



# NEWSLETTER

## WET RAG

THE NEXT CLUB MEETING WILL BE HELD ON MONDAY 15 APRIL 1985 AT 8.00 P.M.

### WHATS ON IN CLUB DIVING

SUN	7 - 4 - 85	ROCKFALL - OUT OF PORT HACKING - 80 ft
SUN	28 - 4 - 85	TUGGERAH - PORT HACKING WRECK DIVE - 150 ft
SUN	5 - 5 - 85	DUNBAR - SYDNEY HARBOUR WRECK DIVE - 20 ft or if seas too rough another location.
SAT	25 - 5 - 85	ANNIE MILLER - WRECK OUT OF SYDNEY HARBOUR - 140 ft

All dives out of port Hacking leave from Dolans Bay ramp.  
All dives out of Sydney Harbour leave from Rose Bay ramp  
Departure time for all dives 8.30 a.m. sharp  
PETER STRATFORD 798 5757

### S.P.D. FORTHCOMING SOCIALS

Cruise the Georges River on the M.V. MIRABEL on Friday 26<sup>th</sup> of April. Smorgasbord cold meat buffet with salads is included in the cost of \$ 17.00 per head.

Further information or bookings ring Kelly on 533 59 52 ( work )

If you missed out on the last Tuglow Caves week-end you will be pleased to know that its on again . Queens birthday week-end 8,9 & 10 June who needs to see horror movies when you can go caving. Further information ring Flavio 569 4524 ( work )

### GEORGE ROBERTS PERPETUAL TROPHY

Progress Points after round 2

#### OPEN

PETER GOULDEN	58
MARTIN KANDILAS	51
LYN MANLY	43

#### NOVICE

PETER STRATFORD	85
PETER JERMYN	80
JIM SMITH	80
DAVID MIDDLEBROOK	78

ROUND 3 SLIDES ARE DUE AT THE APRIL MEETING

Congratulations to Steve and Karen Nadin on the birth of their daughter Marnie and to Rhonda and Carl who announced their engagement. Both these events happened a couple of months ago , anyway better late than never.



# BERMAGUI WEEK END ACCOMMODATION DETAILS - 44 Bridge st Bermagui

UNIT NO	NAME	NO IN UNIT
1	B. HACKETT , C. BELVEAL	9
4	J.SMITH , K.SMITH, T.BOANNO	5
5	L.KING, R.PIMM, T.MARTIN, T.GOLDRICK	4
6	G.ROBERTS, M.ROBERTS, M.LIVERMORE, J.LIVERMORE	4
7	J.STRYBIS, C.NEISER,	5
8	P.STRATFORD, P.JERMYN	5
11	ME, K.ARIOLA, R.JAMES, B.LEWIS	4

TOTAL DIVERS AND NON DIVERS 36

KEYS WILL BE IN UNIT DOORS.....MILK IN FRIDGE

Peter Jermyn will be taking his bus down, anyone who has not organised transport is welcome to tag along .

FOR SALE

Two 6ft by 18in by 18in AQUARIUMS with stands, lights, air pumps, fittings and accessories galore. I need the cash, Peter Jermyn 707 3086 A.H.

## MEMBERS DIVE REPORT

Three S.P.D. divers and one ring in ( no names mentioned to save embarrassment ) recently drove to Nelsons Bay for a days diving at Halifax and Fly Points. In order to catch the first tide at 9.15 a.m. the intrepid divers left Sydney bleary eyed at 4.30. This proved successful , a dive was had at Halifax Point. Incidentally for anyone who has not dived Halifax, it is strongly recommended. It's one of those dives that is enjoyable even in dirty water, terrific for macro photography. It must be dived on the tide and surfacing mid dive is not recommended as boats tend to barrel along there at all rates of knots. Anyway the said group of divers after replenishing their tanks proceeded to the pub for some lunch and just one beer before the next tide at 3.30 p.m. Yes , no prizes you guessed correctly the guys stumbled out at 6.30 their dive plan shot to pieces. The motto of the story is if when you go to the trouble to organise a dive program stick to the plan and stay out of pubs.

