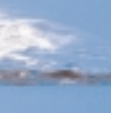


GOING DOWN



THE JOURNAL OF THE DACORUM
SUB-AQUA CLUB (BSAC 0713)

JULY
2002

EDITORIAL

Welcome to the third edition of Going Down under new management. Apart from the usual committee statements there is an article on the trip to Porthkerris, which was a roaring success by all accounts. The people that I met down there certainly had nothing but praise for the organisation and the diving. The weather could have been kinder but that's England for you. Hat's off to Lindsey for putting together a trip that has the distinct possibility of becoming a regular in everyone's diving calendar. The 4 of us who travelled down together stayed at a Caravan Park/Chalet site about 20 minutes away called FRANCHIS. The chalets were small but comfortable with everything you need for a self-catering holiday. Reasonable too!



While thanks are in order I have to say a big 'you were brill' to Mark Murphy for organising the 'Dive Marshalling and Planning' day. Barry and Lindsey did some lecturing so thanks to them as well and apologies to Jackie for turfing her out of her own house. It will be interesting to see if the practical day goes as smoothly.

The idea behind a club magazine is that the membership contribute articles to it, hopefully without too much arm bending. Jeanette very kindly put mouse to mat and wrote the article on Porthkerris. That doesn't mean to say that that is the only article that we can print. All views are welcome so if you have something to say about anything including Porthkerris, jot it down in any form you like and give it to either one of us and we'll put it into printable form. There are a lot of diving going on that might be interesting for others to hear about. Incidents are always good for discussion. It's wonderful to see the Club rib being used so much now but perhaps you don't think so. Is it just an expensive toy for just a few? We all have our views and here is the place to air them. What dive trips would you like to see? Is the smokey atmosphere at the Cotterells getting up your nose? Do we need more social events? What sort could they be? In short, you write it, we'll print it. If it makes it easier we will even withhold the writers identity! What more could you ask for? If you have any ideas for articles or 'one-offs' then do please say something. Perhaps we could have a competition for the most ludicrous piece of diving kit; a clickometer on your fin to tell you how many fin strokes you did, wing mirrors on your mask, that sort of thing. We could even have an 'inventors Corner'. Got a good idea? Let us spread the word and who knows? Someone might care to take it further. Whatever you want...we can deliver!

Next issue is likely to be early September. Get writing!

Dive safely.

Tony & Peter

CHAIRMAN'S VIEW

Unfortunately we were not able to include the chairman's view but I am sure it will be back next edition

TRAINING OFFICER REPORT

Mid-summer, so recreational diving is taking precedence over training trips, but there are still plenty of lessons / assessments going on for all diving grades. Thank you to everyone for continuing to help with this! Any weekend you're unfortunately blown out, please consider offering to do some training... there's something to suit everyone!

The winter intake of beginners are all acquiring drysuits and taking to open-water with delight! A tip for trainees new to open-water training: the instructors will turn up ON TIME with FULL CYLINDERS as they are disciplined divers, so please be courteous enough to do the same. Remember that we train voluntarily and at our own expense (even a day at Stoney Cove costs a minimum of £15), which we are happy to do if it is worthwhile and appreciated by all!

Our new practice of restricting equipment hire to one year seems to have worked well as no one has been left needing club kit after their first year.

We're still awaiting final details from BS-AC of the new diver training programme, due to start in September. Hopefully we will have a laptop computer and projector to present lectures in the preferred style by then.

The pool is as busy as always, please remember to keep clear of divers if you're swimming or snorkelling.

Every Thursday night club kit (eg fins, weights) is borrowed, then left by the pool (along with members' own unnamed equipment, which is often totally forgotten) while people go to get changed... please bear in mind how difficult that makes it for the person (usually Chris) who has to lock our kit up, and ensure all equipment is cleared from the poolside to the changing area ASAP after 10 pm.

I am pleased to say the pool is normally vacated on time these days... please still remember to inform me and your instructor/student ASAP if you can't attend, so I can organise training to suit the greatest number of people!

Our incumbent regional coach Steve Gore is organising some Skill Development Courses locally - suitable for Sports Diver and above: 28 July, First Aid for Divers, 25 August, Practical Rescue Management (latter is needed for Dive Leader and Advanced Diver grades). Contact me for details.

This is my third year as Training Officer, so I can't stand again next year. It's a crucial role in the branch and an extremely busy one.

If anyone out there is considering standing for it for next April - you don't need to be an instructor, but a good knowledge and understanding of all the grades is required - please talk to me. I began by assisting Barry when he was Training Officer, running a few events etc, so I was well prepared to take over from him. I would recommend this approach, and a good start would be helping me implement the new beginners' grade of Ocean Diver in the autumn.

