

Free Flow

The magazine for LSAC

Oct 2006
Issue 105



In This Months Issue

Why be an Instructor ?
Members dives to Sept 06

Cover Photo Courtesy of Anon

CONTENTS

- Page 1
Cover
- Page 2
Editors Bit
- Page 3
Page 3 Luvilies
- Page 4
Chairman's Report
- Page 5
Why be an instructor ?
- Page 7
DO's Bit
- Page 8
Paying your membership
by direct debit
- Page 9
Members Dives to Sept6

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Editors Bit...



I choose this picture this month to remind me of the Red Sea trip earlier this year and to tied me through the winter months until the next dive season which starts in March with another trip to the Red Sea

What's In A Name?

We all know what LSAC stands for....
Or do we? On the recent Scapa Trip an alternative meaning turned up as:

Lobsters Scallops And Crabs

I have to counter with

Lenses Shutters And Composition

Someone – for who wrecks are ‘the thing’
might like

Lumps of Steel And Castings

The non-diving members might want

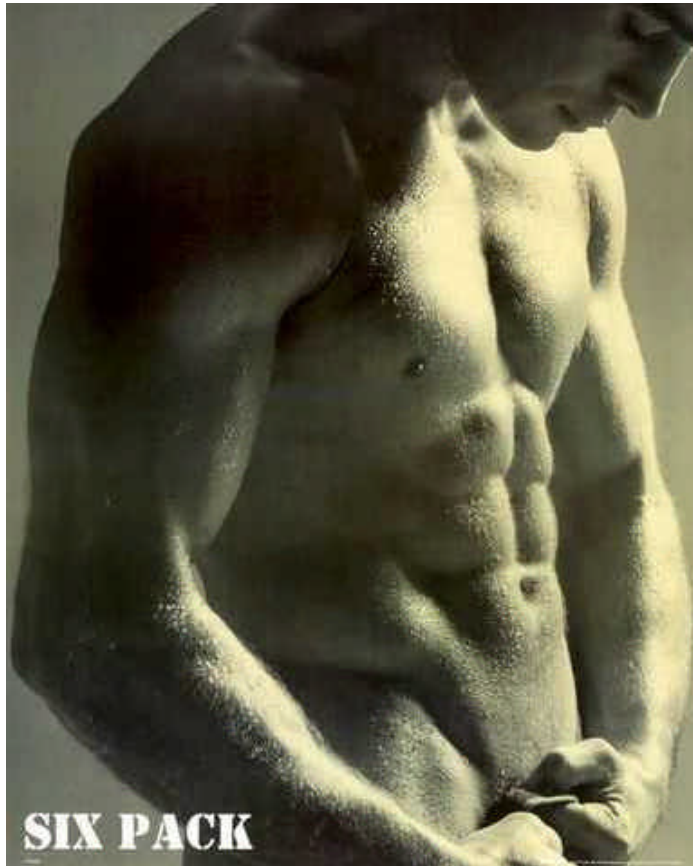
Lively Socials And Christmas Quiz.

What attracts you to diving and what would
you like LSAC stand for?

IanJ

Page 3 Luvlies

Free Flow
Oct 2006



After comment that there is not enough male “talent” in the club, I thought that it was appropriate for me to address this issue.

If you would like to become Miss or Mr Nov. or know someone who should be, then please email me with the photo and a brief description of why the person should be a page 3 lovely. pete.barnard@power.alstom.com

Chairmans Knock

Thanks to everyone who turned up for the AGM. Your new committee is:-

Chairman - Me!

Secretary - Fran

Treasurer - Su

Diving Officer - Nigel

Training Officer - Richard G.

Equipment Officer - Gary

Boat Officer - Ian

General members - Phil T., Rich S. and Neil C.

Thanks to both Neil B. for his work as DO over the past 3 years and Mike for 12 months as a general member and setting up the bonus ball.

Xmas Quiz

The quiz is to be held on Friday 15th December at the Fox, £6.50 per ticket including buffet, prizes (if your teams good enough, etc.). The room can take a max of 70 people and you must have a ticket. Please see Su for tickets.

Whats On!

10/10-	Drysuits, and other dive show kit - Roj
17/10-	Marine Biology - Ann-Marie Barnard
24/10-	Twinsets - Roj
31/10-	Bsac Instructor Scheme - Alex Bullard
7/11 -	Zenobia and Cyprus - Kev Parker
14/11-	Marine Archaeology - Pete Hennessey
21/11-	South China Seas - Alex Bullard
28/11 -	Digital Photography - Ian Jennings (to be confirmed)
5/12 -	Dive Trip Planning 2007
12/12-	Photography award display and voting
19/12-	Xmas - no club

As you can see the interest night calender is filling up well, but there are still some spaces available.

