

# RATAE SAC



Newsletter August 2003

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The diving in the club is going well; one more trip to go and Wednesday diving is well attended.

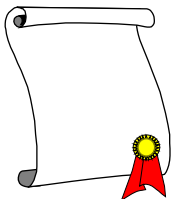
Our trainees are also getting through their dives. If anyone wants to include their holiday diving in the newsletter, then send me your write-ups. Word of mouth on where to dive (and where not to) is invaluable.

## Thursday Evenings

I've checked the college's website and they have not updated their calendar of when the pool is open. I'm pretty sure our first week will be the 4<sup>th</sup> September, but we may be able to use the pool one week before that. People are still meeting down the Lifeguardsman for a pint.

## Quarterly meeting

The next quarterly meeting is the 19<sup>th</sup> August at 8pm at the Lifeguardsman. The agenda is attached. If there is anything you want including on the agenda then let me know.



## QUALIFICATIONS

Lynne Wright completed her Ocean Diver on the 16<sup>th</sup> July and is now extending her diving experience. She wishes to thank all of those that were involved in her training. Peter Hennessey has had his first dive in Stoney.

## STONEY COVE DIVING

Diving activity at Stoney is becoming regular now. Ask around as many people are going down there. The BBQ should be there on the first and third Wednesday of each month.

Can trainees let Mark Hessey and/or Bryan Spence know if they are going on a Wednesday to make sure we have enough instructors or Dive Leaders.

## Diving Incidents

The club has had a couple of incidents this summer. In the last six weeks we have had two incidents of diver separation. In both cases I am pleased to say that training kicked-in and all four divers involved spent the textbook 1 minute looking around and all surfaced safely. As I was one of these four, I can tell you it's not a nice experience at all to find yourself alone at depth.

The other incident occurred on the Plymouth trip. Mark Hessey writes the following:

Some of you may have heard that Lesley Turnbull had a mild DCI attack on the second dive of the weekend in Plymouth. Thankfully Plymouth has an excellent recompression facility and Lesley was taken there immediately by Rod and Alison.

Lesley had dived both of her plans to the letter and had obeyed her computer for both dives. Unfortunately for Lesley it was suggested to her that she may have a PFO (or hole in the heart). This is a common complaint which it is estimated up to a quarter of the population have. The stress involved in diving could have caused the DCI, but the doctors are still unsure as to the definite cause.

Luckily Lesley was able to get to the decompression chamber and get treatment early, if we had been elsewhere it may not have been the case. Lesley has been told not to dive for at least 3 months and to think about the future.

Whilst we cannot tell if we all have a PFO it emphasises that we should try to keep dive fit, and try to adhere to dive plans so that the possible risk of DCI is minimised.

To add to Mark's comments, I for one have done about 10 dives with Lesley and know that she always dives to the letter. She also dives with what is possibly the most conservative dive computer on the market (Suunto Vyper). So this really does highlight that it could happen to any of us on any dive. Always look for the classic signs and if at all possible, never deny that DCI is happening. This incident also showed our clubs excellent training as several of

the club members swung into action as soon as it was known what was happening.

For those holiday divers amongst you, DCI is more likely the warmer the sea temperature. So don't think that DCI is only likely to happen in the UK.

## Non-diving incident

The garage at the pool has been broken into over the summer. The garage itself is unaffected and none of our kit has been stolen. However, in their attempt to see what was in our cupboard, the right door had been pulled down two thirds. The metal secure cupboard appears to be a write-off. This leads to two questions:

- insuring club kit
- does anyone have a suitable replacement cupboard or ability to repair the old one?

This will no doubt be discussed at the quarterly meeting. I will find out at the next Sports Council meeting what the college's position on this is.

## TRIPS UPDATE



ANGLESEY

This trip is now full

### HOLIDAY

Ideas have come forward for the next Ratae holiday. Tenerife is the location. Plans to be announced soon.

### BLUE PLANET AQUARIUM

I've had a few interested enquiries about the Shark dive next February, so here is some more info. The plan is to spend one evening at the Blue Planet Aquarium in Chester sometime in February. The Blue Planet has Europe's

largest collection of Sand Tiger sharks, housed in a very impressive aquarium, which shows a Caribbean reef. The Dive Night costs £75, and for that you get about half an hour to dive in their big shark infested pool!

Non-divers can also come along (for £5) and watch/video from the 71 foot tunnel or through the other observation points. I intend to spend the day there, looking around the aquarium, but if the other half needs convincing, next door is Chesire Oaks Designer Outlet village, which is good if you're into shopping for non-diving things.

