



DIVING/CLUB ACTIVITIES

- THE ROLE OF THE DIVING OFFICER
- BOOKING ONTO DIVES
- THE PLACES AND THE DIVING FUN STUFF
- TRENDS AND OBSERVATIONS SERIOUS STUFF
- 2018 PLANS IMPORTANT STUFF
- SKILL DEVELOPMENT COURSES

THE ROLE OF THE DIVING OFFICER

THE DIVING OFFICER IS RESPONSIBLE FOR THE SAFE DIVING OF DIVERS
 WITHIN THE CLUB

THE DIVING OFFICE OVERSEES AND IS RESPONSIBLE FOR THE QUALITY OF
TRAINING WITHIN THE CLUB

BOOKING ON DIVES

Southsea Sub Aqua Expedition to Normandy

Expression of interest

July 2018 after project Cato

Diver Grade - Ocean diver to advanced diver

Ocean Divers will need an instructor to dive with up to 20m

Sports divers and dive leaders will need to dive with and instructor or advanced diver below 20m

Diver coxswain, DSC VHF and ICC required by DL/AD

Depth range - 10 - 30m

Based at Ouistreham, Port-en-Bessin or Grandcamp

Mixed sites from tanks to landing ships -TBD

Approximate cost is estimated at £500 - £600pp

Name	Contact number	Grade
Organiser -		
Coxswain -		
Diver 1 - Martin Davies	07957267391	AD
Diver 2 - Alison Mayor	07740873255	AD
Diver 3 -		
Diver 4 -		
Diver 5 -		
Diver 6 -		
Diver 7 -		
Diver 8 -		
Reserve 1 -		
Reserve 2		

Dive Planning Form	ПА	HARD BOAT DIVE											
Date:	Dive Site:		Est. Depth										
Dive Vessel:	Meet at:		Ropes	OFF Time:									
Cost:	Briefing at			Time:									
Min Qual:	Dive Mana	ger:	Con	tact No:	ict No:								
DO Authority	Deposit:		RDS: Y / N										
Name	Qual	ification	Telephone	Paid	Sign								
1.													
2.													
3.													
4.													
5.													
6													
7.													
8.			2										
9.													
10.													
11.													
12.													
Res 1:													
Res 2.													

1

0

Notes:

a) No more than two names to be entered on this form prior to posting on the notice board.b) If the Rolling Deposit Scheme is not used the Dive Manager may require a deposit or full payment prior to the dive.

c) Failure to pay the full deposit/payment by the specified date may result in your name being removed from the list.

d) This form must remain on the notice board until after the dive.

e) Trainees must confirm that an instructor is available before putting their name on this list.

f) The Diving Officer may delegate responsibility for the dive to the Dive Manager whose decision is final.

By signing this form you are confirming

1) You are a fully paid up diving member of Southsea Sub-Aqua Club.

2) You have 3rd party insurance cover valid for this dive.

The Club holds a copy of a valid BSAC self certificate medical or UK Sport Diver medical certificate.
 You hold the required minimum qualification or have made the Diving Officer/Manager aware of your current qualification.

5) You are aware of and will observe BSAC guidelines and Safe Diving Practices.

6) You agree to pay the full cost of the dive.

7) That you will comply with all and any instructions of the Diving Officer or appointed Dive Manager.
8) You are aware of the risks associated with scuba diving in general and specific risks of this dive.
9) That these conditions are not negotiable under any circumstances.

All diving members are required to provide proof of the above conditions on request of the Diving Officer, Dive Manager, or any person they may be diving with.



