



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 .

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
Lunsted 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" The Brigatta : Positioned very close to a Cardinal buoy. Remarkably she was
Pot 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 . . .

DIVE PLANNING & MARSHALLING SDC

Very shortly a trip to the Isle of Wight will appear on the notice board for the 25th June. If there were 4 (four) experienced Sports divers or higher who would like the opportunity to get the Dive Planning and Marshalling SDC under their belt, this could be the trip for you!

For the SDC: Lectures will be held on the 8th June between 20:00 - 23:00 and again on the 15th June 20:00 - 23:00, you will have to attend these to complete the syllabus. Venue will be in Greenford.

SDC people will also have to commit to attend on the 22nd June 20:00 - 23:00 and as before, (like last year's Isle of Wight trip) opportunities to handle the boats, plot courses, and get in on the planning for whole day will be offered to all grades of diver on this night too. This will be done at my place in Chiswick.

The diving for this trip will be not too deep, or challenging, so all grades of Ocean Diver plus, can get their names down to dive. The balance of grades (Instructor to Ocean Diver, etc) will have to come first.

You need to let me know by return to register your interest in the Dive Planning & Marshalling SDC. Costs for the SDC info pack will be incurred on top of the trip costs for the day's diving. Normal Ealing Sub Aqua Club dive costs will apply.

To get the full picture of what you will be committing to please see the link:
<http://www.bsac.org/techserv/syllabus/divemarsh.htm>

There will be a full debriefing after the trip for the DPM SDC group at the end of the day's successful diving!

Richard Ayers
London Area Coach
AI 3442
Call 07976 299 958
08:00 - 21:00

(Please note; only two places remain for the DMP SDC as of the 16th May. Richard)

Weymouth 2005; E-mail Comments plus pictures.

(Some things just do not need adding to)!

Dear all

I would also like to say a very big thank you to all for making this one of the most exciting and memorable weekends of my life! Never thought I would be able to jump into the ocean with so much joy but there you go. I think I am now addicted to diving and cannot wait for the next trip.

Thank you to everyone who was at Weymouth. It was a great family weekend. Looking forward to the next one. Also thank you Nigel for the motorbike ride. It was great.

Thanks for the DO'ing & Instructing over the weekend - in what must have been very trying circumstances at times!

As far as I was concerned it proved most enjoyable and I'm now looking forward to the cold and wet that waits in Anglesey.

I won't be able to make the pool on Thursday, so if you get the chance, please pass on my appreciation to all who helped make it happen.

Thank you all for organizing diving, training, air fills, buddies, Barbie & Children's entertainment. It was a great weekend.



I lied, some things do need to be said, very well done Craig, a logistical nightmare, handled with care.

RICHARD AYERS

UNUSUAL FUNDRAISING? TRY THIS FOR SOMETHING DIFFERENT!

Ironing and diving are certainly not the most logical of combinations (something about water and electricity); but I am looking for 60 divers who are keen to break a world record (or two).

On June 18th/19th is Dive 24, a sponsored 24 hours of dive events for Mencap. All divers will be expected to raise a minimum of £50 in sponsorship. Instead of doing the usual options, and prompted by a club member, I am trying to do something unusual! There are 2 world records for underwater ironing and I am looking for 60 divers to smash these records. The first record is for 43 divers in the water simultaneously ironing, the second is extreme ironing at 50 meters.

The first record is currently held by Australia and has always resided in the Southern hemisphere, let's bring it North! The second record is held by a team of divers from Severnside BSAC club in Bristol; lets pull the record down to 60 meters!

So if you are qualified to the appropriate depth and / or gas and are willing / mad enough to join me and hopefully 59 other divers then send me an e-mail to: spare.computer@btinternet.com. I would be aiming to complete these records in the NDC at Chepstow in the morning. So that you can have a free afternoon of diving. If I get enough interest I will lobby the NDC for free admission. If anyone has any contacts for ironing boards, irons or the NDC please get in touch.

Please register your interest at: spare.computer@btinternet.com, stating your name, phone number and dive qualification. Many thanks. Bill Quinn.

London Marathon 2005



On 17 April 2005 I ran the 25th London Marathon. I thought this was going to give me unlimited boasting rights for the foreseeable future. I have since discovered a hardcore of runners in ESAC. What does one have to do around here in order to impress?

My decision to run the marathon was made late last year, after running and surviving a half-marathon at short notice. I admit that my main reason for signing up was the physical challenge but I knew from the start that I wanted to run for the Brain & Spine Foundation. My husband, Clive, was diagnosed with a brain tumour in September 2002. The BSF is a charity founded by his own neurosurgeon, Peter Hamlyn, and aims to support brain and spine patients and their families. You may remember Michael Watson, the boxer badly brain-damaged in a fight with Chris Eubank, walking the marathon in 6 days a few years ago – same charity and same surgeon.

As the training weeks ticked by, running for charity became an essential motivation. I hadn't really considered daylight hours as I signed up in late autumn. Running home from work in the dark, into the wind and rain, I had plenty of time to repent. It would have been difficult to stick at it if it wasn't for my commitment to the BSF – that and the fact I'd told everyone I knew I was "going" to run the marathon.

