

# Free Flow

The magazine for LSAC

Mar 2005  
Issue 86

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Cuba

7 Secrets to Better Diving

Cover Photo Courtesy of Nigel Spickett



# Editors Bit...

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# Free Flow

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**Here we have one barge approaching bridge pushed by large tug. Fast flowing river; man who raises bridge AWOL.**

**Skipper of tug realises he can't stop with barge attached against the current. So sets barge adrift and hope to find reverse in time.**

**Hands up who can guess what happens ?**

**Regards Ed**

Any articles, news, gossip, jokes and the like should be sent to the Ed at

[pete.barnard@power.alstom.com](mailto:pete.barnard@power.alstom.com)

# Page 3 Luvlies

Free Flow  
Mar 2005

**And to think that  
we complain when  
we dent the prop.**

**You've got to be  
impressed by the  
crumple zone.**

**Unfortunately when  
this US nuclear sub  
ran full speed into  
an uncharted  
undersea mountain  
60 crew were hurt  
with one fatality.**



# Chairman's Report

Considering the dive season has not really started yet we seem to be quite busy for this time of year. The boat-handling weekend went better than expect on all accounts, as it turned out to more of a diving trip than the latter. The weather permitted some reasonable diving and there is talk that this trip will be run again next year. So therefore our dive calendar will be starting earlier than ever. ( Not too sure how the boating officer will see this as he usually services the boats this time of year, but being the nice chap he is I am sure this won't be too much of a problem.)

The evening entertainment has started in earnest ( lucky Ern!) and we have had some very good evenings for those that have not been involved in training on those nights. My thanks go to Pete Barnard, Alex Bullard and Fran Duinker, who kindly gave up their nights for the rest of us. I think we would all agree they have started the year off very well. We had Pete being his humorous usual self, Alex being his usual interesting self and Fran presented a DVD on underwater photography and for those that did not see it missed a treat. Fran has kindly offered at some time to do the evening for those who missed it first time.

The last weekend saw four members of the club successfully achieve their VHF radio license by going to Murry Park in Derby and taking a written exam and 8 hour assessment. The going was tough , but we managed to pull through in all the great traditions of the club. Yours truly was one of the brave four, so now this means we have 3 more diver coxswains with all the necessary qualifications at your disposal. Well done to all that went on the course.

One last thing and this is for all the diver cox's at the club. Having just recently completed the training for this qualification and having the message drummed into myself, that what a responsible position you undertake when you are driving the boat. I would like to think that all of us will take this serious and guarantee that when divers are down that they are receiving the adequate boat cover that they deserve.

Chairman Jon

# Diving Officer's Report

The Dive season hasn't properly got underway yet, but it already proving to be a very busy year with training happening and one trip to the coast already successfully undertaken. At the end of January !

Looking at the trips the number seems to be ramping up year on year. Here is a few statistics below for you

2002-3	11 Trips
2003-4	15 Trips
2004-5	18 Trips (Run/proposed)

If you haven't booked on one of these trips they are all listed on the web site, but to avoid disappointment I would get booked on quickly as a there are some that are already full and the other are filling. The page is easily found or you can follow the below link

<http://www.netcomuk.co.uk/~lucyht/Lsac/currenttrips.htm>

Now below is something that I have sent out before and I would just like to remind people again about diving and qualifications. Please have read as this is important to make the diving we do safe and enjoyable.

The very minimum standard that two divers can dive together is Ocean Diver. There are, however provisos on this and these are as follows:

- that the sight should be actively marshaled in as much there is someone checking you in and out and recording dive details,
- the dive site is a safe one.

Here at LSAC we have adopted a policy in the past by where the minimum standard is two Sports Diver diving together, unless cleared by the DO. This doesn't mean that I will turn down a Sports Diver and Ocean Diver wishing to dive, however I will want to know what your dive plans are and probably restrict your dive to a 6 meter limit.