## USELESS INFORMATION CORNER - WILLIAM WALKER

William Walker the diver was brought in to underpin the tottering foundations of WINCHESTER CATHEDRAL between the years 1906 - 1912 . The statue in the Cathedral emphasises the hands of the diver because it was due to his handling of thousands of concrete blocks and bricks that the walls were finally made safe, and the collapse of the Cathedral avoided. He is remembered each year on the festival of St Swithuns on july 15th

## PAT MANLY OPENS UNDERWATER PHOTOGRAPHY SCHOOL

Pat Manly has commenced an underwater photography school in conjunction with Aqua Sports Dive Shop of Yagoona . The first course started on 19th March , and will run over 5 evenings , each of 3 hours duration. No practical diving involving camera work will be involved. Pat feels that this adds unwarranted expense on to the cost of the course and that it is much more practical for students to take photos on week-ends, during the course, and bring their slides to the lectures for critiques

The course will encompass such topics as;

Basic photography - how a camera works, technical aspects: f stops speeds, shutters, lenses, lightmeters, artificial lighting, flash guide numbers: how all this applies underwater.

Care and Maintenance: Nikons, 35 SLR cameras and housings, flashes the underwater photographers toolkits, how to transport gear overseas Care of slides, mounting, cropping and masking, labelling and catalogueing.

Composition: including rules of composition; modelling - advice for the u/w model, co-ordinating gear. TIPS on entering photo comps, writing articles, selling photographs. Photography in different u/w environments: shipwrecks, turbid water photography, tropical vs temperate waters. Fish photography, wide angle work, close-ups natural light photography, night photography.

Many other aspects of underwater photography will be covered during the course.

The course will cater for beginner and advanced photographers.

COST

\$ 120

WHERE

Lecture Room , Aqua Sports Dive Shop , Yagoona

WHEN

Contact Pat or Aqua Sports for commencement date of the next course.



## DECOMPRESSION SICKNESS

### AUSTRALIAN PROBLEMS WITH U.S. NAVY TABLES

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The increasing number of cases of decompression sickness requiring treatment by recompression is placing considerable strain on the few widely spaced chambers available to sports divers in Australia. We, the recreational divers of Australia, are fortunate in not having to meet the cost of hyperbaric treatment, and we must ensure that we do not lose this privilege as a result of over indulgence. As it is, recreational diving is getting a completely undeserved reputation due to the activities of a few. I am not maintaining that all cases of decompression sickness are the result of poor training, and dive leadership, as even our superconservative Navy occasionally gets a hit, but there can be no doubt that the inadequate training of divers and dive leaders, poor self-discipline and the search for the "fast buck" are principle causes of this blight.

Having got that out of my system, let's see what constructive comments can be made. Statistically, most cases of decompression sickness involve divers who are using the U.S. Navy tables, or one of the myriad derivatives of these tables. The reason for the popularity of these particular tables over the more conservative R.N. and R.N.P.L. tables is two-fold: the ability of carrying out multiple dives; and the influence in Australia of American diver instructor bodies. Despite criticism, there is nothing remarkably wrong with the U.S. Navy tables; the problem generally lies in the inadequate teaching of decompression procedures and of the use of these tables. The problem of inadequate teaching is that students are seldom able to judge whether they have been taught adequately or not; if they have enjoyed the course, got along with the instructor and have a Certificate, log book or badge at completion and can now blow bubbles underwater they will believe their instructor when he tells them they are now trained divers.

Now, for all those who have already been trained and who use the U.S. Navy tables, a few words of advice that may reduce the incidence of decompression sickness.