Marathon day itself was great. The sheer number of runners and the logistics of organising their kitbags, start times and places and getting them to the start are a phenomenon in themselves. It was a beautiful day, which meant that there were record crowd numbers. The noise was extraordinary. So for the first hour and a half I got over-excited and ran too fast, overtaking a camel, St George and the dragon and any number of fairies. Then it became a bit like hard work. There's a great moment at about 19 miles, though, when you are way out in Docklands and you change direction so that, at last, you are running towards the finish – and the pub. I knew from that point that I was going to make it, even if the final stages were not going to be graceful (see photo at 24+ miles).

I finished the day tired but happy. There is no other occasion on which I shall be cheered by screaming crowds for several hours. The sense of achievement as you cross the line (in 4:34) is huge. I also raised a lot of money – about £28,000 – far more than I had dreamt I would when deciding to run.

And the really good news: if you would like to sponsor me it's not too late! The easiest way to give money is online via my sponsorship page at www.justgiving.com/rsc. Otherwise email me on rsabbenclare@7kbw.co.uk to let me know and send me a cheque made payable to the Brain & Spine Foundation.

Becca Weston

A sobering subject - Hypothermia

As I sat dressed in five layers of clothes, wrapped in a double duvet in front of the gas fire in a caravan in Weymouth a couple of weekends ago, I had time to reflect on what a brilliant teaching opportunity the whole weekend had been. I am sure there will be a queue of divers from the trip wanting to recount the thrill of their first UK sea dives. There will be boat handlers wishing to pass on how they learnt the true value of being able to use the GPS in the dense sea fog and there will no doubt be praise for the introduction of the 'Fin Fairy'! However, I decided that from my perspective the 'not so hot' topic is hypothermia!

To fill in the background, during my 6th dive of the weekend my suit had started to leak a little on one elbow and through one boot. During my 7th dive, a rapid drift being pulled along by an SMB, the leak got worse. Due to the fairly fast current, finning would have meant the underwater vista passing by like the stars at warp speed in Star Trek. I did fin gently to try to keep warm, but started really shivering about 25 minutes into the dive. During our safety stop, it was becoming harder to reel in the line, but I taught my buddy how to feed the slack to the reel and we came up safely to the boat. Trainee safely into the boat, I followed. Once on board the full effects of the hypothermia hit me, and for part of the time I drifted into unconsciousness on the return to port. So, for anyone not familiar with hypothermia - this is the low down . . .

Firstly humans are homeotherms, that is we endeavour to keep our body core temperature constant irrespective of our surroundings. The body can be broken down into two main areas - the cooler outer 'shell' and warm inner 'core'. The core consists of the vital organs such as brain, lungs, heart and it is important that this is maintained at a constant 37°C. The shell consists of the skin, muscle, fat and limbs and is normally 3-5°C from the core. In cold climates the body achieves its constant temperature by a combination of heat production and heat conservation. In diving, hypothermia arises when the vital core is cooled as a result of exposure to the adverse conditions experienced underwater. Once you begin on the slippery slope of hypothermia, secondary problems such as narcosis and decompression sickness begin to increase drastically. We need to be able to combat the elements and there are a number of things we can do both in and out of the water.

EAT TO HEAT:

The body needs high levels of energy to produce heat during a prolonged exposure. The main 'fuels' used by the body to generate this energy are carbohydrates. A diet based on carbohydrate foods (such as bread, potatoes, pasta, porridge, and rice) allows the body to stock your muscles with a plentiful supply. Man needs between 1,200 and 1,800 calories per day to maintain our base metabolism. On top of this you need to add in the order of 250 calories per hour of activity. When you add up the time spent loading up, kitting up, diving, de-kitting and packing away, plus an extra 10-20% to allow for the cold then the daily consumption can easily climb to levels of around 3,000 calories.

Prior to diving you can top up your levels by eating either commercially available high-energy bars or make your own. Two of the best homemade favourites are banana sandwiches and peanut butter and jam sandwiches. A nice big slice of Christmas cake is also great. Warm drinks are also useful as both a 'morale booster' and a way of making sure that we are properly hydrated before a dive. Be careful however not to drink too much tea or coffee, both of which are diuretic and can cause dehydration. Something like warm Ribena or Vimto that has been well diluted with water is ideal. Good old hot Bovril or Oxo similarly diluted are also ideal.

KEEP ACTIVE:

As you decompress at the end of the dive try to keep mobile rather than hanging motionless in the water. Swim around the station if you're using one, if you're using a bag then turn around and fin gently (with the emphasis on gently) against the current. If you're using a jon-line off the main shot, then once again finning gently against the current will keep you

active. The other benefit of gentle exercise when decompressing is to assist in off gassing your inert gas.

APRES DIVE:

The simple fact of leaving the frigid water behind gives most people a feel-good factor. However, just because you're out of the water, don't think that the cooling effect isn't continuing. Be aware of the Wind Chill Factor - even the mildest breeze places a huge drain on the body's heat reserves and demands an extra output of energy. Sunny days aren't necessarily any better, as the water can evaporate off your suit fast enough to carry vital warmth with it.