Also any diving buddy pairs of Sports Diver or above, out of courtesy, need to let me know of your dive plans so I am aware.

I can be contacted by one of the means below

Email [Neil.brown@bigfoot.com](mailto:Neil.brown@bigfoot.com)  
Mobile 07867838726 Text or call  
07753696020  
Home 01455 273532

Of course any diving carried out should be within in your qualified limits and within the safe diving practices laid down by BSAC. I would also urge anybody who is going to embark on a trip who has not dived recently should start off by testing kit out in the pool and doing a number of build up dives to get 'dive fit'.

I think that's about all from me, so now its time to go and pack for a warmer country and enjoy some diving.

Neil Brown



Well done to all those who said "I don't think its going to stop in time"

Guess what happens next ?

## **Cuba**

After spending 4 days in Havana, we travelled about 3 hours to Varadero where we stayed for the next 10 days.

Varadero is a peninsular about 20 Kilometres long, by less than a Kilometre wide, and apart from the town of Varadero itself, is mainly given over to holiday hotels.

Disliking crowds, we chose the smallest hotel, almost at the end of the peninsular. The North coast of Cuba is of course on the Atlantic, but with Caribbean water temperature and visibility, and thus good diving.

Due to the fact the Fidel Castro is an avid diver (although now retired), diving has become a high priority amongst tourist facilities, and divers are well catered for.

The Barracuda Dive Centre (why are they always called Barracuda? Why can't they be called The Clown Fish Dive Centre or the Dusky Squirrel Fish Dive Centre), was about 2 Kilometres from our hotel and Transport to and from the marina, where the centre was situated was provided. Set amongst mangrove covered islands, the marina consisted of a group of thatched log cabins and included a bar and restaurant.

Dive Barracuda is probably the best run dive centre I have ever used (including those which are based in the UK). Qualifications are closely checked (the centre is not related to any particular agency), as were dive log books for recent experience. The schedule of diving was laid out with specific dives carried out on various days, so that you could choose the dives you wanted to do. The equipment was newish, well maintained and laid out ready on the quayside. (I took my own apart from cylinder and weight belt.)

## **The Diving.**

There are hundreds of dive sites around the Cuban coastline, most of which are dived from hard boats. Two of the principle areas are Isla Juventus (Isle of Youth) not far from the Bay of Pigs in the South (Neil B. has dived in this area) and Varadero in the North. There are around a dozen islands off Varadero with plenty of reefs and wrecks.

Some of the wrecks are the result of accidents, but there are also a number which have been cleaned and sunk as artificial reefs. (The Cubans were doing this long before we even thought of the Scylla). These are rapidly colonised by all sorts of fish and invertebrates.

My first dive was on a deliberately sunk Russian destroyer, complete with guns and missile launchers, at about 33 metres to the bottom. Water temperature 26 degrees at the surface and the same at 30 metres, above the water the air temperature was between 30 and 35 degrees.

Visibility - a very poor 30 metres.

The second dive was on a reef, the main habitant of which was dusky squirrel fish, a species I had not seen before.

The second days diving saw the best visibility I have ever enjoyed. From just below the surface I could see the whole reef which was more than 100 metres long, 35 metres below. The second dive was on a 30 metre fishing boat which had sunk accidentally at about 20 metres.

From 30 metres off the bow the whole ship could be seen surrounded by barracuda, jacks etc. with some giant clams on the seabed.

On the third and final day we dived on half (the stern section) of a tanker. I asked where the bow section was, and was told that it was all over Varadero following an explosion during some welding. The stern section, complete with two very large propellers, still in place, had floated out and sunk in 35 metres of water.

The final dive was on an old steam passenger ship which had hit a reef and sunk about 80 years previously. Apart from the usual reef fish, this wreck was inhabited by several large green morays which having been fed previously, could be tempted out with pieces of fish. The moray in the picture below was about 2 metres long, and very friendly.

