

# The Muddy Puddle

June 2005

## Welcome...

To the second instalment of the Muddy Puddle for 2005. You will notice that I, your ever-smiling Chairman, am still stand-in editor. This is because Ben (the real Ed and ExO) is still at Hendon having his brain removed, with any luck his assimilation will be complete in time for the next issue, which will mean no more rants from moi.

You should all know by now that we are sharing the pool with Xenopus SAA (the club who used to be in the pool after us) and as a result the pool time has changed. Our session is now from 8.30pm - 9.30pm each Wednesday and we MUST be out of the building by 9.35pm. This means getting out of the water by 9.20pm. Can swimmers please stay in the two lanes on the seated side of the pool and divers NOT stray into these lanes. Please try and keep all our kit separate from Xenopus's as we don't want anything getting mixed up.

The other major announcement I have is that we have sold the RIB. Yes, good old ULYANI has taken her last group of Croydon BSAC's finest out and is now acting as a money pit for some other group of unfortunates. The result of this was a little over £2000 in the coffers which has done the current account no end of favours. As such we are reviewing our current costs with a view to replacing worn-out kit and possibly adjusting the membership fee. Announcements on each of the above should come around the time of the AGM.

In this edition of the MP there are some BAD-VIS Top Tips: advice for all divers which may or may not have some relation to real events...You can also read the musings of Narked - that infamous mole in our camp, who reports on some of the wrongdoings from the Easter beano. Who is he/she? I dunno, but they'd better watch their backs!!!! In addition to this there are the usual dive reports and some wise words from our DO and TO. Also featured is an update to the BSAC's Resuscitation Guidelines and another delve into the last 50 year's of Croydon BSAC 23 .

Finally I'd just like to say that having got the season underway it is good to get back in the water at last. We had a good Easter and have been out on both Nauticat (to the Ramsgarth) and Wight Diver (to HMS Boxer and the Camswian), both of which were very good indeed. We also ran a very successful trip to Plymouth which you can read about on page \*\*\*\*. Vis is currently pretty good at the moment, so **GET DIVING!!!!**

Thats the lot, Enjoy!!

**Paul Brown**



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## DO's Scribblings

The season is well and truly with us yeat again! We already have two Plymouth trips under our belts with the Barbican and the Mount Batten Centre acting as base comps, both with their unique charms.

There was a marked difference between the two trips; firstly we had to put up with it being early season (very early for some!!), also the usual cold and mediocre viz and (of course) the swell that had more in common with a washing machine than Easter dive! Secondly the temperatures increased for our later trip giving more comfortable dives and (for some) better air consumption.

Many of you will know that I do not have the luxury of a regular buddy. There are a couple of reasons for this: I am often involved in training dives and as such get switched around quite a lot between our newer divers. However, I am beginning to suspect that the underlying reason is that after anyone has had the experience of diving with me once, they rarely wish to repeat the experience (think being last to picked to play football in the school playground and you will get the idea!!). So, under this long shadow that has been cast over me, imagine my surprise at having the opportunity over a Plymouth trip to dive with someone that was skilled, easy underwater and with almost exactly the same air consumption as me! However, the real test is not when something goes right, but when something goes wrong (tits up, Pete Tong etc).

Generally all went well (apart from trying to deploy the DSMB while considerably narked, but that's another story) but when at 32m faced with a shotline po-going across the sea bed, the wreck distinctly AWOL, fog like vis and a current that wasn't supposed to be there, it was decision time.

We were soon back on the boat (after a horizontal safety stop courtesy of the current) and being offered the chance at another try. We declined, and instead decided to keep the cylinders for the next dive, which was on the James Egan Layne. We both had a gut feeling about not getting back in on the first dive, which paid off for the second. We had our



best ever dives on the James , with great vis and loads of life. That dive alone was worth the weekend.

Sometimes it pays to go with your gut feeling and call a dive. After all, there is always next time.....

