



What 's Bubbling

Club Newsletter

Spring 2001

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Socially Speaking

Debbie Broad is planning a combined trip to the London Eye and next door to the Aquarium. The outing is due to take place on a Sunday during June. Either or both attractions can be visited, keep an EYE on the notice board for further info, or give Debbie a call. Other events in the pipeline are a visit to the IMAX cinema in London, the ever popular 'Pot Luck Supper' at Richard and Maggie's (do they know yet ?) Another meal out (Possibly a Chinese) -does anyone have suggestions for a restaurant that will cater for a party of 30ish ? - See Debbie Broad, and don't forget the BBQ / Dive at Bracklesham on 22 July (Organiser; Adrian Jones)

The dive in the Aquarium is looking doubtful, as the London Aquarium requires each diver to attract £300 in sponsorship.

Lets start with the bad news;

As of March 2001 BSAC have increased the subscription fees. ESAC has not increased its subscriptions since January 1999. Therefore with effect of 01 June 2001 the ESAC fees will be:

Item		Cost (£)
New Member & Renewal	(Club, Ocean, Sports, Dive Leader, & Assistant Club Instructor)	130
Full Renewal	(Club Instructor, Open Water Instructor, Advanced Diver)	125
Abated Member	(All Grades)	115
Swimming Members	under 12 years	10
Swimming Members	> 12 years old & < 16 years + full time students	20
Swimming Members	> 16 years old	40
Guests / Night	< 16 years old	1
Guests / Night	> 16 years old	2
Junior Diver	(Between 14 - 17 years old)	55
Student Diving Member	(aged 18 & over, but in full time education)	55
Special Member Full	(Over 60 + ESAC member for >5 years)	80
Special Member Abated	(Over 60 + ESAC member for <5 years)	65
Courses / Hire		
Try Dive	(Includes £5 towards Sports Diver training)	15
Club Diver Course up to & including Sports Diver		
	BSAC Training Materials	20
	Cost of ESAC Training	70
	Hire of Club equipment	30
	Equipment Hire Deposit (refundable)	100
Conversion from other Qualification to BSAC Sports Diver		
	BSAC Training Materials	20
	Cost of ESAC Training	30
	Hire of Club equipment	30
	Equipment Hire Deposit (refundable)	100
Snorkelling Courses		
	1 Two week Basic Course (excludes cost of Log Book)	15
	Snorkel Diver (an additional)	10
Miscellaneous		
	Red Log Books	3.50
	Log Book Plastic Covers	2.75

More Lead Please, We're Divers!

John Glyn-Woods has kindly offered his services to make two new shots for the boats. He has most of the lead he requires but still needs a few more kilos. If anyone out there has retired from stripping church roofs or perhaps has recently upgraded to that new fangled copper piping stuff in their home, John will be happy to take those now unwanted toxic leftovers off your hands.

A Plea on Behalf of Instructors

Being an instructor in a BSAC branch is often, in fact usually, a rewarding task. Although none of the instructors are paid (Occasionally bevy excluded) they are lining up to on forward their knowledge and experience to 'The Next Generation' (Yep I'm a star trek fan). On all of their behalf's I have a few requests to make;

- Please arrive at the pool by 8.30pm
- Please inform your instructor in advance if this is not possible
- Please inform your instructor if you will not be attending on a Thursday
- Please turn up for lectures / Tests - These are arranged on your behalf
- Please remember your log books
- Please pay your instructors entrance fee to Wraysbury, Stoney, Dost, ETC

Rik

Another Plea

We all want to go diving. We all want to go diving in the club boats. The boats are housed locally. This is about seventy miles from the nearest launch site off the south coast. To bring two very important factors together ie Boat and Water we need to take one to the other. Our last Danish King; Canute failed to move the sea. I strongly suspect that none of us would have any greater success. Yes, you know what's coming.... Wait for it....

Please consider putting a tow bar on you car - Bikers are excluded from this request, as they would have to set out at least a week early. All you company car types, let's be honest, you don't really give two figs about the car. Apart from which whilst you're swanning about in the drivers seat looking cool, and directing operations, everyone else is running around doing your bidding. Cool and useful, who can resist that !?

Rik

Yet Another Plea.

