

Crud - July 1999

- **Millennium Party** Fireworks, Food and non stop music - Tickets £30, £15.
 - **Improved Security:** - **The Club now has an Electronic Lock.**
 - Pool use - little reminder!

Yippee!!



Finally after much waiting the Sports Council has granted the SASAC a grant of £10,000 towards a new club boat. The club must match fund this to the tune of at least £4,000. The committee is now tasked with actually coming up with the money and finalising the details for the boat. Unfortunately the idea of a consortium of divers co-owning the RIB with the club isn't going ahead. The committee just didn't have sufficient interest to make it a viable proposition. The money will now instead be taken from the 200 Club. The D.O. is satisfied with the training equipment we have at the moment

so all available funds will be diverted to help purchasing the new boat.

We need to find a) a new **Boat Officer** and at least 1 deputy & b) somewhere for the RIB to live whilst we modify part of the club house to garage the RIB. Volunteers please let the committee know.

Now obviously the more money we have in the 200 Club the less we have to borrow! **So here's a BIG plea**; if as many people as possible could make sure their balls are WELL in credit it would be really helpful - just £24 gets each ball paid for a whole year. Come on - Dig deep.

Not got a 200 Club ball?? Want to see a nice new RIB, knowing you helped fund it AND get as much free and clean air (*see later) as you need then please see either Raibeart, Chris Pedder, Mark Crumplin or Stephen Archer, any Wednesday.

Finally a huge vote of Thanks goes to **Andy Flowers** who managed to win the grant for us.

Now the not so good !

Now the diving season is really under way the committee have been receiving occasional comments from some of the dive organisers about the conduct of some of the more recently qualified divers. It seems from an initial review of these comments that not everyone on some dive trips are pulling their weight!! Please remember it actually takes a fair old bit of time and energy to organise a diving trip successfully. We are a club and as such should act like one EVERYONE on the trip should pull together to accomplish a successful days diving. That starts with loading or launch the boat and finishes when all the equipment is washed and put away. In a hectic day small actions matter. Don't just stand by and watch - get stuck in and help. There is one thing that for sure - those people that help will always be among the first people invited on the next trip!!

**Forthco
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Events**

- Swanage Club Dive 24/25th Jul
- National Try Dive Week 15th Sep
- It's a Knockout 7th Aug
- Club Diver Course starts 13th Oct
- Farnes Trip 16/19th Aug
- Sports Diver course starts 10th Nov
- Jutland Expedition 18/29th Aug
- Panto - Jacques & the Shotline late 99
- Paignton Club Dive 21/22nd Aug
- Christmas Party 18th Dec
- Portland Club Dive 4/5th Sep
- Millennium Party 31st Dec



Run by Tony Dobinson and partner Nick Fecher

Operate from Wittering in Sussex

Tel: 01243 672031 Fax: 01243 672739

e-mail: training@witteringdivers.co.uk

Open Mon - Sat 8:00 til 19:00; Sunday 9:00 til 18:00

Congratulations:

To Rob & Amanda and Denise & Chris on their recent marriages in June and July respectively. And To Mike & Debbie on the birth of their daughter, Catherine

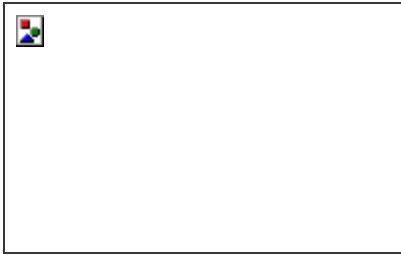
Diver Safety -- Nitrox - Why use it? Is it really worth it?

Well the simple answer is **more bottom time** or a *greater safety margin*!

We spend so much time these days travelling to dive sites it only makes sense to look at ways of maximising the enjoyment of our sport before we're back in the car.

Over the past few years the use of Nitrox has become more and more common, more people in the club are now trained to use Nitrox, we have two Nitrox instructors and there is no doubt more will follow shortly!

So what's all the fuss about? Is it really worth the extra training and extra kit?



Lets start at the beginning. **Just what is Nitrox?**

Nitrox is just a combination of Nitrogen and Oxygen. That's it! Depending on what you want to do a different percentage of each gas may be used to give you a distinct advantage.