Paul Carvall

### Upcoming Dives

The following club dives are booked over the next few months, so there's no excuse – **GET DIVING!!!**

18<sup>th</sup> June, Nauticat, shallow, 25m.  
**1 SPACE.**

25<sup>th</sup> June, Wight Diver, Cuba, 32m.  
**2 SPACES.**

7<sup>th</sup> August, Nauticat, Sparta, 42m  
**3 SPACES.**

27<sup>th</sup> August, Wight Diver, UB81  
Submarine, 30m  
**8 Spaces**

18<sup>th</sup> September, Nauticat, Fortuna, 33m  
**5 Spaces**

2<sup>nd</sup> October, Wight Diver, Polo, 30m  
**6 Spaces**

16<sup>th</sup> October, Nauticat, Ashford, 42m  
**7 Spaces**

**For more details or to book on to any of these dives, please contact Paul Brown:**

**07956 555 728**

**paul@dive50.freereserve.co.uk**

## EXPENSES STATEMENT

The following was agreed at the last committee meeting

### **Statement of Intent on BSAC 23 Club Expenditure:**

*As far as the Club is concerned, expenses are only paid for legitimate core Club and do not cover personal expenses, individual diving costs or fees.*

*Any extraordinary circumstances can only be considered by your committee.*

**The Committee**

## NEW POOL TIMES

The new shared pool times are as follows:

**8.30pm – 9.30pm**

We have to have **vacated** the building by: **9.35pm**

Please stick to these times as we do not want to annoy the caretaker/school.

Can swimmers also stick to the two lanes on the seated side of the pool and divers to the remaining lanes.

**The Committee**

## Training Officer's Bulletin

Some of you may have noticed how very busy the pool is these days. Apart from the club members that are training and just swimming, we also have the other club who are sharing the pool with us. I have noticed that members from the other club who are swimming have had a diver pop up in front of them on occasions. I believe that we need to be aware of the fact that we have ½ the pool.

Ian and Rick have joined the club and having had some PADI experience are getting up to speed with Sports Diver skills. In addition, Steve and Chris have moved through the Ocean diver and are also doing Sports diver pool sessions with Susan Eames. All 4 are also doing the Sports diver lectures at my place once a week. Roy is still working towards the Ocean Diver skill level and will shortly be doing the theory test.



As far as further training is concerned, I shall be doing the Advanced Instructor training course in Dartmouth on the 5<sup>th</sup> June (BSAC have moved the goal posts if I want to train up advanced divers). I am only too happy to organise training for any of you via the BSAC regional coaching scheme. There are several great courses such as:

- a. Practical rescue management
- b. Several nitrox courses
- c. Chartwork and navigation etc.

Please let me know how you would like to develop your skills.

Later on in the year, possibly August, I shall organise another Dive leader Session to complete the dive leader practical sessions. This will involve several wet sessions and also the Disaster scenarios where we work out solutions and go through "Practical rescue sessions"

Contact me at 07818 406 156 regarding training.

**Alan Glen, Training Officer.**

**To view the full range of BSAC courses go to [www.bsac.org](http://www.bsac.org) or [www.bsac-se.org.uk](http://www.bsac-se.org.uk)**

## Dive Reviews

### Portsmouth, HMS Boxer, 17<sup>th</sup> April 2005

This was our first day out aboard WIGHT DIVER, a new boat operating from Langstone Harbour, Portsmouth, skippered by the very friendly Andy Ryan. The plan was for a simple early-season shallow dive and HMS Boxer in 20m fitted the bill perfectly. She was one of Britain's first destroyers and sunk in 1918 after a collision with the transport ship St Patrick, just to the east of the Isle of Wight.

We arrived early and were happy to see the boat was there and that parking was available right next to the pontoon, which means there is only a short walk to get the gear on board. The boat itself is much bigger than I expected and is well laid out with enough benches for 12 divers to kit up on and plenty of space for boxes and bags. The cabin is big enough to get a few in at a time to warm up and there is plenty of room for dry gear. After having a cup of tea and waiting for a while for a couple of late-comers (who ended up being no-shows), Andy done a quick briefing and we were away. It was a sunny day and the sea was flat, so I expected to vis to be awful (you can never have all three at once!!), however, after a short 45min steam we were on site and heading down the shot. To my surprise the vis was a very good 5-6m and there was plenty of light provided by the sun! The shot was placed on the boilers, but these are really the only identifiable part of the wreck. The shingle has filled the wreck to the gunwales and so all that

can really be seen of the superstructure is a rough outline of where the sides and bulkheads are. There are a few bits and bobs poking up and plenty of fish life, with large shoals of pouting hanging around and small Tompot Blennies peering out of the holes. A full circuit of the wreck took about 30mins, which at this depth is still a no stop dive, after which we made our ascent up the shot.