Do we have any budding or is that Bubbling journalists out there ? 'What's Bubbling' needs a new editor.

This is your chance to be an Inspiration to your fellow club members. No special equipment or training needed. Just a rudimentary idea of basic grammar, an occasional tale to tell and perhaps the kind of attitude that is unlikely to offend more than half the club at any one time. - Maybe the partner of a club member.

Volunteers (either yourself or someone who can be coerced, bribed or preferably blackmailed) See me; Go on, you know you want to...

Rik

Not a Plea

In keeping with similar (but inferior) publications we will be introducing a 'market' page. So if you want to buy or sell any items, primarily SCUBA but anything else is OK, let the new editor - (when we have one), know. Obviously none of you will be selling any excess lead weight, because this will have been previously donated to the 'Shot' fund via your Equipment Officer; John Glyn-Woods.

Respect Our Wrecks

For anyone who may be unsure of the 'official' stance of the BSAC...

A joint initiative was launched at the London International Dive Show on the 25-26 March by SAA, PADI and BSAC to help raise awareness of the issues surrounding wreck diving in the UK and to ensure the best possible wreck diving practices are observed by recreational divers. The awareness campaign itself is the culmination of many years' work with other interested parties, including the Maritime and Coastguard Agency, Ministry of Defence and archaeological groups (including the Nautical Archaeology Society and the Joint Nautical Archaeology Policy Committee), to clarify the issues and find ways to disseminate information. The diving organisations embrace these efforts wholeheartedly and are attempting to bring the issues directly to the attention of divers in the UK.

A minority of divers are still pilfering from and damaging wrecks and a small number are even desecrating war graves. Not only are they spoiling wrecks for future divers, they may be breaking the law and in some cases upsetting the relatives of those that have lost their lives on the ships. Some divers are destroying our history and the marine environment, either by not thinking what they are doing, or even deliberately. Others are endangering life by bringing live munitions or other dangerous material ashore.

Respect Our Wrecks is intended as a philosophical approach to one of the most popular diving activities in the UK, wreck diving, which is enjoyed by thousands of recreational divers every year. We believe that raised awareness of these issues will also result in increased peer pressure amongst divers to curb the poor wreck diving practices being conducted by the few.

Veronica Robbins, Receiver of Wreck comments "the Maritime and Coastguard Agency wants divers to enjoy safe, legal, responsible diving and fully supports this very important initiative".

Respect our wrecks today so that everyone can still enjoy them tomorrow.

1. Respect War Graves

Many wrecks are also war graves. Treat them with the respect you would give a churchyard

2. Respect the Wreck Environment

Many wrecks make great habitats for marine life. Treat them with the care you would give to coral reefs

3. Respect the Future

Explore wrecks, where allowed, but don't damage or disturb them. Take photos rather than souvenirs, so that our wrecks remain for future divers to see

4. Respect our History

Many wrecks have an important history and hold clues to our maritime past. If you find anything, report it to the Receiver of Wreck, who will pass on such information to archaeological experts

5. Respect Yourself

Make sure that you are appropriately trained for safe wreck diving

6. Respect Your Family and Friends

Some wrecks contain dangerous cargoes or live munitions. Don't disturb them or bring them ashore

7. Respect the Law

Know and respect maritime laws - and avoid a criminal record

Ealing Sub-Aqua Club

3 Jessop House
Kirton Close
Chiswick
W4 5UX

Stephen Pound MP
House of Commons
London
SW1A 0AA

21 March 2001

Dear Mr Pound,

MARITIME WAR GRAVES CONSULTATION PROCESS

Further to the launch on 14 February of the above consultation process by Defence Minister, Dr Lewis Moonie, and recent Early Day Motions posted on this issue, I am writing as Chairman of a diving club in your constituency to express our views on the subject which we hope will assist in the consultation.

Ealing Sub Aqua Club meets weekly at Northolt Swimarama and is branch number 514 of the British Sub Aqua Club (BSAC). We understand that the various diving organisations including BSAC have already expressed their views but we are nevertheless keen to demonstrate to you that the underlying principles of the "Respect our Wrecks" campaign have been adopted at local level too.