Why become an Instructor?

Firstly, what do you need to do to become an open water instructor:-

IFC, Instructor foundation course – a weekend course where you learn the basics of diving instruction, both in the classroom and pool. After which you become an assistant instructor, able to teach theory and pool lessons under the supervision of a nationally qualified instructor. Min sports diver.

OWIC, Open water instructor course – teaches how to progress lessons from the pool into open water, upon completion you become an assistant open water instructor, which enables you to teach in open water under the supervision of a nationally qualified instructor. Min dive leader.

TIE, Theory instructor exam – you take the instructor theory exam and present a ten minute classroom lesson on a given subject (normally told two weeks before the exam). Upon successful completion you become a theory instructor, which allows you to teach theory lessons un-supervised. Min dive leader.

PIE, Practical instructor exam – you have to present a 45 minute open water lesson on a given skill (normally told 30 minutes before the exam). Upon successful completion you become a practical instructor, which allows you to teach practical lessons (both pool and open water) unsupervised. Min dive leader.

When you have passed both the PIE and TIE you are an open water instructor.

The down side of being an instructor

It takes a lot of time (often unseen in preparation), you need a lot of patience, you don't get paid (in fact you have to pay for all of the above courses yourself – IFC £80, OWIC £42, TIE £27, PIE £37 + instructor manual, etc.) and you can end up doing some rather less challenging dives (there's only so many times you can enjoy doing a 6m dive at the cove!).

So why do it?

Every instructor has their own reasons/benefits, mine include:-

- You get to see and share in people's first open water dives, with the look of joy (or sheer terror) on their faces.
- You can pass on your diving experience/knowledge and see people progress into divers your happy diving with.
- You meet the majority of new members to the club, many of which become good friends.
- You become a valuable member of the club, helping it to progress and expand with good, safe, well trained divers (hopefully!).
- You're never short of a buddy!
- It helps keep you motivated to jump into the cove in the winter, when it's cold, dark and uninviting, knowing that your buddy is keen to dive and get some training done.

- You constantly get to practice all of your diving skills that otherwise might not be practiced as regularly as they should (come on be honest!)
- You get to see a lot of funny things which give you plenty of stories for the pub afterwards!

Personally I have really enjoyed all of the training I have done over the years and look forward to each time I get someone else to take in.

So if this has interested you, and your at least a sports diver get booked on an IFC and take it from there, you won't regret it.

For further details Alex Bullard will be giving an interest night talk on the BSAC Instructor scheme on Tuesday 31/10.

Alternatively speak to any of the instructors in the club or visit the BSAC website.

Roj

D.O.'s Bit

This is now my 18th year in the Club (I joined at the same time as the BS-AC 88 tables were first issued), and the position of Diving Officer is the only office, which I have not held.

I follow a line of distinguished holders of the office, including Paul Dane, who was one of the people who taught Jill and myself to dive, Alex, and of course Neil Tomlin, who was also involved in my training.

The Club has certainly changed and progressed over that time. When Neil T. was first elected D.O. (in 1989-I think), we only had 3 advanced divers in the Club. (You need to be an advanced diver to hold the office), none of them were either prepared to do the job, or were able to, due to other commitments. So it was Neil, who was still a dive leader at the time. Until he qualified as advanced diver, officially, the area coach – Rob Keogh - was our D.O. No pressure on Neil to pass then.

The job itself has also changed. In these litigious days, it is so important that we not only carry out our training and diving safely, but that we are also seen to do so. All our activities must be covered by a risk assessment, even regular dives in Stoney. Thanks to Neil Brown's hard work over the past 3 years, these documents are all available in standard form.

Over the next week or 2, Gary, Ian and myself will be working out the budgets for this Club year for the equipment and boats. We will be commencing a program of replacement of some of the older kit. The Buddy stab Jackets are fine and are virtually indestructible. However the oldest 6 regs. which were bought with the first grant are now more than 12 years old and are getting tired.

The winter will see a full overhaul of the 2 boats. Getting them ready for next season. A number of faults have developed during the season, in particular with Lucky Dip's electronics. We are replacing the echo sounder, and will be rewiring the console.

Finally, I'm sure you will all join me in thanking Neil Brown for his hard work over the last three years. At the end of January he and Claire will be departing on their travels. Best wishes to them both.

Nigel

Paying for Your Membership – Direct Debit?

As you may have read in 'Dive' recently, or if you have renewed your membership in the last few months you may have seen that you now have the option of paying for your BSAC membership by Direct Debit, indeed BSAC are offering inducements for you to do so. The advantages to BSAC are quite considerable, at the press of a (computer) key they get a lot of money without the hassle of collecting it, banking the cheques and so on. The money would come in at once, not spread out over the month (or indeed months).