After getting back on board via the lift (same as on NAUTICAT) we were greeted with teas and hot cross buns and Andy went about collecting the shot, we then headed off towards Bracklesham Bay for the second dive. This was a drift of the very pretty ledges in about 10m. There were a few large wrasse about (Ballan and Cuckoo) and the rocks were covered in invertebrate life: small cup corals, anemones and sea squirts. The boulders here are large and look to be perfect lobster/crab grounds, but unfortunately we didn't get any this time.

After getting everyone back on board we steamed back in for the usual unloading/faffing etc and after an excellent day we were off for a 2 hour drive home (bloody A3!!!). The boat, the skipper and the diving are all excellent and we have several similar days booked up through the year. I'm sure these trips to Portsmouth will become a regular on the Croydon BSAC 23 diving calendar.

**Andy has a full list of WIGHT DIVER midweek dives available, which I have reproduced at the back of this edition of the Muddy Puddle. Also see [www.wightdiver.co.uk](http://www.wightdiver.co.uk).**

### Plymouth, 6<sup>th</sup> – 8<sup>th</sup> May 2005

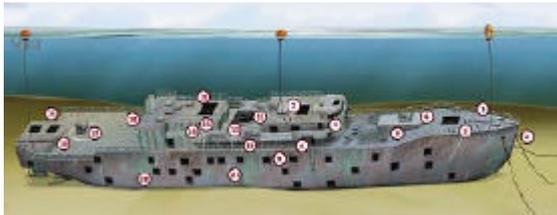
Despite having only visited Plymouth a few weeks earlier at Easter, the works-shy, sorry, committed divers of Croydon BSAC 23 decided another trip was in order. The original plan was to diver several wrecks that we hadn't been to before, however, due to the complete rubbish-ness of the tides we ended up simply visiting a few old favourites...and we weren't disappointed!

Thursday 5<sup>th</sup> sees Paul Brown, Paul Carvall, Clare Walton, Andy Hart, Jaime Dawson, Keith Wicks, Dave Elphick and Claire Cohen in a sunny but windy beer garden overlooking

Plymouth Sound. The traditional start to a long booze session ("we'll take it easy, have a couple of early ones then get something to eat") had been sounded and divers Carvall and Brown were taking a workman like approach to emptying Plymouth of Bass fine ale and Plymouth Gin. Fast forward to 8am on Friday morning and the previously mentioned halfwits are trying to keep down their breakfast on the way out to the Rosehill.



We were, once again, diving from Pete Fergus's boat, Venture. Pete was his usual very accommodating self and was quick to get the kettle on and to start abusing the "fat-lad" Chairman (I don't know why I bother...). The Rosehill was an armed merchantship that was requisitioned by the Admiralty at the start of the First World War. She lies in about 30m and is well scattered, the boilers standing proud and the rest of the wreck collapsing over itself. Visibility wasn't that good (about 4m), but after a cheeky 60mins I was back on the boat feeling a lot better than I had when I went in!



After a nice long surface interval and hot sausage rolls we steamed back to dive the HMS Scylla. This is the newly-sunk wreck in Whitsands Bay, about 400 yards from the James Egan Layne. Built in 1968, Scylla served all over the world over a 25 year career including spells in the Gulf, Australia, Japan, Singapore and as a fishery protection warship in the Cod War of 1972-76. She was sunk in Whitsands Bay a little over a year ago and, having dived her 2 weeks after she first sank, we thought a return journey was in order. The vis on the Scylla was about 5m and she is turning into a "proper wreck" small fish and invertebrate life have started to inhabit the ship and some plant life has also started to attach itself. As this was a Friday there were only 3 boats diving it, a few more than the twenty or so that were buzzing about the first time we dived her!

Friday night was a little tame compared to the Thursday, we didn't even reach the Barbican! A mixed grill and 3 pints and that was most of us knackered. This did mean that Saturday started a little better than Friday had as we steamed east out of the Sound towards the wreck of the Persia. The wreck lies in 28m and really is a bit of a Plymouth classic, she was (and always seems to be) absolutely covered in fish life. Large clouds of Pouting and Pollack swim over the wreck and conga, crabs and lobsters hide under the collapsed sections. There are a couple of good swim-through's too – through the prop tunnel and under plates that have collapsed on each other. With visibility at about 7-8m this really was a top dive. After everyone was back on board (via

Pete's new HYDRADIVER LIFT that we had road tested at Easter) we had lunch in the sheltered Cawsands Bay and decided the second dive would be on a small wreck Pete had found a couple of weeks previously on the reef at Hilsea Point. Apparently this lump is a bit of a secret, by give a determined Yorkshireman like Pete a couple of hours and a magnetometer and he'll find anything.