A BUSY YEAR

- CLUB TRIPS TO DARTMOUTH, PORTLAND, PLYMOUTH, EASTBOURNE, CORNWALL, FRANCE, THE RED SEA
- MEMBERS TRIPS TO PHILIPPINES, RED SEA, CROATIA, THAILAND, ISLES OF SCILLY, TEXAS
- LOCAL DIVES FROM SELSEY, EASTNEY,



NEW SOUTHSEA SUB-AQUA CLUB YOU TUBE CHANNEL

HTTPS://WWW.YOUTUBE.COM/WATCH?V=LXMPSZOHYGA

TRENDS AND OBSERVATIONS

FROM THE CLUB

THREE INCIDENTS RECORDED

- A HIGH PERCENTAGE OF DIVERS ARE REGULARLY NOT ADHERING TO THE RULE OF THIRDS AND PLANNING DIVES
- DIVE MANAGEMENT IS VERY POOR
- SOME DIVERS ARE DIVING BEYOND THEIR QUALIFICATION
- BUOYANCY CONTINUES TO BE AN ISSUE FOR SOME DIVERS

FROM BSAC INCIDENT REPORT

11 FATALITIES 2 BSAC 9 OTHER

- LOSS AND SEPARATION
- AVOID TRIO DIVING ESPECIALLY IF YOU ARE INEXPERIENCED
- MORE AWARENESS OF IMMERSION PULMONARY OEDEMA (IPO)

IMMERSION PULMONARY OEDEMA

SYMPTOMS

- BREATHLESSNESS AND COUGHING, RAPID
 BREATHING
- MAY SWITCH REGULATORS (OPEN CIRCUIT) OR TRY TO FLUSH LOOP (REBREATHER) -BELIEF FAULTY REG
- EXPECTORATION OF FROTH/BLOOD
- INCREASED CONFUSION AND UNCONSCIOUSNESS DUE TO LOWER PO² ON ASCENT

TREATMENT

- DIVER IN THE UPRIGHT POSITION
- GIVE 100% OXYGEN
- KEEP WARM
- NO FLUIDS
- HOSPITAL
- SEEK ADVICE FROM MEDICAL REFEREE

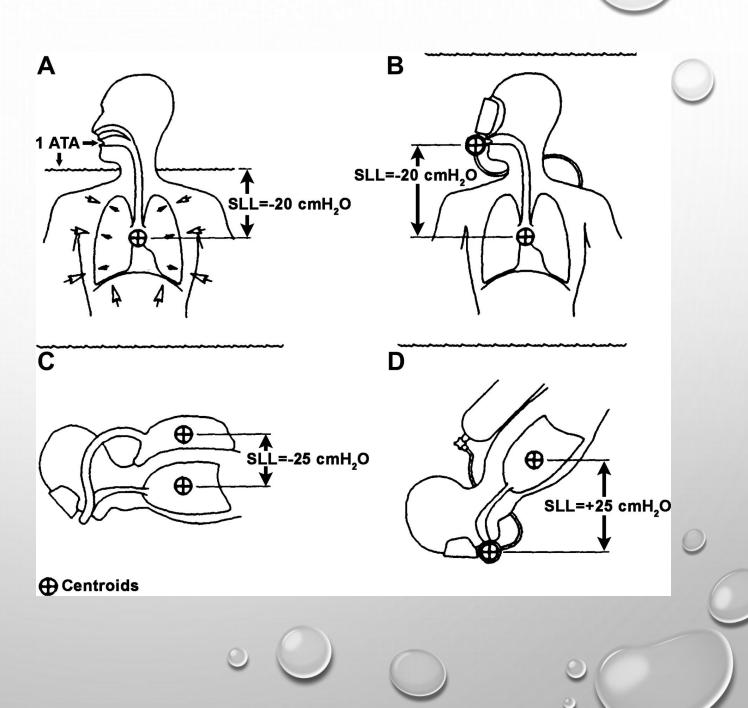
IMMERSION PULMONARY OEDEMA

IF ON THE SURFACE FOR ANY LENGTH OF TIME AFTER A DIVE LAY HORIZONTAL NOT VERTICAL

DO NOT DRINK EXCESSIVE AMOUNTS OF FLUID (OVER HYDRATE)

AVOID EXERTION & STRESS (INCREASED CAPILLARY PRESSURE)