1. The U.S. Navy tables should be considered as a "base table". That is, a table upon which you build your dive profile, not a table that is correct for all diving conditions by all persons.
2. Allowances
  - a. Allowances should be added to the U.S. Navy tables according to the dive plan and physiological condition of the diver. Sports diving should stay within no-decompression limits, which means that the allowances (expressed as stops) should be subtracted from the maximum no-decompression time for the dive, thus reducing the bottom time of the dive. For dives that do or may go into decompression, then the allowance is added to the time of the dive so that a longer bottom time is read from the tables than is actually carried out, and the corresponding longer decompression stops from the table are actually used for the dive.
  - b. The allowances that should be applied are determined by the dive leader, but here is a list of common conditions (not expansive) that have generally been agreed require each a one stop allowance.
    - i. Using U.S. Navy tables for sports diving.
    - ii. Over 35 years old (some would say 40).
    - iii. Overweight.
    - iv. Female (bound to cause arguments).
    - v. Hard work (more than normal swimming, which is part of i. above).
    - vi. Cold water.
    - vii. Deep scarring.



3. It is essential that the deepest depth of your dive is accurately known before the dive, and that depth not be exceeded.
4. Don't attempt to calculate your decompression requirements underwater. Plan your dive, then dive your plan.
5. Ensure accurate time keeping is maintained. (A slate is useful for this as you can record your times and decompression stops before the dive starts.)
6. If there is even a remote possibility of decompression being necessary, ensure that a decompression line and spare air are deployed prior to the dive, along with a method of finding this line without having to ascend above the depth of your planned first stop.
7. Ensure that you can find your anchor or shot line at the end of the dive without the need for an open-water ascent.
8. Don't ascend too fast. For U.S. tables 18 metres per minute is the correct speed, although a slower ascent rate is advocated by some doctors. Remember, this ascent rate is part of your decompression.
9. Don't dive when under the influence of drugs or alcohol, or without the advice of your doctor if under treatment which requires you to take drugs or other medication.
10. Get into the habit of maintaining accurate records of dives; this is very important in case treatment is ever needed, and then it's too late to think of records.

This short article cannot hope to deal with all aspects of decompression procedures but has been written with the hope that it may alert divers to the way that the U.S. Navy tables should be used. Decompression is a complex subject, particularly when it comes to repetitive diving, and the A.U.F. would advise that a N.Q.S. Deep Diving course should be attended by all divers as part of their continuing education. All the basic points above should have been made clear during basic diving instruction, along of course with the mechanics of actually interpreting the tables. If you are a diver enjoying a dive trip then for your safety make sure your dive leader knows how to look after you - this is what you paid him for!!!

When it comes to learning how to dive, the A.U.F. advises potential divers to ensure that their instructor is accredited under the Australian National Coaching Accreditation Scheme and they are taught to the Australian National Qualification System of diver standards; both are Government recognised and are the only diving standards accepted by the World Underwater Federation (C.M.A.S.) for the issue of International diver and instructor certification in Australia. These standards are designed for Australian diving conditions and practices and are acknowledged as among the best in the World.

Finally, remember if you have a diving incident of any kind you should report the details, in confidence, to Dr. Doug Walker, the Chairman of the A.U.F. Medical Sub-Committee, who maintains PROJECT STICKYBEAK, a record of incidents which are analysed to endeavour to identify problems and so improve diver safety. His address is P.O. Box 120, Narrabeen, N.S.W. 2101.



"A FUNNY THING HAPPENED on the way to the POT"

"Yeah! Got bent didn't I!"

"Gee that must have have been a bit of a shock."

"Naw! Piece of cake really. They just bunged me in the pot for a few hours and gave me a bed for the night, no sweat. Guess I've renewed my membership for another year. Got a reservation for next month."

And so goes the story. Each time it gets told it becomes more and more layed back, "NO BIG DEAL".

It is a shame that people who do suffer this condition known as 'The Bends' treat it with such a lack of concern. And what of the people directly involved with the incident; the worry and frustration of trying to arrange safe and suitable transport to the chamber and not to mention providing adequate first aid while the wheels are set in motion.