If you have to stay in your suit, get your hands and head covered as soon as possible. The head has a strong blood flow and it has been calculated that as much as 75% of your inner warmth will be pouring out to the surrounding air. Get a warm drink inside you and take on some high-energy foods. Keep an eye on those who are having problems with the simple tasks of undoing clips, packing away their kit or looking after themselves - they are warning signs. If someone tells you they feel cold, act on that information straight away.

HYPOTHERMIA :

Listed below are the main symptoms and actions you should take if you suspect a diver is becoming hypothermic.

INITIAL SIGNS:

Feeling cold and tired. Not warming up and becoming mentally alert as the rest of the team does. Shivering. Numbness in extremities (hands & feet). As the condition progresses, shivering will stop. *This is not a sign that your casualty is recovering*, but a sign that the body has cooled even further and the blood is now restricted to the vital organs to try and keep them going. Be careful with a shivering casualty, but be very worried by the one that stops!

SECONDARY SIGNS:

Unreasonable and unexpected behaviour. Physical and mental lethargy, constant yawning. Inability to respond to simple questions and directions. Lack of muscular co-ordination, erratic movements, falling. Difficulties with focussing, vision disturbance. The above are serious signs and immediate action needs to be taken to avoid a casualty slipping into unconsciousness.

TREATMENT:

A simple hot drink (not caffeinated), something to eat and getting the diver either properly covered (windproof jackets, blanket) or out of the elements (into a car, a boat's wheelhouse, tucked down by the tubes in the RIB) will probably be all that is required to have the casualty begin to feel better. Do not administer cold drinks, these will only lower core temperature further. Once in a warm environment replace any wet clothing. Monitor and reassure the casualty.

A hypothermic casualty aboard a RIB can be a serious incident. Get dive bags on the floor and sit the casualty on them. Get divers to huddle up to the casualty and try to cover all the divers with waterproofs. Do not rub vigorously at the casualty as you will cause tissue damage that may lead to a heart attack. Get the space blanket out of the first aid kit. Monitor the casualty. Keep talking to your casualty to help them stay conscious and focused on something.

Depending on the distance to shore and the facilities, you will have to make a decision about whether to return to base or call the coastguard for assistance. If respiration falters or ceases give artificial respiration. Monitor the pulse. If necessary commence cardiac massage. Get medical attention to the casualty ASAP.

As for me, I did say I was cold, put my hat on and tucked myself down out of the wind, but I couldn't think clearly enough to ask for the space blanket. The boat sped into shore, and a phone call ensured that not only were my kids not there to see me, but that I had my choice of hot drinks waiting! I was peeled out of my soggy (dry) suit and taken back to the caravan. A warm (but not hot) shower stopped the shivering briefly, but it took about 12 hours before I felt warm again, and the next day all my muscles ached from the workout they'd done while shivering to keep me alive. It took 2 days before I felt better.

Points to note: Take the idea of hypothermia seriously. If someone says they are cold you already have a problem. Take hot flasks on the boat (not for the boat handlers!). Mobile phones can be useful in such situations, but do not rely on coverage out at sea. If you have a radio license, check that you can still use the radio. If you don't have one, arrange to go on the course. BSAC also run a First Aid for Divers course that covers hypothermia and other diving related conditions.

Thank you to everyone who helped me out. Unfortunately, it's all a bit hazy in my memory. Although I think Christine took advantage of my inability to reply on the boat and got a few digs in! If only I could remember exactly what she said . . .

Michelle

ESAC's New Data Protection Policy

Over the past few months the Committee and I have been working on developing a Data Protection policy for ESAC. This new policy will be released this month. It will have virtually no impact on the way we do things as a club, however for all the anoraks amongst you (of which I am the greatest one – I wrote the thing!!) below is a brief overview of the 'what and why's' of this new policy.

What is the Data Protection Policy?

The Data Protection Policy is a short document that clearly specifies how the data (E.g. Names, addresses and training details), that each member provides as part of joining ESAC, will be collected and maintained during the normal course of branch administration.

Why do we need one?

Up until today ESAC has not had a written Data Protection Policy. Instead, the committee followed clear guidelines in dealing with club information. The advantages of reviewing and then formalizing these guidelines into a policy document are to:

1. Ensure that ESAC meets the requirements of the 1998 Data Protection Act
2. Provide visibility to all club members of the way in which the committee, amongst others, collects and manages club data
3. Provide the opportunity to review how information should be collected and maintained, given the increasing use of electronic data storage (PCs, etc)

Will anything change as a result of the policy?

Not really. There is no intention to ask members for any more information, nor to use information for any new purposes. This policy simply puts into writing what we already do.

I hope that this sheds a little light in this new policy. It is a pretty dry subject (I have had to write policies like this at work, and in a corporate environment it is even dryer than the challenge of eating three Jacobs crackers in 2 minutes), however if anyone would like to know more, then please do not hesitate to grab me on a Thursday night of drop me a line.

Best

James Anderson
ESAC Chair