This is a small wreck that really is just somewhere to start a nice drift dive, so after spending 10mins have a pootle round that we went off and drifted over the gullies. Large urchins, plumose anemones and jewel anemones adorn the rocks here and kelp covers the areas with most tidal movement. This was a new one on me and I think that although it is not a big wreck it is the sort of lump that has potential for some nice photos when the vis is good.

After a few more beers and another curry on Saturday night we were all set for Sunday. Plan was to do HMS Elk, a fairly small wreck lying just 2 miles outside the Breakwater. When we arrived on site there was already a RIB there with a shot in and divers on the wreck. As we didn't really want to drop our shot on someone's head we decided to use the shot already there, unfortunately the shot was on seabed, not the wreck. To cut a long story short, most people eventually got on to the wreck and apparently had a very nice dive, dunno what the vis was as I didn't get down.....

After the disappointment of not getting to do the Elk, we'd decided to have a good long dive on our second wreck of the day – the James Egan Layne. The JEL is a huge, upright, intact wreck that is a "must-do" when in Plymouth. On descending to the bows (in just 6m) we were greeted with a slightly hazy 5-6m visibility.



Swimming down into the holds and away from the shotline provided some fantastic vis, in the region of 8-10m. There was plenty of life about and plenty to look at. We swam the entire 400ft length of the wreck and off the broken end to where the stern sits, about 20m away

from the main wreck. Here we came across a load of dogfish who were sitting about doing not a lot (as they usually do) until I went up and started trying to tug their tails. We also came across a large cuttle fish who was quite happy to sit and let us watch it's colours change without being scared away. After an air check we decided to swim back to the bows

and deco where the line is tied in, and on 64minutes we surfaced. Smiles all round.

This was a really cracking weekend's diving that provided great vis, loads of life and some excellent wrecks. Thanks to Pete and all those who attended. Roll on next year's trip!!!

**Read more about the wrongdoings of both this years Plymouth trips in *Narked* on Page 7**

### **Caption Competition**

Seen here is our much respected ex-Diving Officer, **TONY RAY**. Now we all know that despite being folically challenged Tony usually scrubs up quite well. A flash shirt, gallon of Old Spice and a shiny pair of loafers and he's away. However, he now seems to be taking it to the extreme by trying to look the part whilst at sea! On a recent dive out of Portsmouth he turned up in shoes that are usually seen sliding snakelike across the dance floor in ***Tiger Tiger***...Captions on a postcard please...



## Narked...Nobody's safe.

This issue of Narked brings you two Plymouths for the price of one – buy one, get one free! Twice as much dirt, twice as much ineptitude, all rolled into one! So without further ado dear readers, here are the high spots (or low spots, depending on how you view our illustrious club) that I will spread out before you for your reading pleasure.

First out of the blocks is our resident groupie. Having held deep feelings for our skipper Pete Fergus for some time (see previous editions under “changing in the wheelhouse”) the Groupie decided to impress our man. Some of you will be surprised to hear that Pete is somewhat of an author as well as a master of misplacing a hotline, so in an effort of hero worship, our lass elects to get him to autograph a copy of his book. However, being too tight to actually purchase the real thing, she presented Pete with a tatty downloaded copy of his tomb for signing. A bemused Pete rose above his battered copyright feelings and signed “To a fan, with Love”. Swoon, simper from groupie...

How is this for a first sea dive? Dive in, lose your buddy, do a solo dive, find and lift a whole howitzer, complete with a train of horses and scare the cack out of the DO. All in the space of 15 minutes! There were mumblings about the booty being a ‘plant’ from the sour-graped, more experienced (ho ho!) divers – completely unsubstantiated. (**EDIT: A good rummage around the boat on our return journey to Plymouth confirmed the suspicions of the Chairman that this *was* actually a plant. You can't kid a kidder...ED**).

There is some confusion about a particularly nasty wheelhouse emission that offended all who smelt it. Narked hears that despite people pointing the finger at Dave Elphick (the usual suspect) and someone putting the finger on (on? Surely in?) Paul Carvall, Narked can reveal that the owner of was a certain Paul ‘Manatee’ Brown, who is no longer a protected species...

“Come in Houston...Come in Houston...”. Narked hears of one of our number who improves his diving technique by practicing to be a “Space Cadet” in his spare time. Clearly the feeling of weightlessness helps his air consumption and his willingness to offer to drive a water taxi!

