUNE 2005 - contact Margarita & Keith Lewis for information on **SELSEY** this weekend. Open to Dive Leader grade and above. Boat capacity = 12 divers.

Cost : £19 per diver, per dive. One night's accommodation to be arranged.

Proposed dives:

Saturday 18th June - one dive only

36m Hedwig West German Freighter. Sunk in 1974. The vessel is intact as far as can be seen, laying on her starboard side - advanced dive.

Depart approx.12.15

Sunday 19th June - two dives

30m [Gascony](#) WW1 Liberty Ship: Sank in 1918. Bow almost upright. Stern keel up. Gun carriages in open holds

Depart approx.07.45

18m The "Tea" Pot The Brigatta : Positioned very close to a Cardinal buoy. Remarkably she was hit 3 years ago by a freighter. The wreck spreads over a large area and is known for its conger eels and intact stern with propeller in place.

Depart approx. 13.15

13-14 AUGUST - contact Paul Chan for details on the hardboat trip diving the **SALSETTE**.

20-27 AUGUST - contact Nigel Ealand for details on the **WEST WALES** trip.

TRAINING TRAINING TRAINING TRAINING

Just in case you've missed the mailings of this year's **reval sessions**, it's attached again! So no excuses . . . any bumps have hopefully been ironed out - there won't be anything too stressful, and you never know you might just enjoy it!

A few pointers -

- Please be pool side for 8.30pm prompt as there is quite a lot to get through
- You will also need a weight belt and delayed smb/reel.
- There's a fair amount of ups and downs so if you think you need it, it might be worth taking some Sudafed or similar
- If you can't make the night you're scheduled, please let either Rob Killick or Gary Miller know asap so they can fit someone else in.

Thursday 28th April 05

A couple of sessions at Northolt Community Centre on Thursday 28th April - designed for those sitting an exam in the not too distant future, but anyone is welcome to join in:

8pm - Physiology workshop: brush up your knowledge of the effects of diving on the body

9pm - Dive Tables workshop: the use of BSAC88 dive tables.

SOCIAL . . . SOCIAL . . . SOCIAL . . . SOCIAL . . . SOCIAL . . . SOCIAL . . .

Divers, partners and families are invited to a 'pot luck supper' at the O'Dowd residence on Saturday 23rd April at 7.30.

Please let Jackie O'Dowd know if you can go, and let her know whether you would like to bring a savoury or sweet dish. Please take your own drink. To whet our appetites for 2005 diving season, take along any video, DVD or photos to get us all into the mood to log those 1000 dives. If you need her address, give her a ring.

COMPETITION TIME!

Now I know you can't wait. Who was it in the Club that is so competitive that it needs to be kept hidden from the rest of us? The voting itself was very telling - James got two votes, Nigel got three votes, Dominic got three votes. Two people also thought Craig said it, same for Christine. Other suggestions were Rob Killick, Ann, Richard, Jon, Neville, Jackie O, Michelle and Simon.

One ESAC member correctly identified **Julie Newton** - our illustrious DO is therefore the winner! Did he have inside information? Certainly not from me.

Jackie

DIVING OFFICER NEWS DIVING OFFICER NEWS

Congratulations

Instructors

What a fantastic month. It is with great privilege that I congratulate **Nigel Ealand** for passing his **Advanced Instructor Exam**. He now joins Richard Ayers and Michelle Burrell as one of the Club's top Instructors and one of the few who can teach the Advanced Diver course in full. Nigel would have put a lot of time, effort and dedication into gaining this status and as with all our Advanced Instructors please use them to further your own knowledge base, and to develop your instructor skills. Most Clubs do not have one Advanced Instructor; we are blessed with three so please use them (and not abuse them, unless they like it).

Congratulations also go to **Michelle Burrell** this month who has successfully become a Theory Instructor Assessor.

Coxswains

We have also gained two more BSAC Coxswains within the month. After a sunny morning out on the Solent, **Ian McEwan** and **Dennis Philpott** successfully passed. Congratulations to both of you.

Craig

AI OR BUST – NIGEL EALAND

OK, so I very quietly went away to Tenerife to do my Advanced Instructor exam. Why? Because Richard and Michelle's accounts frightened the socks off me and I thought there was more than a fair chance I would fail. If failure were on the cards then my pride demanded that I would lick my wounds in secret.

I arrived in Tenerife with a full-blown cold and, like all men, I was dying! If you can't dive, you can't pass! Opposite the hotel was a Pharmacy where I acquired some "Spanish Sudafed" that were the size of bullets.

The Combined Course is divided into two days of AI course, a day and a half of preparation and two and a half days of exams. We were divided into teams of three or four. In my group we had Simon from Northern Ireland, Alan from Manchester and Warren from Edinburgh. Simon was our trump card; his job was in Customs & Excise, he was ex-Navy, ex-Army liaison, RHY instructor and instructor in a handful of other things. His saying for the week was “K.I.S.S.” – Keep It Simple, Stupid! Dennis Wigg was our Instructor for the first two days. His opening question was “Why are you here?”. “Cos I didn’t get into the London Marathon” was not the answer he was looking for – “To dedicate my life to BSAC” was probably nearer the mark.

The primary differences between the Open Water Instructor and the Advanced Instructor courses are:

- your teaching is now aimed at buddying Advanced Divers
- you are no longer operating in safe water, but out at sea
- you have to compete with currents, poor weather and sea conditions, black spiney Urchins which make a mess of your knees if knelt on, and anything else that is thrown at you.