As we'll all remember (maybe!!) from our lectures it is the Nitrogen entering our body that limits the overall amount of time that we can spend underwater at any given depth.

So if we reduce the amount of Nitrogen (and therefore increase the Oxygen) in the gas we breath, we can reduce the amount of Nitrogen our body absorbs. The Good news is that we will now be able to spend longer underwater. *Yippee!*

The other alternative is that you use the benefit of higher Oxygen / less Nitrogen to give you an extra safety margin (and less Narcosis).

There are four main areas this could help us in.

- 1) you're getting older,
- 2) perhaps a little larger than maybe you should be,
- 3) not quite so fit as you used to be or
- 4) for decompression following diving deep

Can it really increase my time underwater?

Absolutely! Lets take the following example - a no stop dive on the Persier at 28.5M BSAC88 tables give the Dive time as **20 mins**. If we use **Nitrox36** instead (that's 36% O₂ & only 64% N₂) and the BSAC 88 Nitrox tables the dive time is now **32 mins** over 50% more time! (Another example - for a no deco dive to 24M on air the limit is 30mins, on Nitrox36 it would be 51mins).

How do I know what % of Nitrox I should use?

To make the most out of diving on Nitrox and maximise your dive time you should dive using as high a % of O₂ as possible.

However you **MUST NOT** over do it. Oxygen is toxic if used at too high a partial pressure (depth) The safe limit for Oxygen toxicity is currently regarded as 1.4 ppO₂

This means that any given Nitrox mix has a **Maximum safe Operating Depth, MOD**.

Nitrox 36 for instance has a MOD 30M (There are look up tables for these) so for the example of the dive on the Persier this mixture is the optimal gas for the dive.

The only one disadvantage comes when the weather changes! In the example above, maybe the forecast wasn't so good and we were planning to return to the Persier a second time, never mind its a nice dive so we get the cylinders filled with Nitrox 36. ... however the next morning the weather's great, sunny and only force 1 (dream on). The shout goes up - "lets dive the Maine". Great but those diving with Nitrox are now depth limited to 30M. Not such a problem in this case as there's still plenty to explore on the Maine at that depth. But this does highlight the fact that dive planning and backup plans must be thoroughly thought through.

[An alternative here would be to empty your cylinder down to 150Bar and then have it air topped to bring it back to 232 Bar and somewhere around Nitrox 32 which has a MOD of 42M.]

But I need to have a 2nd set of equipment to use!

No! If you're using less than 40% Oxygen then standard equipment will function perfectly well. The only item you need to be careful about is your cylinder. This must be cleaned. The most common way to mix Nitrox is to start with an empty cylinder, fill it with a known pressure of pure O2 and then top off with air. As pure O2 is being put in the cylinder all traces of hydro carbons (oil) and rubber based O rings must have been removed from the cylinder and pillar valve.

Your cylinder will then have a nice green and yellow sticker added to it and away you go. Note. Cylinder O2 cleaning is an annual activity, and costs ~£10.

Most air filling stations around the country now provide clean air as well as Nitrox. All you need to do is ask for clean air - **do not** just use a standard compressor, there are always traces of oil in the air.

But doesn't this mean I won't be able to use the Clubs Compressor? (so why should I stay a member of the 200 club?)

Not for Long! The more we've learnt about this in the last few years the more we've come to realise how much better it is to use really good quality air. The committee has now decided that the club's compressor will be upgraded to operate at the best standard possible this basically means the air will pass through extra filtration. The quality is currently measured once a quarter and the results posted on the door. The money for this improvement will be raised from two sources:

1) we have sold the club's portable compressor for £750 (it hadn't been used in over 3 years and was starting to rust - BTW - well done Terry).

2) the 200 Club will provide any top up funds.

The club will then have a compressor providing the best quality air you can get. This will be better for EVERYONE to dive with, and it won't dirty anyone's 'cleaned' cylinders. This is probably the only club in the country to supply its members with 'cleaned' air - especially at just 50p a week.

So what training do I need?

To obtain Nitrox from any shop you must have a Nitrox qualification. These initially come in two flavours, Basic and Advanced.