Talking of air consumption, one of our number has decided that because she has twin cylinders she doesn't actually need any air in them! Twice!!

Narked solemnly agrees with being politically correct. However which right-on P.C. diver happily chortled away while watching James Bond patronising Johnny Foreigner in JB's classic film “They All Look the Same to Me, Dr No (subtitled “Mind Your Language, the Motion Picture)? Our dive-babe (oops – sorry!) told all and sundry that these were her favourite films and that her favourite line was.....see below!!

This season's DSMB Dumbers – step forward Stan Carvall and Olly Elphick who could not be more ham-fisted if they'd had trotters for hands. There is nothing like setting an example, and that's nothing like...etc etc.

Talking of our Diving Officer, congratulations are due for managing to punch his own face and split his lip whilst on the boat – probably fighting with himself. Fills you with confidence doesn't it?

BSAC 23 welcomed two new dive-babes, Jess and Alice, to “Come on our boat” down in Plymouth. The clubs resident Romeos went coy, blushed and fluttered their eyelashes at the girls and all was going well until the chaps noticed that one of the “girls” had a pee-zip in her drysuit. Our intrepid Casanovas quickly retreated to the back of the boat in a

protective huddle until her Adams Apple was checked. With this done and order restored in their world, they carried on their pathetic attempt at conversing with the female of the species. Good Work Fellas!!!

Narked wishes to pay special thanks to Roy Edgerton for his help in providing equipment to the newer members. Less welcome is his sagely advice in all things diving. Speaking of equipment – the club has a new daredevil in the making. Narked hears that Jaime “Dangerous” Dawson wears new gloves without testing them in the pool first!!!!

Narked wishes to remind you of other memorable moments, in no particular order:

- Chris Griffiths – no stranger to his friend Stella.
- Pete’s hot pole with hands rubbing up and down it.
- Plymouth Pubs!!!
- Dave and Clare’s curry-doggy bag (ugh!!).
- Loads of food on the boat!
- The special smell of the rooms

And finally, the PC divers favourite line “that will keep you in curry for a while!”

Narked.

***The unsubstantiated nonsense printed in the Narked column is absolutely, completely and definitely nothing to do with the Editor.***

***Please send any complaints to [narked@croydonbsac.com](mailto:narked@croydonbsac.com)***

### **Dive Spaces Available – 40m – 50m**

Some spaces are available diving with another group in the 40m-50m region. These aren’t club dives, so it is a case of booking yourself on. All dives are from Nauticat, dates are as follows:

- |                                    |   |
|------------------------------------|---|
| 1. 26 <sup>th</sup> June, 5 spaces | 4. 21 <sup>st</sup> August, 6 spaces  |
| 2. 9 <sup>th</sup> July, 6 spaces  | 5. 11 <sup>th</sup> to 17 <sup>th</sup> September, 3 spaces (Normandy trip) |
| 3. 24 <sup>th</sup> July, 3 spaces | 6. 9 <sup>th</sup> October, 5 spaces  |

If you are interested in booking on any of these days contact Paul Brown for details.

**Coming Soon!!!!!!**

## **Updated club website**

Keep an eye on [www.croydonbsac.com](http://www.croydonbsac.com) over the next few weeks when we’ll be launching the new-look website.

If you have any suggestions regarding new content for the site, please speak to Paul Brown down the club or e-mail [paul@dive50.freemove.co.uk](mailto:paul@dive50.freemove.co.uk)

# Bad-Viz

## TOP TIPS

Advice for the  
mentally challenged  
Croydon Diver...

**Portly-Divers**, When buying a new weightbelt, ensure that the thing actually fits round that gut to prevent those embarrassing "Do you have an extra large?" moments.

**Long-Standing members**, Before starting out for a weekend's diving from Seaton, make sure you check the map so you don't go to the wrong town. Seaton in Cornwall and Seaton in Devon are NOT the same place!

**Dullards**, When diving from a hardboat make sure you hang about in the wheelhouse for as long as possible, not only does it annoy the skipper, but it stops anyone else getting in there to warm up!!!

**Advanced divers**, When boarding a boat after a dive in the sub-blessed Mediterranean, do not leave your finger in the path of a swinging ladder as this often leads to removal of the tip of said finger.

**Gadget Freaks**, Put your trust in expensive car-based GPS systems, then get lost and phone the dive marshal for directions. This wastes time for both you and the DM!!!