There are a few restrictions though. Blue Planet run two different types of nights; one for trained divers and one for non-trained divers. Unfortunately you can't mix the groups up. So I'm afraid this is only open to Sports Divers (or PADI Advanced Open Water, CMAS 2 star etc) divers. More info can be found on the web [www.blueplanetaquarium.com](http://www.blueplanetaquarium.com). Both Lynne Wright and Lesley Turnbull have dived there and thoroughly recommend it. I will need to book up in the next month or two, so let me know if you are interested.

## TRIP REVIEWS

### PLYMOUTH 2003 TRI P

Thanks to Mark Hessey for the following write-up:

Once again 10 of us went to Plymouth to join Roger Weber and the Excaliber for a weekends diving. Having been promised good weather and fine seas we were looking forward to some good diving.

The Saturday dawned overcast but with the sea like a millpond. The first dive was on the Percier, about 28 metres, which is a dive containing many sheets of metal and hence dive through's. There were several dogfish and a myriad of other fish to be seen.

The second dive was a lovely scenic dive; swimming amongst walls of anemones, dead mans fingers, urchins and there were several dogfish to be spotted or patted, depending upon how brave you were feeling. After the second dive we had an incident which you can read about separately and although this cast a downer on the days diving we were all confident that everything would be OK and looking forward to the next day.

The Sunday dawned very similar to Saturday, overcast but very calm again. The first dive was another wreck, the ever-popular James Egan Lane – a WW II wreck that lies pretty much intact with a bottom depth of about 20 metres. This gave us all a great dive as we dived through the holds and looked at the various types of fish around. Last year there were cuttlefish and John Dory, but no such luck this year. It definitely deserves its title as one of Britain's best wreck dives.

The final dive was a rummage dive with several interesting bits and pieces coming up with the divers – some more interesting than others it must be said – but everything does look more interesting under the water!

Visibility throughout the 2 days was a good 10 metres. All in all we had a great weekends diving and I can't wait to go again already. I can only recommend

that those wishing to go let me know ASAP.

[http://www.metacut.com/rebreathers/RichPyleArticle\\_1.htm](http://www.metacut.com/rebreathers/RichPyleArticle_1.htm) (In Depth article about use of rebreathers by Dr Richard L. Pyle)  
<http://www.metacut.com/rebreathers/glossary.htm> (an American glossary of diving terms)

### Diving Internet

Peter Hennessey sent me the following internet links. If you find anything good on the net then let me know.

**Rob Cuss**

<http://www.divernet.com/medical/0403bends.shtml> (Bends and inability to self diagnose)  
<http://www.divernet.com/medical/denial0300.shtml> (Bends and denial)  
<http://www.bishopmuseum.org/research/treks/palautz97/phys.html> (gas physiology)  
<http://rebreather.com/whydive.html> (reasons to rebreather part 2)  
<http://rebreather.com/experience.html> (account of a rebreather dive)  
<http://www.bishopmuseum.org/research/treks/palautz97/rb.html> (rebreather basics)

TRIPS CALENDAR 2003			
16 <sup>th</sup> /17 <sup>th</sup> Aug 2003	Anglesey trip	FULL	Ian Petchey
20 <sup>th</sup> August 2003	Stoney Cove		Mark Hessey
3 <sup>rd</sup> September 2003	Stoney Cove		Mark Hessey
17 <sup>th</sup> September 2003	Stoney Cove		Mark Hessey
20 <sup>th</sup> / 21 <sup>st</sup> September 2003	Pembroke	Nitrox Course	Martin Crookes
25 <sup>th</sup> September	HLCC	Stoney Kit Try-out	Bryan Spence
1 <sup>st</sup> October 2003	Stoney Cove		Mark Hessey
15 <sup>th</sup> October 2003	Stoney Cove		Mark Hessey
5 <sup>th</sup> November 2003	Stoney Cove		Mark Hessey
19 <sup>th</sup> November 2003	Stoney Cove		Mark Hessey
3 <sup>rd</sup> December 2003	Stoney Cove		Mark Hessey
17 <sup>th</sup> December 2003	Stoney Cove		Mark Hessey
February 2004	Chester trip	£75	Rob Cuss
4 <sup>th</sup> September - 18 <sup>th</sup> December 2003	Hind Leys	Thursday evening diving	

### EVENTS CALENDAR