Basic is the introduction and allows the diver to use Nitrox 32 or 36 only. Advanced is the next little step up, a little deeper understanding of O2 toxicity and allows the diver the use of any % of Nitrox up to 50%

Basic Nitrox courses can be taken by anyone qualified to Sports Diver grade. For Advanced Nitrox courses you must be at Dive Leader standard.

BSAC Courses can be provided by the Club (see Peter Stansfield or Steve Gore)

Basic, 1 Day = £70; Advanced, 1 day = £80 or a Combined course, 2 days = £130, includes all the theory and dives as well as registration.



IANTD courses can be provided by Tony Dobinson, of Wittering Divers Tel 01243 672039. The Basic course is 2 Days, costs £145 (includes £15 IANTD registration) and covers a day's theory and two dives. The Advanced course is 2 Days,

costs £168 (includes £17 IANTD registration) and covers a days theory and two dives with skills assessment.

Should you wish to know anymore talk to any one of the Clubs qualified Nitrox Divers: Stephen Archer, Pierre Leon, Claire Asplin, Peter Stansfield, Steve Gore, Sandy Ferdinand, Richard Ellis, Jim McCormack, Andy Flowers, Felicity Garner, Steve Greenham, Mark Crumplin, Gwilyn Rowlands, Allan Matthews or Brain Haywood.

Pool Safety

Now the summer's here and the pool is full (well mostly!) people are starting to use the pool more frequently. Therefore it seems timely to remind everyone on the rules.

1. Do not use the pool on your own, its very difficult to rescue yourself should something happen!
2. A qualified lifesaver **MUST** be present when anyone is using the pool (i.e. Bronze award lifesaver, Sports Diver or above).
3. **Parents should not bring in more children than they can reasonably supervise.** The Health & Safety executive have recently changed the rules. The ratio of parents to children is now **two children per parent (one to one if the children are under 5)**. We have had reports of some parents bringing in many more children than is reasonable. The last thing we want is for there to be an accident. So Parents ***Please*** only bring your own children and provide them with sufficient parental cover.

Club Gossip

(yes it's back!! - more gossip please ... ;)

Sunstroke Warning!! On the recent Club training trip to Paignton the sun was obviously a little too strong for one diminutive member of the instructor team. At the end of the first days diving, whilst relaxing and chatting over a pint one instructor was heard asking one of the trainees how he got down to Paignton. Not quite believing his own ears, the trainee asked the instructor to repeat the question, then answered, "I came down with a short bald headed instructor with a poor memory!" The trainee had traveled down with the instructor together in the same car!

Equipment check, - as every diver knows who cant go far without your fins, as one keen newly qualified auban haired diver found out when she got to the dive site 2 miles out of Paignton. Or can you? Well maybe you can if you're on a nice little drift around Selsey. A Club diver began the dive with a pair of fins but found getting back on the boat a lot harder than he expected! Only then did he realise he had a fin missing!

Bad Viz warning ... Another instructor story ... Picture the scene, great Viz, we could see the whole wreck from a good 15M above it, the shot lying just off the port bow in the sand. Well the viz ***was*** great until an instructor embedded himself in the sand, his excuse was that the direct feed to his stab had come off - even though he'd been putting air into it *all* the way down!!!

A fab time was had in Menorca recently (Thanks Jacci) with 30 divers enjoying the Sun, sea & Sangria ... some a little too much & on the first night - two Gentlemen were shown the Red card by their wives and two more couldn't get out of bed for the diving!! As the week progressed and the diving got better and better, few complaints were heard. The exception being that two people in two different rooms hadn't got a clue who or how many people they'd end up sharing their apartment with - Would it be none, 1, 2 or 4! And would it just be the snoring that woke them up!!

Committee meeting time again. Planning to leave in plenty of time and not rush too much. What the keys? - to house and car - left inside surely not!!

The condition are glorious, its flat calm - just as well really for the poor unfortunate veggie on Beowulf. He wants to use the loo but finds that someone with a particular liking for Sweat corn had

been there first and done a rather good job of blocking it! The culprit sulked away and we didn't hear a murmur.