There are disadvantages though; BSAC can make mistakes as their recent omission to send out the membership renewals shows (though fortunately these are few and far between) but you may only spot you have been.... say... charged twice when your statement comes in!

There are a few other disadvantages that will be seen by the membership secretary; added confusion - who is paying by direct debit and who we have to get money off (adding to the existing confusion of who is paying their LSAC dues by standing order or 'manually' etc). Also the membership sec will still need to get a medical form off each member so we will still have to contact you for that.

Personally I don't like Direct Debits on principle, it is someone taking money from me rather than me giving it to them (as a Standing Order is). Of course the end result is the same: they get the money, but I like to keep control of my money as much as I can!

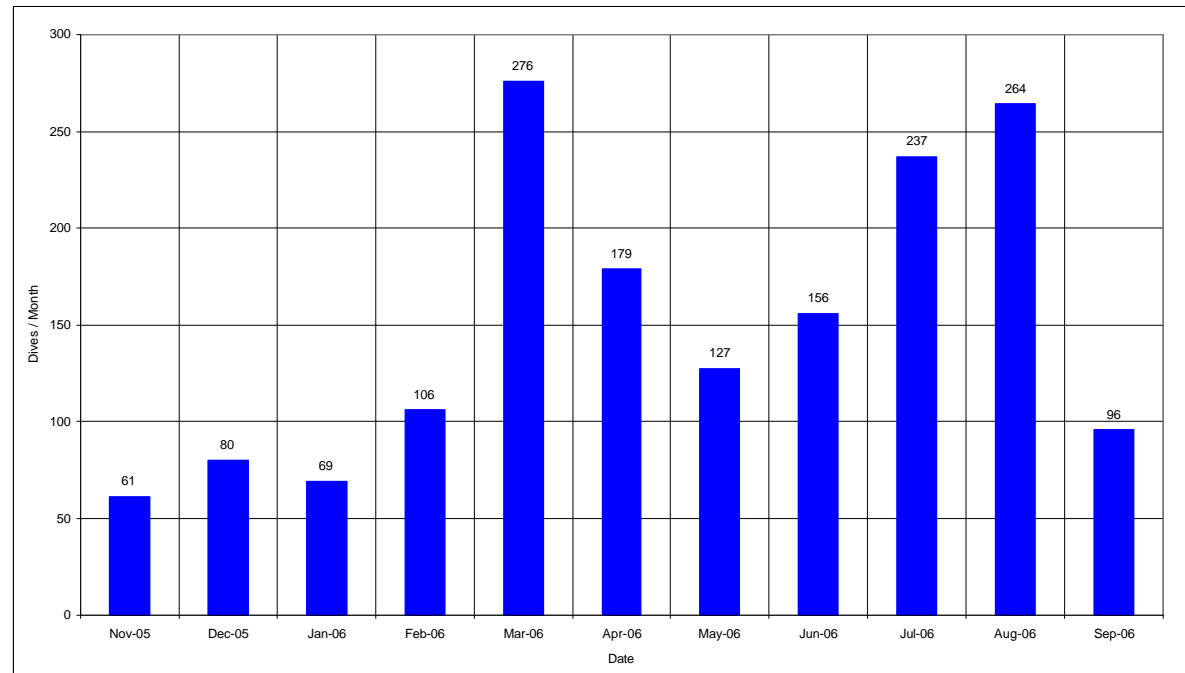
I have resisted anyone swapping over to Direct Debits whilst we are changing to the common renewal date of 1st April. However after that time if you really want to go onto Direct Debits then see me (or whoever is doing the Membership Secretary job at the time) and I will find you the necessary forms.

Ian Jennings
October 2006

Members Dives To the end of September 2006

Last month I noted the drop in the dive numbers for August and asked if the season was coming to a close, but it appears it was just that the sheets were a bit slow coming in. The latest version of the dives per month chart (right) shows that August now has more dives than July and comes a close second only to March. Hence I'm not going to comment about the number of dives in September!