EQUIPMENT TO HAVE MINIMUM BREATHING RESISTANCE





2018 DIVE SEASON

- EXPEDITIONS TO CORNWALL, PLYMOUTH, PORTLAND, FRANCE, RED SEA, DARTMOUTH, BRIGHTON, SCAPA FLOW, LOCAL DIVES
- DIVE SCHEDULE ALMOST COMPLETE FOR 2018
- THIS YEARS PROJECTS IN FRANCE ARE "THE SEARCH FOR LCH185" & "PROJECT CATO"
- ONGOING LOCAL PROJECTS DAKOTA AIRCRAFT AND STONE BARGES
- FUTURE LARGE SCALE PROJECT THE LOST WRECKS OF D DAY
- DATES IN 2019 BEING CONSIDERED MALTA, NORMANDY 75, WALES!
- YOUR THOUGHTS ALWAYS WELCOME

Year Planner for 2018

Jan	1	2	3	4	5	6 Train weel	ning	8	9	10	11	12	13 Traii weel		15	16	17	18	19	20 Train week	Concerning of the second s	22	23	24	25	26	27 Train week		29	30	31
Feb	1	2.	Ship Wreck Confer ence	4	5	6	7	8	9	10 Trair week		12	13	14	15	16	17 Trair week	ning	19	20	21	22	23	24 Train week		26	27	28			
Mar	1	2	3	4	5	6	7	8	9	10 East	11 ney	12	13	14	15	16	17 BDMLR Selsey	18 y Rib	19	20	21	22	23	24 Easti	25 ney	26	27	28	29	30 East	31 er
Apr	1 Eas	2 ter	3	4	5	6	7 Selse	8 y Rib	9	10	11	12	13	14 East	15 ney	16	17	18	19	20	21	22 Ou	23 istreh	24 am LCI	25 H 185	26 Projec		28 Selsey	29 / Rib	30	
May	1	2	3	4		6 Isey R	_	8 Red		10	11	12 East	13 ney	14	15	16	17	18	19 Selsey	20 / Rib	21	22	23	24	25	26	27 Frighton	28	29	30	31
Jun	1	2 Selse		4	5	6	7	8	9 East		11	12	13	14	15	16 Ply	17 /mout	18 h	19	20	21	22 Go	23 Eastbo		LCH 185 Franc k	26	27	28	29	30 Fran Ce	
Jul	1	2 C	3 <mark>)uistre</mark>	4 ham F	5 Project	8	7	8	85	10 reham:	11 <mark>1/Port</mark>	12 en Bes		14 Selsey ving	15 / Rib	16	17	18	19	20	21	22 Portl	23 and	24	25	26	27	28 Easti	29 ney	30	31
Aug	1	2	3	4 Dartm	5 nouth	6	7	8	9	10	11 Portl		13	14	15	16	17	18	19	20	21 Corny	22 wall	23	24	25	26	27	28	29	30	31
Sep	1	2	3	4 Scapa	5 Flow	6	7	8	9	10	11	12	13	14	15 Easti	16 ney	17	18	19	20	21	22 Selsey	23 / Rib	24	25	26	27	28	29 Easti	30 ney	
Oct	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15 Sou	16 Ithern	17 Red S	18 ea	19	20	21	22	23	24	25	26	27 Birming Dive s		29	30	31
Nov	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17 NA Confer New	AS rence	19	20	21	22	23	24	25	26	27	28	29	30	
Dec	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

SOUTHERN REGION 2018 SKILL DEVELOPMENT COURSES SDC'S

- OXYGEN ADMINISTRATION ✓
- FIRST AID FOR DIVERS ✓
- PRACTICAL RESCUE MANAGEMENT ✓
- BUOYANCY AND TRIM ✓
- COMPRESSOR OPERATION ✓
- GAS BLENDING \checkmark
- CHART WORK & POSITION FIXING ✓
- BOAT HANDLING ✓
- DIVER COXSWAIN ✓
- UNDERWATER PHOTOGRAPHY ✓
- MARINE LIFE IDENTIFICATION \checkmark

http://southern.bsac.org/SDCPOE.osp

COURSES WE WILL BE RUNNING

- BLS REFRESHER
- OXYGEN AND FIRST AID
- COMPRESSOR
- OTHER COURSES WILL BE ON REQUEST/DEMAND

Thank you and safe diving in 2018