The majority of divers show respect for our entire maritime heritage as well as vessels that were sunk with loss of life. To us, to visit a wreck as part of our diving activity may be compared with visiting a churchyard or a war memorial, and the same level of respect needs to be applied.

At Ealing Sub Aqua Club we have adopted the formal "Respect our Wrecks" policy and are promoting its principles through general communication to our members and also through our practical diving and teaching activities. Much of what is written in the press about recreational diving is dated and inaccurate. It is unfortunate that the irresponsible behaviour of a very small minority of divers in the past has led to misconceptions about this currently burgeoning sport.

We are anxious to demonstrate to you that recreational diving is carried out responsibly by those who take part, and that no new law or special protection is necessary. To this end, I should like to invite you to attend one of our club nights on any Thursday at Northolt Swimarama where you would be able to meet our members and, if you would like to, experience the sport at first hand with a guided introductory lesson.

We would also be interested to hear your views on this issue as a whole and I will contact your office in the near future to arrange a meeting either at Northolt as mentioned above or at your constituency office.

Yours sincerely,

Richard Ayers
Chairman, Ealing Sub-Aqua Club

RESUSCITATION UPDATE

Trevor Davis, Rescue Awards Chief Examiner

During April this year the seventh edition of the joint St. John's Ambulance, St. Andrew's Ambulance Association and the British Red Cross First Aid Manual was published. As with previous editions the publication has seen the introduction of some changes, inevitably in the area of resuscitation and these have been evaluated against the situations that we as divers are likely to experience rather than the non-diving circumstances that the First Aid Manual is aimed at.

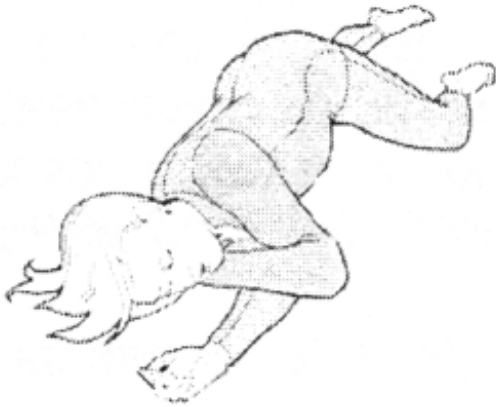
The changes that have been introduced are as follows:

- Changes to the procedure on initially being presented with a non-breathing casualty which take more account of the potential causes. Previously the advice was centred around the heart attack in the home but now takes other circumstances into account. Briefly the advice in the First Aid Manual is now as follows:
- If the casualty is unconscious but breathing, place in the recovery position and summon an ambulance.
- If the casualty is unconscious, not breathing but does have a pulse is the condition due to either injury or drowning? If yes, then carry out resuscitation for one minute before calling for an ambulance. If due to some other cause call an ambulance first before commencing resuscitation. Note that the initial assessment only concerns the presence or absence of breathing not whether a pulse is present or not, this is subsequently evaluated in the resuscitation sequence.
- The resuscitation sequence is defined as:
 - Open the airway and check for breathing
 - If breathing place in the recovery position; if not breathing give two full cycles of AV t check for a pulse (for 10 seconds)
 - If a pulse is present continue with AV monitoring the pulse every minute or so; if the pulse is absent alternate 15 chest compressions with 2 breaths of AV
- The rate of chest compressions is increased to a rate of 100 compressions per minute, the depth of compression remains unchanged. This increase in rate is apparently based on evidence that it provides a better blood supply to the brain.
- The recovery position has reverted to the previous posture (see diagram). The posture introduced at the last edition has not proved very popular as it was not felt to offer the same stability to the casualty.