**Fad-followers**, Waste time AND money by buying a twinset/wing/regs etc then carry on doing exactly the same diving you always have, thereby gaining no discernable advantage and providing yourself with an empty wallet!

**Drunkards**, When flying to Egypt, always ensure you buy extra cans of tonic on the plane for that cheeky post-flight, pre-boat, on-coach G&T!

**Ex-Diving Officers**, When offered JVC video cameras at knock down prices from pub-based wrong'uns, ensure that the manufacturer actually produces a model of that name. This saves you having a camera that doesn't work. It also saves you £150.

**Liveboard Perverts**, When sniffing the sweaty, just-vacated sun lounger of a foxy dive guide, do NOT get caught by the Egyptian crew as this can lead to threatening 'squeal like a pig, boy' moments.

**Tekkie Divers**, When going out on ruffy-tuffy deep dives, make sure you are seasick before strapping yourself into 4 cylinders. This prevents the "carrot curry"-patterned-drysuit look, which is very last year.

**Booze-Addled Idiots**, Use your B&B's en-suite shower as a urinal for the night, perfect the next morning for worsening an already stinking hangover.

**O'Three Drysuit Owners**, Prevent the fully expected during-dive soaking and après-dive freeze by buying a suit that keeps you dry and warm!

**Dive Shop Owners**, On 60m dives try to ensure that your rebreather and computer are both working and that you don't pop up from your stops 20mins early!!

**Mooners**, When allowing busy dive-chix to write on your spotty back-side, make sure a water-based pen is used rather than one of those nasty permanent markers – otherwise you'll be scrubbing the message off for days! WOW.

**Coppers**, When writing your log book do not rest it on a sloping gunwale that points straight down into the briney-blue, as for some reason this causes your logbook and your qualifications to disappear!!

**Experienced Divers**, Should you find yourselves at the end of a piece of rope you thought had a boat attached to it, use the excuse of "Looking for dolphins" to fob off your piss-taking fellow divers.

**Ex-Chairmen**, When entering Arabic countries ensure entry problems by calling yourself "Chappie" on the entry visa rather than your proper name!

**Dive-show attendees**, When gate crashing post-show parties sponsored by diving gas suppliers, try to let the barmaid finish opening the free booze before whipping it out of her hand.

If you have a BAD-VIS Top Tip, feel free to send it to someone other than me.

## **New BSAC Resuscitation Guidelines**

The BSAC has released the following update to its advice regarding AV rates:

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### **Information Sheet T.13**

#### **ADVICE REGARDING RATE OF ADMINISTRATION OF ARTIFICIAL VENTILATION (AV)**

##### **Land based rescue**

The BSAC does not recommend a rate for AV which is applicable with all casualties in all rescue scenarios. The essential feature of AV, like all other rescue techniques, is its effectiveness. The effectiveness of AV is assessed and monitored by observing the casualty's chest rise and fall, the sound of the exhalations, and the ease of inflation of the chest. This allows the rescuer to monitor the degree of inflation provided with each breath ensuring that there is neither under- nor over- inflation. The rescuer will also be able to recognise when the casualty's exhalation has ceased (when the chest has ceased falling and the sound of the exhalations has ceased). When this occurs it is time to provide another breath to re-inflate the chest. This method automatically sets both the rate of AV and the volume by which the chest is inflated, appropriately for the particular casualty's build. A slightly built, slim person will therefore be ventilated more shallowly, but at a slightly higher rate, than someone with a larger chest capacity. It is for this reason no rate is specified.

This guidance is in line with that for "Rescue Breathing" in Basic Life Support (Resuscitation Guidelines 2000; Resuscitation Council (UK)). In summary these are that only a small amount of resistance to breathing should be felt during rescue breathing and each rescue breath should take 2 seconds, achieving a tidal volume of an amount to produce visible lifting of the chest. The rescuer should then wait for the chest to fall fully during expiration before giving another breath. This should normally take about 2 - 4 seconds; each sequence of 10 breaths will therefore take about 40 to 60 seconds to complete. The exact timing of expiration is not critical; the chest should be allowed to fall before another breath is given.

##### **In water rescue**

In the water, monitoring effectiveness as described above is almost impossible and other guidance has to be given by the BSAC. This has to be a compromise because, as noted above, no advice will be ideal for all casualties and situations. In the water there is also the possibility that effectiveness may be further compromised by the need to tow the casualty.

