



CRUD

Issue 2

February 2005

London International Dive Show 5/6 March, ExCeL, Docklands, London

Inside this issue:

LIDS in March	1
When it goes wrong	2
Toys for the.....	2
Diving Season???	3
Win two LIDS tickets	3
Contact the Editor	4
Testing Times	4

As the 2005 season gets underway over 14,000 divers will be heading to the London International Dive Show to catch up with the latest kit developments, newest holiday destinations and dive leisurewear.

The Show, which is taking place at ExCeL in London's Docklands on 5/6 March, will house over 250 companies showing everything that seasoned and wannabe divers will need for the coming season. Running alongside the show will be free seminars by Great White Shark expert Mike Rutzen and explorer Innes McCartney. And, at the heart of the show will be a Try-Dive pool and the BSAC's popular Re-breather Try-Dive Pool.

Tickets to the show cost £7.50 in advance or £9.00 on the door (children £2.00). Tickets can be booked online on www.diveshows.co.uk or by calling +44 (0)208 977 9878.



Tsunami Disaster Appeal Fund

50 pence will be donated to the Disasters Emergency Committee (www.dec.org.uk) for every show ticket booked in advance via the ticket hotline or the show website.

Your Editor needs: -

- * Written reports.
- * Photos.
- * Jokes.
- * Funny stories.
- * Wanted/For Sale Items

Get your photo's out!

The judging panel for this years competition is Pete Tatton & Richard Goodey, and the judging will take place on Friday 25th February.

200 Club Photo Competition Rules

- 1) Entrants must be a current SASAC member
- 2) Entrants are allowed to enter up to 6 pictures per category

- 3) Photos should not have been entered in previous national competitions or previous 200 club competitions
- 4) Entrants agree to allow SASAC to use the photos for publicity purposes (newsletters, flyers, web etc)
- 5) Entrants agree to supply the SASAC with the original or copy for publicity purposes if requested
- 6) Photos should be of a minimum size of 6"x4", though 10"x8" is recommended
- 7) Film, digital and digitally

enhanced are all allowed, the type should be listed on the reverse of the photo together with entrants name and the category entered into

- 8) All photographs must have been taken by the entrant and taken within the last 18 months

The categories are Underwater, Surface & Humorous. 1st, 2nd & 3rd prizes will be awarded in each category, additional commendations may be awarded by the judges at their discretion.

When it all goes wrong!

What really happens when the dive you have just been enjoying goes wrong?

Last November my buddy, Nigel Dobinson, and myself were diving with our friends from SASAC on a wreck, called The Ethel, 6 miles off shore of Weymouth. Unfortunately the dive did not go to plan, a number of things went wrong, and Nigel and I slid into the **'incident pit'**. The result was that we made a rapid ascent and missed several minutes of decompression stops. We made sure that Alan Mawford and Lisa Shafe, who were already on board, knew about our rapid ascent and missed stops although it would have been hard to hide these facts as the alarm on my dive computer would not stop bleeping.

Once Nigel and I were back on board Lisa immediately took charge of the situation, putting into practice all she had learnt on the Practical Rescue Management skill development course. In no time at all

Nigel and I were de-kitted, breathing 100% oxygen in case of decompression illness and drinking water. Details were taken about our dive, depth time etc, the dive boat skipper informed of the incident, and the Coastguard contacted for medical advice. The Coastguard decided that, we should be taken by helicopter to the nearest hyperbaric chamber at Poole hospital. It was very impressive to see the Coastguard rescue helicopter in action and the skill that the crew demonstrated as Nigel and I were winched off the dive boat.

Once we were at the hyperbaric treatment unit at Poole hospital Nigel and I were seen by a Doctor, who concluded that although Nigel and I did not have symptoms of decompression illness, because of our

adverse dive profile we should undergo recompression treatment.

The recompression treatment was to Navy table 6, in simple terms 5

hours in the chamber, at a starting depth of 18 metres, breathing 100% oxygen most the time with a very slow ascent profile.

The hyperbaric chamber was quite comfortable with

plenty of room inside for Nigel, myself, and our minder, John, a former Royal Navy diver. We were well looked after and served with plenty of cups of tea, pee pots and hot pizza passed in through the airlock. I don't think the local National Health Trust were impressed though when they received the bill for my treatment, a whopping **£9440 !!!!**

Paul Compton



Toys for the boys (and girls)!

I was browsing through E-Bay before Christmas and I saw something that I have wanted to own for ages but could never have afforded..... Until now..

Designed by Sir Clive Sinclair, the Sea-Doo Scooter is designed for 20 metres maximum with a top speed of 2 mph. The price of these have become more affordable, so I bought one.

I had a quick go in my swimming pool to test it out and organised to go to Stoney Cove for a full test.

It was a cold January morning as we kitted-up in the bottom car-park. The Scooter was fully charged and I was excited to try it out. The plan was agreed and we



Messing around in the water!

entered the water. I switched the scooter on and had a quick test on the 6 metre shelf. We descended to the Wessex Helicopter where I proceeded to buzz around the helicopter while Kevin, my buddy was taking pictures of me.