When applied to the diving situation where it is extremely unusual for a rescuer not to have other divers or other people around to assist the above changes to the initial casualty evaluation procedure do not introduce any large changes to what we already teach. With other divers to assist, the advice to commence AV/CC immediately while other divers call the emergency services is still valid. In these circumstances, which cover the vast majority of diving situations, the above decision process about what to do before calling assistance is rendered unnecessary. The resuscitation sequence introduces some changes which should be adopted. The full sequence (with changes highlighted in italics) becomes:

- Check for breathing for 10 seconds
- If breathing present place the casualty in the *recovery position as shown in the diagram*
- *If breathing is absent, give two breaths of AV*
- Check for a pulse for 10 seconds
- If a pulse is present continue with AV checking for effectiveness of ventilations:

- Watching for the rise and fall of the casualty's chest
- Assessing the ease with which the casualty's chest is inflated t listening for the sound of the air exhaled by the casualty
- Continuously monitor the casualty and if breathing returns place in the **recovery position**
- If there is no pulse commence chest compressions at a rate of **100 compressions per minute**
 - For a solo rescuer at a sequence of 2 ventilations/15 compressions
 - For two rescuers at a sequence of 1 ventilation/5 compressions (the two rescuer situation is not included in the First Aid Manual but is considered appropriate for divers because of the extent of the training that they receive)
 - Continuously monitor the casualty' s appearance and if there is a significant improvement check for a returning pulse



Standard Position



More Stable Position (For use on Boats)

Articles of Faith

The new editor of 'What's Bubbling' will be looking for articles to publish. A couple of suggestions;

- 1) Can one or more recently qualified Club or Sports Diver write an article on their training? It can be factual, critical, funny, include 'tips' for newbies, suggestions on how to improve the system, almost anything other than sycophantic, ingratiating, obsequious, toadying, smarmy, fawning drivel. (Perhaps a little bit is OK)
- 2) Can an instructor get their retaliation in first?
- 3) Any holiday stories to make the rest of us jealous?
- 4) Any holiday stories to make the rest of us feel relieved we stayed at home?
- 5) Can anyone write a quiz or create a crossword based on diving?

The Instructors Tale

Further to number 2 above; The best time to retaliate is of course first. With this loosely in mind and tongue firmly in cheek...

It was a typical Wraysbury day; the sun was high in the sky. Obscured only by thick cloud and occasional driving rain. The Bacon and Egg sandwich was great (except that they didn't have any Eggs left) My Buddy, Newbie, Potential drownie was of course happy with the 'perfect' conditions and novelty of it all. "I'm really looking forward to this!" Says he. "Hope your not going to make a serious attempt at killing either of us!" Thinks me. (Anyway nothing serious can happen in Six meters of water. Look at the BSAC 88 tables. You can stay there all day).

Buddy Check. Yep, that's yet another way of twisting the hoses. Yes it would be better if you can keep the DV in your mouth whilst turning your head more than two inches.

Lets go, easy entry and exit from the middle 'pontoon'. Fin out to the Buoy, OK, OK, Down, Down. I like it at three meters, mulling over those questions; Do I go back up, Do I try to pull him down, Is this Green S**t added deliberately.

I look down to the platform. There below me is a weight Belt. A glance upwards informs me where it came from. I judge the trajectory must have taken it straight through my head. Therefore I am either dead or it was very close. I assume the latter and leaving my Buddy to faff around on the surface; He's not going anywhere and the pointless expenditure of energy serves him right for nearly killing me. (He was one of those that made a serious attempt after all)

Right, now I have two weight belts. I tried carrying an extra one before and it nearly killed me. This time I shall wear it. It took a couple of minutes to put it on but I managed it. My stab obviously needed full inflation to get me off the bottom. Just as I reached the 'ascent' point, a bit like V2 for an aircraft on a runway, i.e. the point of iffy return. I look up, to see those same happy eyes I left on the surface. How the **** did he do that. I pointed at his waist, then mine. He got the picture. He then grabbed at his belt. I performed a purely defensive Karate move to prevent a very good imitation of a Polaris missile. After he recovered and was able to kneel upright again, I took him over to the shot line and firmly placed both hands on it.

We made a remarkably uneventful ascent.

On the surface whilst I was valiantly looking cool and relaxed, Buddy wants a chat. I want a Bacon AND Egg sandwich and maybe some water shallow enough not to drown in. (Not necessarily in that order, Egg and Bacon will do just fine)

The safe, easy exit has been closed whilst we were underwater. How quick can you do that!

We fin into the shallows and slowly make our way round to the next exit. Not Five feet away in Four feet of water was a Pike, almost Four feet long. That's probably the biggest fish I will see this year.

I forgive him for attempted murder; after all, I did see that one fish I was hoping for.

Rik