It may be the case that our branch needs two T.Os now - one for OD/SD training, another for higher grades plus SDCs, or one for the pool and theory side, one for OW stuff.

The main thing is that we as a branch are prepared for the changeover so it goes as smoothly as possible.

Also from the autumn BSAC will run more Instructor Training Scheme events. The first step to helping to train others is to do the 2-day Instructor Foundation Course, for SD and above. It's great fun and you'll learn a lot. There are no exams! Courses near to us include South East (14/15 Sept, 23/24 Nov), London (21/22 Sept, 12/13 Oct, 16/17 Nov) Eastern (12/13 Oct). Apply direct to BSAC or ask me for more details. Prior to this you may like to have some input from the branch instructors on possible techniques for theory and pool lessons...please ask if you'd like this organised. I am keen to develop our instructor base! Barry always needs more volunteers to conduct try-dives, and this is a good introduction to instruction.

Anyway, that's enough from me for now!

Lindsey.

Some recent pictures from training



Extra bit from T.O:

Steve and I have just received an update from Lizzie Bird, the National Diving Officer, on the new Diver Training Programme which starts in September.

You can read all the details for yourself at www.bsac.org but here are a few points of particular interest to DSAC:

TRANSITION arrangements - a special document of details will be produced, but there will be NO TIME LIMIT for divers to complete a grade begun under the old system before transitioning to the new next grade.

However, to make things easier and "tidier" for our Instructors, I would ask that if you are part-way through a grade, you make every effort to complete ASAP so we can dispense with the old materials and concentrate on the new. I will be speaking to anyone this applies to who's not already actively training!

INSTRUCTOR REQUIREMENTS: no change here, so SD/ADI will still be able to teach in OW (only if accompanied by an NQI, however), but BSAC have clarified their definition of "under NQI supervision" to state that an NQI must be actually on site when training is being done. This may well have an impact on the amount of lessons we can get done in the future.

Please consider getting your DL or an Instructor qualification if this applies to you and you want to carry on teaching in the same way! (eg, on weekdays etc).

CALLING ALL CLUB DIVERS AND TRAINEES who haven't done a Sports Diver theory course.... I want to run one very soon (before new DTP) to "catch up" everyone outstanding on this. (You can complete the practical in your own time). I plan to get it done in one day, but need a venue. So if you could offer your house for about 8 hours one Sat or Sun, for about 6 people to sit and have lectures plus do resuscitation work, please speak to me.

Lindsey.

TRAINING OFFICERS REPORT

As you may or may not be aware there is an increased interest in technical diving within the branch and, as I have previously stated, this is to be welcomed as it brings with it a demonstration of diving discipline.

I feel however it is important to present technical diving in the correct light, it is not simply a means to go deeper, but can improve enjoyment of the sport allowing divers who are appropriately qualified to extend dive times safely with minimal risk. This can be done within the BSAC recreational limits.

If you are interested in this area of diving then progression is still the name of the game, having fine-tuned your diving skills, buoyancy control etc you can take the first step to technical diving, by joining a Nitrox Course.

Progression would involve the following sequence:

Competent Sports or above	Followed by
Basic Nitrox Course	Extended Range Course
Advanced Nitrox Course OR	Basic Trimix
Combined Nitrox Course	Advanced Trimix

The above progression sequence is common to all diver training agencies, and we are fortunate in this branch to be able to teach up to Combined or Advanced Nitrox and with the help of Jack Ingle Extended Range and beyond.

If your not sure if this is for you then speak to any of the current members who are qualified, I am sure they will give you a balanced view. Remember your favourite wreck dive, wished you could have stayed longer without excessive decompression penalty? If yes is the answer then Nitrox and Extended Range could be for you.

Safe diving Steve Owens

DATES FOR DIARY

Club Dates

Red Sea trip – Steve Owens .**October**

Club Promotion Day in Hemel Hempstead Shopping Centre

October 5th

Innes McCartney Lecture (See information further on)

October 17th

Club Xmas Dinner, Crystal Rooms, Tring .**December 20th**

Date for the Diary: Innes McCartney

Lecture 17th October 2002.

Technical diver, wreck historian and submarine expert Innes McCartney will be coming to DSAC on 17th October to give a lecture on the battle and shipwrecks of Jutland.

Innes led the teams that discovered the submarines HMS Affray and the M1, and was the first to dive all 3 of the famous diveable liners Britannic, Lusitania and Andrea Doria.

The Battle of Jutland was fought in the summer 1916, and was the only major encounter between Britain and Germany at sea during WW1, and remains the largest naval conflagration ever to have taken place, bigger than even the massive battles in the Pacific in WW2. 25ships, 14 British and 11 German were sunk, and 8,645 sailors died.