All of the sites were within about an hour's fast hard boat's journey from the marina. There are of course dive guides present, but once they are satisfied that you know what you are doing, they leave you alone to dive with your buddy.

I have dived in the Caribbean before (in the South), and although this was the Atlantic, it was much better, with better visibility, more variety of diving, and more life. The coral is in good condition, and although I saw no sharks, silky and reef sharks were seen on one dive. I was told by people who I was diving with and who did 3 dives in the Bay of Pigs one day, that the South (the Caribbean side) is equally as good.

Cuba is beautiful and fascinating, above and below the water, and if you fancy going, go soon while Castro is still in charge. When he dies (he's 78 at present) the future is uncertain. Things may improve, but I doubt it. There could well be a period of unrest, with the US trying to influence matters.



On a humorous note, the following are a few snippets of conversation heard on the Quayside and on the boat. They are all true.

Dive centre manager to young German couple when checking their dive log – *I see you have not dived for 2 years and your last dive was to 14 metres only. This dive is to more than 30 metres you cannot go.*

Germans – *Why, what is the problem?*

DCM. – *It is too deep for you – Go away.*

Canadian Diver (my buddy) having just spent 20 minutes telling me how experienced he was, to me. – *Can you help me put this stuff together, I always seem to get bits the wrong way round.*

Me – *OK (mental note to change buddies)*

2<sup>nd</sup> Canadian diver to 1<sup>st</sup> Canadian diver. – *I think it's important to equalise your ears on the way down.*

1<sup>st</sup> Canadian diver (my buddy) – *I guess so, I think it's also important not to hold your breath on the way up.*

Me – *Is there anyone else who would like to dive with me?*

An ancient German (apparently in his second century but probably younger) then had a coughing fit while loading his kit onto the boat and had to be helped onto the boat.

Dive guide, having just put kit on (over the head method of course) - \*\*\*\*\* *I forgot my weight belt!*

Me – *Plonker*

DG. – *What that mean?*

Me – *Never mind, you may be receiving a small package after the annual dinner.*

Dutch diver, having just entered the water, to buddy on boat. – *Please pass my mask, it is in my dive bag.*

Dive guide to small group on surface prior to descending. – *Is everyone OK?* Affirmative – everyone is OK.

Ancient German after a few minutes – *I lost my fin.*

DG – *When you loose fin?*

AG – *It came off when I jumped in.*

DG – *Where is fin now?* AG indicates a position somewhere just over the horizon. *OK I fetch.*

Amazingly, after a few minutes, he returns with the fin and hands it to AG.

AG – *You fit.*

DG. *OK* (clearly making mental note to turn off AG's air during the dive)

German Diver to buddy with camera – *Did you get some good photographs.*

Buddy – *No I forgot to take the lens cap off before I put it into the case..*

Me – *Plonker* – You know the rest

We all have the occasional blonde moment when kitting up etc. reference to such items in the mental archives can help restore your confidence.

Nigel Spickett



A bonus point for those that said I bet the bridge is stronger than the barge.

I bet you can't guess what the skipper is saying/thinking/doing ?

## **7 Secrets to Better Diving**

**(Eds note: Came across this whilst browsing the net could be a topic for discussion on a Tuesday night)**

November 2004 By John Francis

If you want to dive better and safer on your next trip, it's time to shake things up a little. Tomorrow morning you can be a more confident, more relaxed diver. You can stretch your tank longer, maximize your bottom time and feel sharp, alert and full of energy for the whole day. Tomorrow you can cruise up and down the water column as easily as a fish and forget about getting lost: you'll always know where you are and how to find the boat again.

In your dreams? No, it's real, if you follow these seven rules.

### **RULE #1: Dive Solo**

Well, dive as if you were solo. We don't mean you should abandon your buddy mid-dive. By all means stay close to your buddy and be ready to help him. But, as far as your own safety is concerned, pretend he's not there--or won't be when you need him, which is often the case.