The main statistic I highlighted last month was the depths plotted against the date. This showed all the dives by club

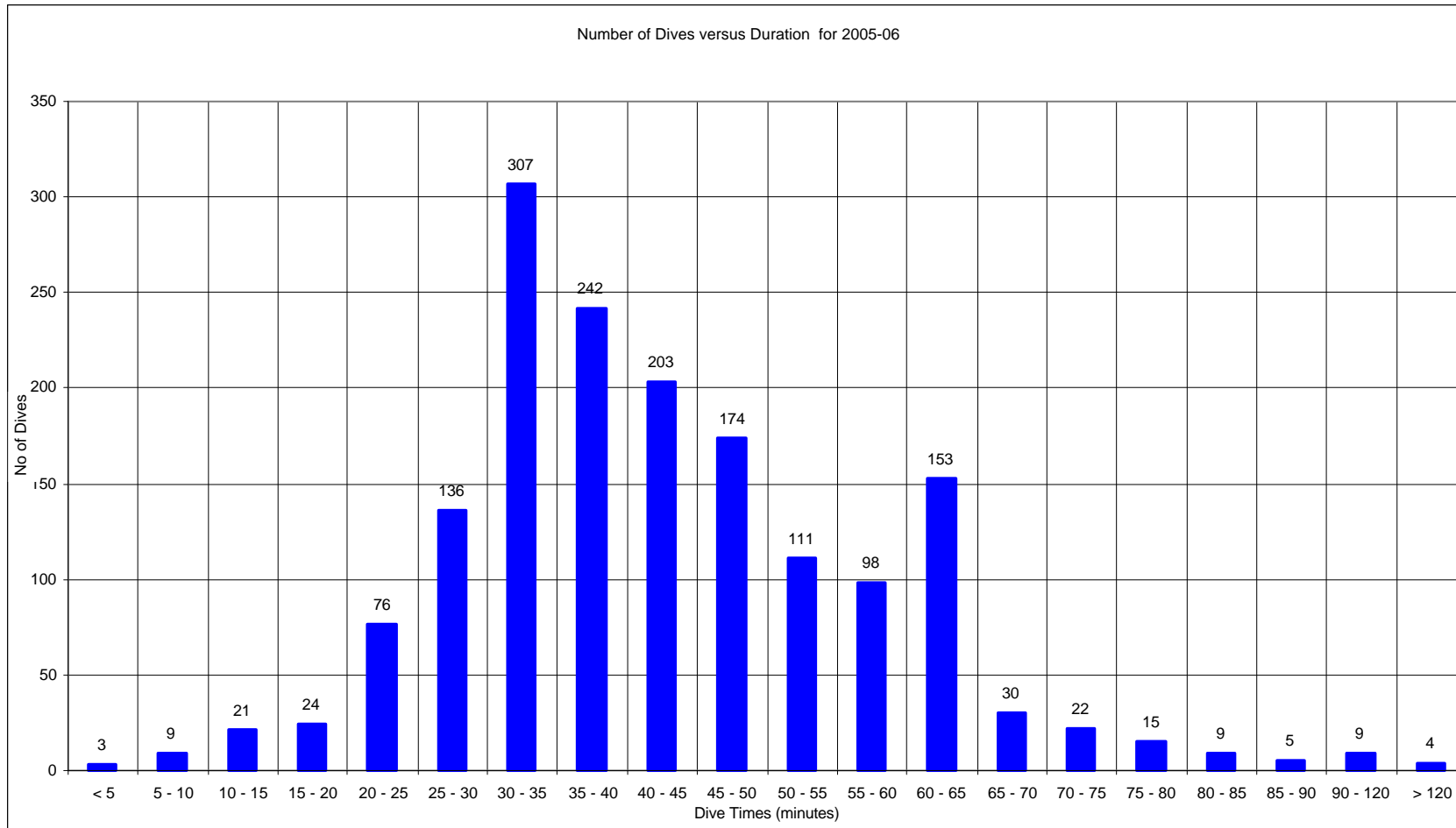


members - so there was about 1460 dots on the graph - though of course some of the dots sat on top of each other so you may not have seen them all!

The top runners in the 'time under water chart' (not that it's a competition) are largely unchanged: 1st Fran / 2nd Steve / 3rd Kev Parker / 4th Roger Holmes / 5th Pete Barnard and Claire Stockdale is now in a very solid sixth place helped in no small part by a couple of 2+hour dives! - you wouldn't thought that there was enough in Stoney to look at for 2 hours.... twice!

There are no major milestones over the last month. The number of dives is now 1650, hours 1150. Coastal dives now make up a third of the total (previously reported at a quarter)

The main statistic I am showing (overleaf) is showing how long people dive for. Most dives seem to last at least 30 minutes, and then the numbers start to reduce but spikes again at 60 minutes - there seems to be something about 'doing the hour' that appeals to our club members. After that the numbers fall away as the time periods increase. Only 4 dives over 2 hours have been recorded, that's Claire's two - and her two buddies!



As usual.... 'Keep the sheets coming in' - though now give them to Nigel Spickett - not Neil Brown

Ian Jennings

7/10/06