Website: www.periscopepublishing.com

Debbie

Rib Dates

3, 4 August 17, 18 August 31 Aug, 1 Sept 14 Sept

To get on any of the trips: pay a deposit of £10 for each day of the trip to the Boat Officer, John Reynolds

FOR SALE

Batteries

Bought in error. 2 batteries for cameras a) CR-P2p and b) 2CR5M. Either one could be yours for the price of a large Coca-Cola. Normally about £8 each!!

See Tony

HARD HATS

After bed and breakfast at Portland Bill we made our way to Castletown and the dive shop to await the group from Hemel. Among a pile of items salvaged from the harbour, including a torpedo engine and other war memorabilia, was a battered old diver's helmet and hose in an old fish box. "Maybe they would take a hundred for that" said Phil. Ten minutes later we noticed the box had gone – "Oh well-strike while the irons hot! _ Never mind."



Down on the slipway we found our 'hard hat' dive leader for the day setting up a hand pump on the shingle. It consisted of a large wooden box with a hand wheel on each side. After introducing ourselves, questions such as 'What happens if you turn it the wrong way?' 'What happens if you stop?' and 'What happens if the hose falls off!?' were fired from various quarters. He explained the pump had been overhauled in 1966 with new leather rings and the box varnished. The wheels could be turned either way and there is ten minutes of reserve air in the suit should the pump stop!

We spotted the fish box at the water's edge together with the old helmet and hose and were given the responsible job of screwing the hoses together and preparing the kit. The diver lies on the slipway and enters the suit through the neck hole, being pushed and pulled by helpers until he is installed! Then on a makeshift bench beside the water the lead boots are strapped on and the shoulder pads fitted to cushion the weight of the helmet. Finally the helmet and hose are bolted onto the neck ring using a special spanner; the chest weights are



fitted hanging from hooks on the helmet; air is pumped into the suit; the face glass is screwed on two taps; an OK signal and then into the water helped by two people.

The safety rope was used to direct the diver – one tug for OK, two tugs for turn left and three tugs for turn right – repeat tugging means help is required!

After about ten minutes each diver returned up the beach in painful slow motion, struggling under the weight of the equipment. Each reported 'Good vis, plenty of fish' and 'Freedom of movement in the suit.' Steve Owens was halfway through his dive when the wheels fell off the pump and we had to locate a suitable spanner to re-secure them before the supply could be reinstated. This, combined with the snagging of his hose on rocks made his dive interesting and he suggested there may have been foul play. The reaction to this was to introduce each diver to a brief interruption in the supply during their dive!

As my turn approached I had already heard the story from our dive leader that he came close to death in this very suit when the neck seal became displaced in a dive off Chesil Beach. It took him ten minutes to crawl out, sipping from an air bubble in the top of the helmet!! The suit was a bit on the large side and when in the water, left me with little view out of the window as the helmet floated off my shoulders and my head made a journey through the neck ring, leaving a small piece of my nose

behind. I then fell into a hole and resorted to twiddling the knob on the helmet, regulating the airflow in an attempt to float out of the hole. I was about to burst my eardrums and was still firmly on the bottom before I found which way I'd turned the knob and restored it to its original setting. I climbed out of the hole on my hands and knees – standing up again was impossible, but after a short rest and a superhuman effort, got vertical! All I had to do now was to compose myself and walk out. I got halfway and tripped! I then crawled the last 30 yards into the shallows as my heart rate went through 300 b.p.m. I was recovered to the beach, de-kitted and minutes later helping to get the next diver ready for 'the experience.'

Vic and Phil were probably closest to the size of the suit and strong with it, so I imagine their dives were the most comfortable – although Phil found the same hole I had and spent a good ten minutes digging himself out!

A good day was had by all, even though there was no vis, no fish and no onion peelings under the pump inlet. We all had experienced what it was like to dive in the 1920s and with snagged hoses, interrupted air supply and holes in the sea bed it had its exciting moments!

Many thanks to JR for arranging the whole thing.



SOME DIVERS OF THE PAST

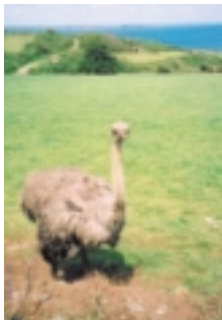
PORThKERRIS



FRIDAY: Having arrived early at Keverne, Gary and I decided to take a leisurely drive down to the Dive Centre.

Conversation dwindled a little as we rounded the tight twisting bends. Brief utterances followed: "SLOW

DOWN!!" "Tell me, did I just see an OSTRICH prancing amongst those sheep?" "Oh my God, the road is going straight off the edge of the cliff!" Obviously it didn't and we were rewarded with a beautiful view of the rugged Cornish coastline and a sea that was 'SMOOTH AS GLASS'.