In any emergency, your closest and most dependable rescuer is you, so become a self-reliant, as-if-solo diver. It may require some different equipment. You may want your own completely redundant air source, like a pony bottle, instead of relying on your buddy's octopus. You may want several cutting tools instead of just one, mounted so you can reach at least one with either hand.

But more important than gear is anticipating what could go wrong and rehearsing how you would deal with it alone. If the wheels come off your dive plan, you'll start thinking through and acting on your problem immediately instead of wasting time looking for someone else to rescue you.

By thinking solo, you'll plan smarter, too. Ask yourself, "Would I do this low-vis, high-current dive solo?" If not, maybe you shouldn't do it at all.

### **RULE #2: Be Lazy**

Doing everything in slow motion will stretch your air supply. You ought to kick your fins, move your arms and turn your head as though any motion were almost too exhausting to attempt, because it is. Water is 800 times more dense than air, as you've probably heard, oh, 800 times. Moving an arm or leg in water requires a lot more energy than it does in air. Energy is fuel plus oxygen, so the faster you burn energy the faster you empty your cylinder. It's that simple.

Slowing down conserves energy and air because speed is very expensive. For those who've forgotten physics class, the energy cost is proportional not just to the speed but to the square of the speed. Swimming twice as fast requires four times the energy. Swimming three times as fast requires nine times as much. And the converse is true too: if you cut your speed in half, you need to burn only one-fourth as much energy and one-fourth as much air.

It takes a conscious effort to move at Tai Chi speed, but practice will make it second nature. The payoff is bragging rights over your air-hog buddy at the end of the dive.

Be lazy out of the water too. Take off your tank and weights as soon as possible. If a deckhand offers to lift your tank for you, let him (and tip him later for it). Sit down as much as possible. You'll be less fatigued at the end of the dive, therefore more enthusiastic for the next one.

You'll also be more alert if you've been lazy. When you're tired and running on empty, you don't think clearly. So be lazy with your body in order to stay alert with your mind.

### **RULE #3: Hold Your Breath**

What we're advocating is to reverse your normal breathing pattern from inhale-exhale-pause to exhale-inhale-pause--the pattern many experienced divers adopt naturally over time. The pause while your lungs are full of air allows more time for gas exchange, so you take in more oxygen and dump more carbon dioxide with each breath. Therefore, you need to breathe less and will get more cycles out of your cylinder. It only takes a pause of a few seconds after each inhale to make a significant improvement in your breathing efficiency.

Telling you to hold your breath during that pause gets close to the fundamental no-no in diving, so let's be careful here. What you certainly don't want to do is to hold your breath by closing your throat and relaxing your chest against it, because that makes your lungs a closed container. You risk an embolism if you ascend with your throat closed because the expanding air has nowhere to go. It is safe, however, to hold your lung expansion with your chest muscles instead and keep your throat open. Now, expanding air can escape up your throat so there's no risk of embolism.

Instructors don't teach this breathing technique because they're afraid students will become confused and close their throats. The difference between a closed-throat breath-hold and an open-throat breath-hold is small--the difference between making a "k" sound and an "h" sound--but it's critical. To make the difference clear and to prevent you from inadvertently closing your throat, just keep trying to inhale slightly during the pause after you've taken a fairly full breath. Your goal isn't to take in more air, but to hold your throat open.

Since holding your breath is only dangerous if you ascend, practice it under conditions where you can easily control your depth--while holding an ascent line, for example. And if you think you may become confused between the "good" breath-hold and the "bad" one, don't try it.

#### **RULE #4: Use Your BC Less**

It sounds counterintuitive to say that you can control your buoyancy better by using your buoyancy control device less often, but that's how it works. For example, suppose you're a bit negative and slowly drifting deeper, so you squirt a little air into your BC. Suppose further that, by chance, that one squirt was exactly the right amount of air to make you neutral. But you don't stop descending immediately because you've got downward momentum. Your body and dive gear, though nearly weightless, have a lot of mass and take time to slow and stop, just as an ocean liner coasts forward long after its engines stop.