The advice of the BSAC is that, in water, ventilations should be given at a rate of two breaths every 15 seconds. This figure is considered to provide adequate inflation of the casualty's lungs and adequate deflation between the breaths. The inflation phase will take 1.5 to 2 seconds, followed by a deflation (exhalation by the casualty) for about 4 seconds. The total time for the inflation/deflation for each breath of AV will therefore need to take about 5 - 6 seconds, although again this is an approximation for an 'average' adult.

Once an in-water rescue has progressed to the stage where monitoring effectiveness can be performed as for the on land situation described above, that method of monitoring the effectiveness should take precedence.

#### **BSAC National Diving Committee - March 2005**

## Pic's from the Past

As mentioned in the last newsletter, this is the 50<sup>th</sup> Anniversary year of Croydon BSAC 23. Here are a few photos that should give some of you a blast from the past...



Tim Benitto (skipper of Brighton based hard boat *SPARTACAT*) and ex-member Russel Crafter after a good day's diving from Tim's old boat *POLARIS*.

Thanks to Tim for this picture.



Me (Paul Brown) in my younger days – looking as happy then as I do now. To my right is Simon Fox in a rather fetching hat.

This Picture was taken in 1990 during the Easter trip to Weymouth. The old tub we are diving from is *Sea Otter*.



Another shot of *Sea Otter* from 1990. Standing on the gunwale is Pat Dillon and in the red drysuit is Steve Fishwick.



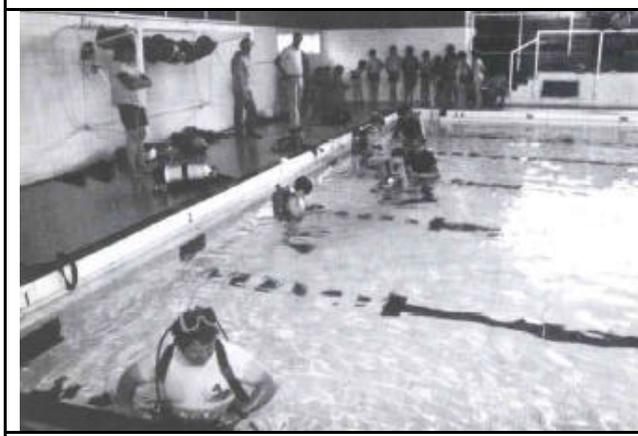
These four photo's are taken from a club mag dating back to 1984, when we ran a try-dive night for the kids at St Josephs.

This pic shows Pete Redman (Ex-Diving Officer) and an unidentified bearded bloke.



Eddie someone(?), Gerry McPhail (Ex-Chairman) and Don Whitney.

Don was more prone to seasickness than any other man on earth, he also used bits of string with a few stones on as ankle weights.....Proper diver.



Member Phil Blake is show here in the bottom left corner.

The pool hasn't changed much....doubt they've cleaned the water since this was taken.



I think this is the most people I've ever seen at the pool!!!!

Thanks to Kevin Stickland for these pics.



For some reason Tony Ray looks like he's about the lamp one on Dave here – that's what happens when you are silly enough to go diving round Anglesey...



Andy wins once again in the annual Gayest Hat on the Boat competition. He is now undefeated champion 5 years on the bounce...



Paul Carvall greets Clare in the traditional manner ....

So there you go, a few pics from the archive that (mostly) make for pleasant viewing. If you have any old pics you'd like to see in these hallowed pages, please pass them on.