SATURDAY: Oh dear, things have changed a little. The sea is rather choppy. We were informed that the only way to make it to the RIB would be with a strong guy on each arm dragging us backwards through the surf (who could resist?). By the time

we reached the dive site most of us were really glad to get down to the wreck away from the swell. I missed the shore drive, enough sea for one day!

SUNDAY: 5:30 am! Crawled out of bed. I'm on the catamaran today, buddying with Howard (Scones). The sea is still rough so we have to go via the RIB. It's make your own way out today (no fun at all!). Resolute, I braced myself against the waves. I had almost made it when this monster wave lifted the RIB sky high.

"Ohhhhhh *&^\$!". Trust me, the underside of that RIB looked pretty menacing from where I stood. I can't recall what happened next but I'm informed by those following me that they saw only a pair of legs returning to shore considerably faster than they had gone out!

We eventually reached our destination and had a pleasant dive on the Mohegan. I'm sure that the Cat would be lovely as well on a nice day!



MONDAY: The sea has finally calmed down and the diving is a little less arduous (I still think a beach buggy would be nice!). Great to see those that had suffered from sea sickness now enjoying their diving. The gentle drift off the Spiridon was delightful.

Even though many of us had experienced some difficulties during the first two days from seasickness and dodgy dry suit valves etc., all managed to keep their spirits high. The evenings were extremely sociable events, excellent food and excellent company every night. The highlight being dinner at Amanda's (Vic's landlady). Home cooking, a la Carte with great atmosphere thrown in. A fantastic evening.

I would like to say a special thanks to all my buddies (Barry, Paul & Howard (who really is a pussycat)) for some very enjoyable diving, the DO for sound advice ("If you tell the skipper that your dive will be 45 minutes, then stick to 45 minutes!) and JUST EVERYONE for being such great company!

And from all 24 participants, a very special THANK YOU to Lindsey for all the effort in organising such a successful trip for so many....excellent! **Jeanette.**

PS: Can I stay at Vic's next time?

Thanks to David for the use of his photographs To see more of these go to <http://mesalbums.no-ip.com>.

Have you any comments on Porthkerris? We await your words with bated mouse!

Dont forget the Club website
<http://dsac.virtualave.net>

WEYMOUTH TRIP



Expected good things and that's exactly what I got. It was enough to hear good reports about the trip from other members of the club (including my own wife) to encourage me to join the party for Peter Tucker's Weymouth Trip. Liisa and I thought that we could get away early on the Friday and things would be easy.

How wrong can you be. The rest of the world, his wife, mother in law and a regiment of the Coldstream Guards and their families had also decided to go to Weymouth early on the same Friday night! So FOUR AND A HALF hours later we arrived at 6 St. Annes Road, Weymouth ready for a drink and a sleep.

The B&B is nothing less than superb. Margaret, the proprietor, couldn't do enough for you. The bed was probably the most comfortable I've ever slept in in any accommodation anywhere in the world and the breakfast was plenty and wholesome. Margaret even ran you down to the Quay in her minibus to prevent you incurring Parking costs. Mind you, she owns the boat so I suppose she has an interest in your well being.

At the Quay we teamed up with the rest of the gang for the day, Steve, Claire, Howard, Elaine, Pat, Garry, some bloke called Bob, Liisa and me and off we went. Tony and Roy joined us for the Sunday.

I saw my first John Dory and spent happy minutes watching crabs going about their business. There was also Cuckoo wrasse, Ballan wrasse, pollack, dogfish and numerous anemones to be seen. Others saw Conga Eels but, as usual, they had all gone home by the time I got there.

A very enjoyable weekend and thanks to Peter for organizing it. I have kept the same weekend next year free for a repeat performance. I thoroughly recommend that you do the same.

Tony

Article may be mailed directly to either kelsey_steadt641@thegrid.org.uk or peter.dollman@ntlworld.com

Late postings from the Web

For those of you who are not registered as a member of the DSAC group on the website (and what a lovely site it is!) here are the latest messages that you will have missed. If you want to log on and receive up-to-date info go to Yahoo.com and log on to Dacorun Sub Aqua Club. Be careful how you navigate through the clubs though as there are some really dodgy ones there.

1]. Message from Steve Gore. Eastern SDCO

Just a note that due to not being able to go diving, I am running some extra SDCs in the St Albans area this summer. Please book through the normal SDC channels.

Oxygen Administration 14 July

Practical Rescue Management 11 August

2]. Message from Les Worthy

If anyone needs a dive bag or wants to buy a new or spare one have a look at this link:

<http://www.diveshop.co.uk/pages/accessories/bags.html#anchorRUCKSACK>

Northern Diver Rucksack reduced from £25 to £10 (Inc P+P)

3]. Message from David Perrault

Sorry but login and password for the pictures of Cornwall has changed:

David/dsachttp://mesalbums.no-ip.com/