Your descent is gradually slowing, but you don't realize it so you assume you're still negative and squirt a little more air into your BC. Now you're actually a little positive, but that's not obvious either, because after you come to a stop you will seem to pause there for a moment or two. "Ah, I'm neutral," you think, but in fact the small amount of lift in the second squirt of air is gathering its strength, so to speak, and gradually beginning your ascent.

When you notice you're now moving upward, you dump a little air, making you neutral. But nothing happens immediately so you dump more air, and now you're negative again. And so on. This is why many divers seem to be constantly fiddling with their BC controls and bobbing up and down in the water column. What's needed is the patience to wait three or four seconds to see what happens after that first squirt of air before you hit the button again.

Naturally, you need to use some judgment. If you're dropping like a rock, you need to be more aggressive with your BC controls. Overweighting and a thick wetsuit or a dry suit complicate the situation too, because they expand or contract with depth changes and exaggerate your buoyancy changes. But, as you zero in on neutral buoyancy, you want to wait longer and longer before pushing those buttons.

Once you've found neutral buoyancy, you don't want to mess it up by touching the buttons again. You can make small buoyancy changes, to hop over a barrel sponge, for instance, by inhaling and holding it (with your chest, not by closing your throat). Likewise, you can get temporarily negative by exhaling as much as you can and holding that for a few seconds. You can make depth changes of four or five feet by using your lungs alone, without messing with your BC and losing that hard-to-find neutral buoyancy.

## **RULE #5: Drop Two Pounds**

Don't worry too much whether the water comes to your chin or your eyes when you float on the surface. The weight calculation methods involving your height, weight, shoe size, whatever, just get you into a very big ballpark--within, say, four to six pounds of the right amount of weight.

In-water buoyancy checks can be inaccurate too, especially when done off the dive resort dock at the beginning of your vacation. During your first hours in the water, you're still keyed up and moving your arms and legs a little, which creates lift. The result is almost always too much weight, because when you can't get under the surface, it seems obvious you're too light, so you add lead. The real problem is getting rid of lead until you're within a pound or two of the minimum. And the only sensible, realistic way to do that is to experiment where it matters, at the end-of-dive safety stop with a nearly empty, buoyant tank. Here's the drill:

**Step One:** After finding that ballpark weight and checking it off the dock, take two pounds off your belt and put it in your BC pocket where you can get at it under water. So far, you're still carrying the same amount of weight. Now go diving.

**Step Two:** At the safety stop near the end of your dive, when you're down to 500 psi or so, hand the loose weights to your buddy. That's not too much extra weight for him to manage, or too much for you to lose--especially if you can grab an ascent line.

**Step Three:** Work on getting air out of your BC until you are neutral again. Roll on your back, for example, to move any air bubbles inside to your exhaust valve so they can be expelled. You should be relaxed now and not generating lift by finning unconsciously, but to be sure, grab your fin tips in the "Buddha" position. Can you hang neutral? Then you didn't need those two pounds and can leave them behind on the next dive.

**Step Four:** Before your next dive, return to step one and try to get rid of another two pounds. Keep it up until you can stay perfectly neutral at the safety stop with about 500 psi.

## **RULE #6: Buy Less Gear**

We can almost see dive retailers and manufacturers across the land lighting their torches and grabbing their pitchforks, but wait a minute, guys. We happen to be in favor of divers owning their gear, not renting it, because owners know their gear better and take care of it better.

We think they should buy the best gear they can afford, because there's no such thing as too much performance. We also think divers should buy their gear new, from a bricks-and-mortar dive store that wants their repeat business, not from a stranger with a web page.

That said, there are dangers to maxing out the plastic on a whole new kit of gear before the next dive. One is the danger of task overload.

The demands of learning a new BC plus a new dive computer plus a new underwater camera may be overwhelming.