## Wight Diver Midweek Dives

<u>MAY</u>					<u>SEPTEMBER</u>				
Date	Site	Depth	Leave	Price	Date	Site	Depth	Leave	Price
Wednesday 4	Louis	20	6.30PM	£20.00	Friday 2	Mixon hole	25	1.30PM	£35.00
Friday 6	Shirala	25	8.00AM	£35.00	Monday 5	U1195	30	10.30AM	£35.00
Monday 9	Mulberry Harbour	10	10.30AM	£30.00	Wednesday 7	HMS Boxer	20	6.30PM	£20.00
Wednesday 11	HMS Boxer	18	6.30PM	£20.00	Friday 9	Fort Yale	43	1.30PM	£40.00
Monday 16	Mendi	40	8.00AM	£35.00	Monday 12	Mendi	40	8.30AM	£35.00
Wednesday 18	Nab Tower	20	6.30PM	£15.00	Wednesday 14	Bracklesham Bay	10	6.30PM	£15.00
Friday 20	Pool Fisher	40	12.00PM	£40.00	Friday 16	Mulberry Harbour	10	9.00AM	£35.00
Monday 23	Shirala	25	8.30AM	£35.00	Wednesday 21	Landing Craft	10	6.30PM	£20.00
Wednesday 25	Solent Forts	10	6.30PM	£15.00	Friday 23	Prince Leopold	30	7.00AM	£35.00
Friday 27	Prince Leopold	30	12.30PM	£35.00	Monday 26	Simla Bembridge	38	8.30AM	£35.00
<u>JUNE</u>					Wednesday 28	Ledges	10	6.30PM	£15.00
Monday 6	Moldavia	50	8.30AM	£40.00	Friday 30	UB81	30	7.30AM	£35.00
Wednesday 8	Nab Tower	20	6.30PM	£15.00	<u>OCTOBER</u>				
Friday 10	Candia	45	11.30AM	£40.00	Friday 7	Schooner	30	11.30PM	£35.00
Monday 13	Oriflame	33	7.00AM	£40.00	Monday 10	Tealings	37	7.00AM	£35.00
Wednesday 15	Mulberry Harbour	10	6.30PM	£20.00	Friday 21	Prince Leopold	30	12.00PM	£35.00
Friday 17	Fort Yale	43	11.00AM	£40.00	Saturday 22	Fort Yale	43	11.30PM	£40.00
Monday 20	Donegal	50	7.30AM	£40.00	Sunday 23	Leon	35	7.00AM	£35.00
Wednesday 22	Solent Forts	10	6.30PM	£15.00	Saturday 29	Shirala	25	7.00AM	£35.00
Friday 24	Kurland	35	11.45AM	£35.00	Sunday 30	UB81	30	8.00AM	£35.00
Monday 27	Highland Brigade	30	7.00AM	£35.00	All timings and depths (in Meters) are approximate, please confirm at time of booking. All dives are subject to change due to weather conditions on the day or unforeseen circumstances. Evening dives (shown in bold) are one dive only, day time dive may include a second dive time and tide allowing. No space is confirmed until a deposit has been received, book early to avoid disappointment.				
Wednesday 29	Landing Craft	10	6.30PM	£20.00	See <a href="http://www.wightdiver.co.uk">www.wightdiver.co.uk</a> for details or call the Skipper, Andy Ryan, on 07810 600 557.				
<u>JULY</u>									
Wednesday 6	Bembridge Ledges	10	6.30PM	£15.00					
Friday 8	Candia	45	10.30AM	£40.00					
Monday 11	Moldavia	50	12.00PM	£40.00					
Wednesday 13	Landing Craft	10	6.30PM	£20.00					
Friday 15	Witt Zee	32	8.00AM	£40.00					
Monday 18	Simla	38	12.30PM	£40.00					
Wednesday 20	Nab Tower	20	6.30PM	£15.00					
Friday 22	Camberwell	30	11.00AM	£35.00					
Monday 25	Cuba	30	1.00PM	£35.00					
Wednesday 27	Landing Craft	10	6.30PM	£20.00					
Friday 29	Ernst Legouve	44	8.00AM	£40.00					
<u>AUGUST</u>									
Tuesday 2	UB81	30	8.00AM	£35.00					
Wednesday 3	Anchor Wreck	35	8.15AM	£35.00					
Wednesday 3	Louis	18	6.30PM	£20.00					
Thursday 4	Fort Yale	43	9.30AM	£40.00					
Friday 5	Donegal	50	10.30AM	£40.00					
Monday 8	Shirala	25	12.00PM	£35.00					
Wednesday 10	Landing Craft	10	6.30PM	£20.00					
Friday 12	Molina	35	7.00AM	£40.00					
Monday 15	Myrtle Grove	35	9.30AM	£40.00					
Wednesday 17	Solent Forts	10	6.30AM	£15.00					
Friday 19	Camberwell	30	9.30AM	£35.00					
Monday 22	Kurland	35	12.00AM	£35.00					
Wednesday 24	Bembridge Ledges	10	6.30PM	£15.00					
Friday 27	U90	30	8.00AM	£35.00					
Tuesday 30	Tank Landing Craft	42	12.00PM	£40.00					
Wednesday 31	Anchor Wreck	35	7.30AM	£35.00					
Wednesday 31	Nab Tower	20	6.30PM	£15.00					