Dear oh dear some people's finning technique does need a bit of work!! But this is not aimed any newbie diver oh no! on a recent trip to Cornwall the crew witness their fearless leader gracefully execute a fabulous bout of air finning. Only just managing to Thrash his way to the shot line getting nowhere fast!

And finally ... As many of you are aware there have been problems with BSACs finances so there's a possibility of BSAC not being with us much longer. Therefore in conjunction with our colleagues in Potters Bar, we've decided to form our own Diving Organisation called the "South Herts Aquanautics Group" (SHAG) There will be many new grades in this classification. What was known by BSAC as 'Club Divers' will now be known as 'Club SHAGs'. Following the debate about Dive Leader, we've decided to take the 'PADI' way of doing things (Divemaster) into account. Therefore we'll be promoting a new grade called 'SHAG Master'. Nigel and Pete will become 'Advanced SHAG instructors', and Howard will be a 'First Class SHAG'. Obviously 'Sports SHAG' will replace the BSAC Sports Diver. We're working on a rescue specialist grade, called 'Emergency SHAG'. Would any members wishing to join this new esteemed body please see one of the SHAG Instructors...

Improved Club Security.

For some time now the committee have been looking at ideas that would improve the overall security to the club. **Recently an electronic locking system has been added to the existing locks.** One of the big problems we have with keys is with ex-members. Are they just overdue or have they left or thinking about it - when would be a suitable time to request the keys back?

There isn't an easy answer to that and once the person has been absent from the club for a good while they can just forget about the keys. If labelled and discarded / forgotten about we now have a security risk. The answer to this in the past has been to change the keys periodically with this new system that will no longer be the case. The electronic locking system is linked to the membership database and updated once a month. If you become over due by more than one month you electronic

key will automatically be disabled and you wont be able to enter the club. Should you need a club key please see Peter Child for your electronic key, Peter will require a £10 deposit for the electronic key - you will also need an existing club key.

This system will also be extended to cover additional doors within the club. The next door to be included will be the Compressor Cabinet. Therefore if you want air you'll also need a key. This too will be controlled by a database - should you fall behind in your 200 Club payments we wont have access to the compressor, so please ensure you're paid up - you know how Murphy's Law acts!!

Finally the electronic system will record exactly who enters the club and when. We used to record out of hours use by entering our names in a record book. This was lost and never replaced. The computer log will now replace this.

Diving in SARK



We recently tried diving from the Isle of Sark, in the Channel Islands, and were most impressed. Firstly, let's describe the 'above water' stuff. Sark is 3 miles by 1.5 miles, and is situated 10 miles from Guernsey. Sark has no Cars, no tarmac roads, no streetlights, 500 people, 2 pubs, a few shops, and at least 10 places to eat. Local seafood is available just about everywhere, and is very good. The Island is a delight, as it is heavily wooded; flowers and plants are everywhere. The diving we did was

through Sark Diving Services, the only operator on the Island. It's pretty much a one man operation, run by Andy Leaman. He has excellent knowledge of the area and the dive sites. He can provide Nitrox

as well as air and is the only TDI school in the Channel Islands. He can provide a full range of gases available. His boat is a 35 foot hardboat, easily adequate for 12 divers.

We did some 'scenic' diving, which is very good, as we found several species of Hydroid we hadn't seen, and Felicity caught the biggest crab I have ever seen underwater! (We had to put it back, as it was in a conservation area) We did two wrecks, which were also very interesting. Andy has a good selection of quality wrecks, deep and shallow available, including the Jean Marie (covered in Copper Ingots) and the Stella (called the 'Titanic of the Channel Islands')

We want to go back. We're willing to organise either a party for 'scenic' divers, or for 'heavy wreckers'. If you're interested, please let either of us know. And for those of you on the 'Maureen 2000' trip, yes, we'll try & fit in Sark on the way to Brittany. The Costs - we paid £80 air fare to Guernsey, £10 ferry to Sark, £25 pp per night for an excellent hotel, and £20 per day for 2 dives - and the beer is only £1.40 per pint!

Peter Stansfield and Felicity Garner

Pictures this issue - 200 Club Underwater section. Winner - Stephen Archer, Runner up (&3rd) Peter Ladell, 4th Pete Tatton. Sark Article Felicity Garner