The better approach is to add only one piece of attention-demanding gear at a time. Delay diving with the new camera until the new BC is intuitive, until you can find the inflate/deflate buttons without conscious thought and can devote all your attention to the camera.

Another risk is the temptation to seek security in equipment rather than in technique. Anxious divers sometimes carry so many accessories to meet so many contingencies that they embark on shallow warm-water dives rigged for a North Sea wreck penetration. That risks task overloading again. A better fix is for the anxious diver to address directly the source of his fears, which is usually inexperience. The most experienced divers, dive guides and divemasters, for example, seem minimally equipped because they've learned to carry only the gear appropriate to the dive. As a general rule, get more experience before more gear.

## **RULE #7: Get Lost**

When we ask divers what skills they feel most in need of improving, one of the top three is always underwater navigation. We're land creatures and disorientation is natural when the ground under your feet is gone.

Lack of navigational ability is often an unintended consequence of the structured resort diving that so many of us do. Following the dive guide, staying with the group and taking no responsibility for where you're going does nothing to develop your navigational skills. So leave the dive guide, leave the group and practice finding your own way.

One of the first things you'll notice is an unmistakable directional cue. It's a "natural" compass needle more constant than a magnetic compass and easier to read. It's the trend of the bottom, from shallow to deep. Since dive sites are usually located along a shoreline, "shallower" is the direction toward shore and "deeper" is the direction toward the sea. So if you leave the dive boat with shallower water on your left, you can find it again by returning with shallower water on your right. Putting the wall to the left when going and to the right when returning is the extreme case, but even the flat area on top of the wall has a shallow-to-deep trend, very noticeable if you look for it.

You can estimate distance by counting fin strokes or minutes, but cylinder pressure is probably easier because you check that frequently anyway. Assuming a constant depth, you could swim out for 1,200 psi. The return should take 1,200, leaving 600 for reserve.

You can use the depth to navigate a loop route as well as an out-and-back. Note the depth of the mooring or anchor before you leave it. If it's 30 feet, it will still be 30 feet when you return. You can drop down to 50 feet and swim along the bottom for about half your bottom time, then ascend to 30 and follow the bottom back to the mooring. Other orientation cues are the direction of the sun, the ripples in a sandy bottom (usually they're parallel to the shoreline) and the current.

As you strike out into the unknown, divide your route into legs, each no longer than you can see through the water, and pick out a memorable landmark at each end. At the same time, pay attention to the big picture. Try to visualize a bird's-eye view of the dive site with you moving across it. Sketching the site on your slate may help, too.

Eds note: I'm sure that BSAC or the DO would not approve of the above, but some of the "Rules" are well worth discussing. I'm happy to lead the debate how about on the 22<sup>nd</sup> March, after the O<sub>2</sub> refresher and before the Loch Fyne trip



Yep the Skipper reportedly said "Well bless my soul" and promptly had a change of clothing.

But can you guess what happens next ?