Then theres the new and inexperienced divers who listen to the heroic story as it unfolds. People who become confused by the conflicting accounts of the incident. Ones who may develop the attitude that "It cant be all that bad, he's an experienced diver and he's alright".

In just one two week period prior to the Xmas holidays there were 9 sports divers treated for the bends at Penguin. This indicates how little is known about Decompression Sickness.

The time has come for attitudes to change. Gone are the days when we used to do two dives on the 'Undola' or 'Tuggerah' in a morning and then be back at the R.M.Y.C. in time for a liquid lunch.

We are an old established club with still a good number of active original members, who should be thinking of being more conservative than in previous years.

No longer can the deco. tables be used to the maximum limits because liking it or not we're all getting on, and the older we get the more we leave the bracket of divers for which the tables were designed.

Safeguards should be introduced into our diving excursions, such things as:

- \* If doing a dive that requires decompression, that should be the only dive for that day.
- \* If the diver is over 30 years old - reduce the maximum no deco. times by 25%.
- \* If the diver is over weight - reduce the maximum no deco. times by 25%.
- \* If any alcohol has been consumed in the 12 hours prior to a dive - Score 1 point.

If work is involved before or during a dive - Score 1 point.

If on medication while diving - Score 3 points.

If affected by cold on a dive - Score 1 point.

For each point scored reduce Bottom time by 25%.

If 4 points are scored "DONT DIVE" for that day.

REMEMBER this number: 960 0321 - H.M.A.S. Penguin.

They will require information about the dive profile including such things as: (1) What the diver was doing before the dive.

(2) Depth, Time, Deco.done

(3) What signs and symptoms does the person have

(4) How long after the dive did these signs and symptoms first appear.

(5) Was work involved

(6) First aid being applied

Try and organise suitable transport and remember that a persons condition can be affected dramatically by even driving over Mt. Oesly.

Now I know that a lot of members are probably going to read this and say what a load of horse manure. But if just one person is enlightened by this article then it has been worthwhile.

Peter Nicholas



## WHAT'S IT LIKE TO BE A POLICE DIVER?

Well, start with the training. You could actually play act it on the lounge room floor. Get on your hands and knees, close your eyes and start feeling the floor in front of you with your hand. After you've bumped your head a few times and had your hand scratched by the cat that you woke up, well you just might wonder what the hell your're doing there.

The course lasts 4 weeks (full time) and the "wet suit" comprises of a daggy old 5 mm zip top and a pair of polyester Police trousers (permanent press of course), as you can imagine warm it is not, masks, fins (call them flippers and thats 20 push-ups) weights and a twin set of 60's. Fairly ordinary stuff but minor modifications make it markedly different from sports diving. Start with weights, we're weighted to the shit house. You sink to the bottom and stay there, as most police diving consists of tediously searching muddy bottoms in zero visibility it is imperative that the diver is over weighted so he does not lose the search pattern. Tanks are worn up-side down, in pitch black it's no good having a contents gauge as 90% of the time it couldn't be seen an inch from your mask. So we work on the decant system. The right hand tank is opened and when its emptied the left hand one is opened the air equalises in the tanks and then the left hand tank is colsed again. Do it 4 times and then its time to come up, usually about 2 hours after you went in. A bouancy vest is only worn in the open sea, in fresh water it's just another item to possibly get you snagged.

Well what else can I guff about. We use hookers for some deeper dives, decompression times courtesy of Royal NAVY Tables. Look the programme on T.V. is bloody interesting. If you want to know more let me know and I'll scribble something for later on, or if you go to Tuglow Caves in June I'll have plenty of time to rave on as with Jimmy Allen leading we'll probably get lost again.

Regards

I KNEW it WAS A  
RECORD BECAUSE  
it WAS GOING  
ROUND AND ROUND !