I haven't had as much fun as this in ages. 2 mph seems slow, when you hear it mentioned but 2 mph underwater, actually feels almost too fast. 'James Bond' eat your heart out! The feeling of whizzing around without finning is out of this world! I just need to buy my buddy one now!

Tom

Diving Season!! What diving season??

When I first joined St. Albans Sub Aqua Club as a newly qualified PADI Open Water Diver, I was chomping at the bit to get wet again. I had gone from learning in warmer climes and swearing blind to the missus that I would never want to dive in the cold and gloomy U.K., to buying a drysuit two days after the plane landed! I couldn't wait for another holiday to experience the wonders of the weightless environment. So with my qualification in hand, I turned up at Cottonmill Lane eager to DIVE! The club looked great, the facilities were excellent, the people were friendly and BSAC syllabus was just what I wanted. So what was the problem?

The problem was that I turned up in December... I was told that nobody dives 'OUT OF SEASON'! Season, what season! Who cares, I wanted to DIVE! Now the 'older divers' might want to hang up their ABLJ's and fins and replace them with their slippers, an open fire and wait for the cuckoo to call, BUT I WANTED TO DIVE NOW!!

You may think I'm mad but I'm one of those that love the feeling of being underwater and not just being there to see things. I love moving

around, weightless in a three dimensional world! Irrespective of temperature, salinity or visibility. Weird or what..

I had to go diving, so with my best sad, dejected and miserable face on I begged anyone to take me diving, or at least do my drysuit course. Luckily there was two people who would take me and my gear to...

NOW WAIT FOR IT.....

Stoney Cove!!!

I'd never heard of the place, let alone seen it. So, Saturday arrived and off I trundled and met my Instructors for the day at the club.

We arrived at Stoney and got wet, it was fantastic. No don't mock or scorn, Stoney is an excellent place to practise, teach, try-out and to mellow out in the 'so-called out of season'! That goes for all the Lakes, quarries, rivers, canals and mud pits. A couple of years back, my missus was shore cover on Christmas day, while I tried out new kit in the canal at Watford!!



The fresh water is an ideal place to keep your skills up-to scratch and to learn some new ones too. I won't need to get 'DIVED-UP' for the start of the season, I'm already there! But for those of you who do hang up their kit over the winter period, don't do anything adventurous on your first dive trip, build up slowly. Be safe and have fun!

I dive all year round and love it, just please don't think bad of all us winter fresh-water divers. We may be mad but our enthusiasm is genu-



ine. You will catch me in the real water (SEA) when the waves and wind go a bit but for now I'm happy looking at Pike and Perch and the odd bit of scrap metal!

'Buster Lung.'

Last Issues Testing Times Answers

Q1 = B

Q4 = B

Q2 = A

Q5 = D

Q3 = A

Q6 = E

How did you do? If you need any help ask one of the many instructors for their assistance! They are there to help, you know!

Win TWO tickets to The Excel Dive Show

All you need to do is answer this easy question:-

Which Great White Shark expert will be speaking at LIDS 2005?

Answers to be given or e-mailed to Tom Scales (crud@sasac.co.uk) by 16/02/05. The correct answers will be put into a draw for the winner to be drawn out Wednesday 16th February.

CRUD

St. Albans Sub Aqua Club
Cottonmill Lane
St. Albans
AL1 1HJ

Phone:
01727 859829
Email: crud@sasac.co.uk
tomrscales@aol.com

We're on the web!
www.sasac.co.uk

Welcome to the St. Albans Sub Aqua Club, branch 311 of the British Sub Aqua Club. We have nearly 200 diving and social members who meet on Wednesday and Friday evenings at our club house in Cottonmill Lane, St Albans. With our club house, bar, private pool, club boat, extensive training and diving programmes we are one of the most active clubs in the south east. You are very welcome to drop in to have a drink, a look around and a chat with our enthusiastic members.

Testing Times

Answers next issue

Q1. Which of these is most likely to cause a middle ear infection?

- A. Not wearing a hood while diving.
- B. Breath hold diving.
- C. Diving in dirty water.
- D. Diving with a cold.
- E. Diving in cold water.

Q2. Any abnormality after an abnormal ascent, suspect...

- A. Exhaustion.
- B. Shock.
- C. Nitrogen narcosis.
- D. Decompression illness.
- E. Hypoxia

Q3. The Dive Leader should report details of the dive back to the:

- A. Diving Officer.
- B. Branch Chairman.
- C. Training Officer.
- D. Dive Marshal.
- E. Editor of the Branch Newsletter.

Q4. When giving AV what two things should you do to the casualty's airway

- A. Turn and lift.
- B. Twist and extend.
- C. Extend and close.
- D. Extend and clear.
- E. Clear and distend.

Q5. What sea state on the Beaufort is considered the safe limit for diving in the open sea in Great Britain?

- A. Force 2.
- B. Force 3.
- C. Force 4.
- D. Force 5.
- E. Force 6.

Q6. The times of tides published in U.K. Tide Tables are given in:

- A. British Summer Time.
- B. European Standard Time.
- C. Greenwich Mean Time.
- D. British Standard Time.
- E. Daylight Savings Time.