To survive the course you need to know and be able to teach:

Marshalling	Weather
Dive planning	Position fixing
Seamanship	Knots
Chartwork	Boats - including describing the different types of engines currently used

as well as all the normal diver training exercises.

We were required to teach at every opportunity or as situations presented themselves. Later on I was able to use this advice to good effect when a real situation presented itself!

A new part of the AI course is to give “critique” to another Instructor. As an AI you will be called upon to train future OWIs, either within the Club or nationally. Part of this training was to give positive feedback to our Instructor, judging the performance of each of our team members using the mnemonic S.T.E.P. – Safe, Technically correct, Effective and Progressive.

The first two days were a real struggle. To get down to depth I overdosed on Sudafed and put my brain into a stupor. The learning curve was steep, although the exercises on the face of it were straightforward. The first dive was setting a shot and a marked-off distance dive to perform a marine survey. Every step was to be demonstrated and mimicked in the smallest detail; just unclipping a reel from a stab jacket to hook onto another line was performed in three steps:

1. unhook reel
2. show carabina operation
3. hook on line

at each step, the students each copy the action until finally the line is attached. At the end of the course, the prep days start. My cold was bad, my brain was not working and I was panicked. By now the four of us had formed a tight little team; each of us had struggled with some part and we gave each other great support. After a day and a half of detox I was starting to think more rationally.

The exam was conducted over two and a half days, starting with a lecture. While you're lecturing, the Instructors are looking for total participation by your students (your own team). If you're talking about first aid, you're expected to get the oars and ropes out and get your team to splint someone's leg! Use of visual aids is great, OHPs are OK, but use PowerPoint and you just failed! My first open water exam went OK – Jack-stay search trying to find a piece of broken tile I'd pinched from around the swimming pool. The second dive had an interesting start as it practically stopped before the boat left its moorings. The local boatman slipped in the boat and broke his leg! I ended up going into Practical Rescue Management mode and organised getting him back to shore and off to hospital. Never missing the proverbial "gift horse in the mouth", I then took the opportunity to use it as a training exercise and reviewed what had happened and why I had taken certain actions, with the Examiner. I survived my final dive (first wall dive with DSMB release) and was greatly relieved to be handed the envelope with a note saying I had passed the exam (no grade at this stage).

I had started the course wanting to perform well. The learning curve was steep and the cold and medication did not help; at the end of it I was just pleased I'd passed. I now await the final result from HQ.

I have never been on a bad BSAC course and again this was a good one. The stress levels were high, but by working as a team all four of us survived and passed. Of the ten that started, two failed. I'd like to see many more of our Club members getting to this level, but use those who are already there – we may not be experts, but there are some real pointers to be picked up on before the course is attempted which can make life much easier.

Nigel

Best Buddy 2005 – Richard Ayers

I know I have mentioned this before to one or two people with in the Club; this is for those who I have not had the chance to talk to yet.

Last year I attended a project, which was on the London Region web site. Walthamstow Dive Club were after Instructors to help out with a project, which involved the London Fire Brigade, Worth Unlimited, Connexions and the British Sub Aqua Club. Briefly the LFB were concerned when they had a fire engine pelted with bricks during a shout, by some local kids during the summer holidays! On closer examination by Worth unlimited (social workers) it seemed that the kids did not feel a part of the local community (disaffected). The 'Best Buddy scheme' was then conceived. The 12 – 15 year old kids are taken off the streets for one week at the start of the summer holidays and put through their paces with Diving, Snorkelling and Life saver techniques all based around the pool at Walthamstow. The project is in its fourth year now and has been refined slowly and surely over that period of time.

I had great fun last year and was asked to help out again this year. If you have any interest in helping out this year please let me know; you will need to complete a CRB form to keep the paperwork in order, last year we all took the time off from work in the form of holiday, however this year we are trying something new, it takes the form of a letter to your employer asking that in exchange for some advertising / a mention in the press, you could be released from work, as an investment in people type of thing, to help with the pool sessions on the 2nd and the 4th of August for this year. You will be better prepared for this if you have some instructor experience, and you will learn from the whole experience!

Need to know more, E-mail address's, press cuttings, please ask me

Richard

The text below is a cut and paste version of an E-mail received from the co-ordinator for the London Fire brigade.

“The Best Buddy Project has been given the green light from all the Partners, (LFB, Connexions, Worth Unlimited & the British Sub Aqua Club, BSAC), for this August. We're planning a second project to run in the October' 05, Half Term. A further project is likely towards the Easter period next year. I am awaiting written confirmation of the funding which I'm assured will be here shortly after this Easter break. This will be the fourth year that "Best Buddy" has run. We aim to involve more young people than ever before. So capacity this year will increase by a further 8 places to 48. The format will follow the previous years tried & tested formulae as follows,

The schedule: **August, Monday, 1st** = Both Groups = 48 young people - Sports & Problem Solving Activities at Tom Hood School, E11

Tuesday, 2nd, = Group One (24) - SCUBA Diving/Snorkelling/Water Safety, at W/F College Pool, E17

Wednesday, 3rd, = Group One - BA Training at Plaistow T/C

Thursday, 4th, Group Two (24) - SCUBA Diving/Snorkelling/Water Safety, at W/F College Pool, E17

Friday, 5th, = Group One - BA Training at Plaistow T/C

If you wish to become involved *this August*, then please contact Richard via e-mail.

It would be really useful if you could include any suitable qualifications or Youth Work experience you may have, *i.e. CRB Disclose, PADI or BSAC, PSV Licence etc.* Also, which if any, particular area you would like to be involved in, how many days etc.”