## Tuesday Night Schedule:- Be There or Be Square ☺

DATE	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING
04-Jan-05	<b>NO CLUB - HAPPY NEW YEAR</b>					
11-Jan-05	OT4 Catch up - Pete Barnard					
18-Jan-05	OT7 Catch up - Neil Tomlin				Dive Trip Planning	
25-Jan-05	EXAM - Neil Tomlin				Dive Trip Planning	
01-Feb-05	Drysuit Intro - Roger Holmes				Dive Trip Planning	
08-Feb-05				Dive Planning & Marshalling	Equipment maintenance-Pete Barnard	
15-Feb-05				Dive Planning & Marshalling	Alex Bullard-Diving south China Seas	
22-Feb-05		ST1- Jon Brewis		Dive Planning & Marshalling		SS1
01-Mar-05		ST2 - Neil Brown		Dive Planning & Marshalling		SS1
08-Mar-05		ST3 - Roger Green		Dive Planning & Marshalling		SS1
15-Mar-05		ST4 - Roger Holmes			O2 - Refresher	
22-Mar-05		ST5 - Gary Rose		Practical Rescue Management		
29-Mar-05	<b>NO CLUB - EASTER</b>					
05-Apr-05		ST6 - Phil Turney		Practical Rescue Management		TRY DIVE
12-Apr-05		Catch up week		Practical Rescue Management		TRY DIVE
19-Apr-05	OT1 / INTRO - Neil Tomlin	REVISION - Neil Brown		Practical Rescue Management		Intro Course
26-Apr-05	OT2 - Jon Brewis	Exam - Neil Brown		Practical Rescue Management		OCEAN DIVER
03-May-05	<b>No Club May Day Bank Holiday</b>					
10-May-05	OT3 - Neil Brown			AT2 - Advanced Diving - Neil Tomlin		OCEAN DIVER
17-May-05	OT4 - Richard Green			AT2 - Advanced Diving : Twinset configuration - Roger Holmes		OCEAN DIVER
24-May-05	OT5-Roger Holmes			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER
31-May-05	<b>NO CLUB - WHITSUN BANK HOLIDAY</b>					
07-Jun-05	OT6 - Gary Rose			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER
14-Jun-05	OT7 - Phil Turney			Lifesaver # 1		OCEAN DIVER / LS # 1
21-Jun-05	Catch up week			Lifesaver # 2		OCEAN DIVER / LS # 2
28-Jun-05	REVISION - Neil Tomlin			Lifesaver # 3		OCEAN DIVER / LS # 3
05-Jul-05	EXAM - Neil Tomlin			Lifesaver # 4		OCEAN DIVER / LS # 4
12-Jul-05				Lifesaver # 5		OCEAN DIVER / LS # 5
19-Jul-05				Lifesaver # 6		OCEAN DIVER / LS # 6
26-Jul-05	Drysuit Intro - Pete Woodcock			Lifesaver - Exam		OCEAN DIVER / LS Exam
02-Aug-05	<b>NO CLUB - August Bank Holiday</b>					
09-Aug-05						
16-Aug-05						
23-Aug-05						
30-Aug-05	<b>NO CLUB - AUGUST BANK HOLIDAY</b>					
06-Sep-05		ST1- Pete Woodcock				SS1
13-Sep-05		ST2 - Ian Jennings				SS1
20-Sep-05		ST3 - Bob Mulholland				TRY DIVE
27-Sep-05	<b>AGM</b>					
04-Oct-05	OT1 / INTRO - Neil Tomlin	ST4 - Nigel Spickett				Intro Course
11-Oct-05	OT2 - Ian Jennings	ST5 - Fran Duinker				OCEAN DIVER
18-Oct-05	OT3 - Bob Mulholland	ST6 - Alex Bullard				OCEAN DIVER
25-Oct-05	OT4 - Nigel Spickett	Catch up week				OCEAN DIVER
01-Nov-05	OT5-Fran Duinker	REVISION - Neil Tomlin				OCEAN DIVER
08-Nov-05	OT6 - Alex Bullard	EXAM - Neil Tomlin				OCEAN DIVER
15-Nov-05	OT7 - Neil Tomlin					OCEAN DIVER
22-Nov-05	Catch up week					OCEAN DIVER
29-Nov-05	REVISION - Neil Tomlin					OCEAN DIVER
06-Dec-05	EXAM - Neil Tomlin					
13-Dec-05	<b>Quiz and Social Night</b>					
20-Dec-05	<b>Christmas No Meeting</b>					
27-Dec-05	<b>New Year No Meeting</b>					
	<b>INTRO/OCEAN DIVER</b>	<b>SPORTS DIVER</b>	<b>DIVE LEADER</b>	<b>SKILL DEVELOPMENT</b>	<b>INTEREST EVENINGS</b>	<b>POOL TRAINING</b>



Step 1:- Self right and drain water

Step 2:- Restart engine (see smoke fumes)  
chase after barge, reconnect and carry on as  
if nothing happened

