

# ISAC Newsletter



## Committee News

Trevor Phillips, Club Secretary, has had notification from SSAC that as a result of the AGM, membership subscription fees have increased and are as follows;

	Annual Subs	Joining Fees
Ordinary	£32.00	£20.00
Joint	£50.00	£23.50
Junior(14-17)	£19.00	£15.00
Associate	£20.00	£8.00
Student	£24.00	£15.00
Family	£61.00	£30.00
Jnr. Snorkeler		£4.00

Trevor has copies of the new application forms. For further information please contact Trevor.

## Equipment

As you have probably seen the first stage of the equipment's room has started to take shape. The main purpose of this is so that all equipment can now be securely locked up and monitored more effectively. Well done to Paul and Glen.

Don't forget, that if you have any equipment to spare please pass onto Paul.

## Clubhouse

Lorna Fraser has requested if all members could understand that the bar and snack facility is for 'On Site' consumption only and that persons must refrain from taking goods off the premises.

Your co operation in this matter is greatly appreciated.

## Entertainment

Through out the coming year there will be a considerable number of events taking place. Derek McPhearson will be updating everyone as and when the events are named and booked. Derek will notify all with these activities on the clubhouse notice boards and via the monthly newsletter. Make sure you are aware of everything taking place as your full support is what makes them successful.



# BDO's Bits

## Dive Fitness

has three components which are, in order of increasing importance:

### physical - equipment - mental

Diving, especially if it involves a rough boat trip can make for a tiring day. However the types of diving which we regularly undertake do not push even the least fit of us to the edge of exhaustion. The sport does use muscle groups, particularly those in the legs and lower back, in ways not normally required. A dive into the current after a lay-off is asking for cramp and, even in a current-free dive, the out of practice diver will use more air. A failure to maintain physical fitness by regular diving may decrease your enjoyment and dive duration (and that of your buddy) but it is unlikely to cause any serious problems on its own.

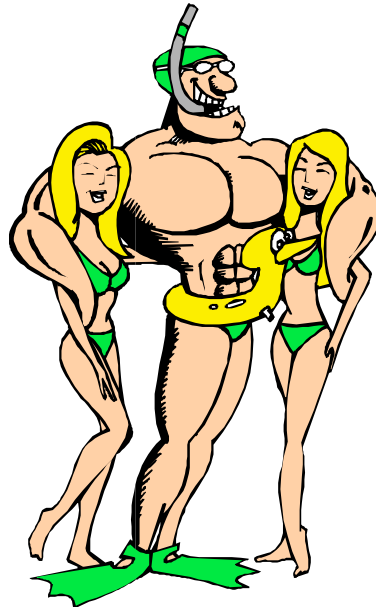
Almost all diving equipment has moving parts and even the best maintained pieces do not respond well to long periods of inactivity. Parts kept moving by regular use either fail to move, move with difficulty or do not return to their correct position. This leads to numerous exciting possibilities for the diver - free flowing demand valves, non-sealing quick release connectors, failed or free-flowing inflators, jammed bezels and faulty torches. In just a few weeks it is easy to forget which pieces of ageing kit need special care and treating an old neck seal like new or excessively straining a dodgy mask strap could confine them to the scrap bin and you to the boat. Things will also simply age and, just because a computer or watch were working a month ago, does not mean that they are still alive - **Do not** believe Suunto's claim of a ten dive warning before battery failure .... it is fiction. The computer can black out or give crazy readings as soon as the battery weakens. If one or two pieces of equipment suffer from this "lack of fitness" underwater you will be well into the incident pit

The psychological aspect of a sport where you have chosen to put yourself into a hostile environment cannot be overstated. Clear, controlled reasoning is required to ensure continued safety and to form, and execute a plan if danger threatens. The regular diver will have recently experienced and have dealt with all of the potential combinations of circumstance which could develop, handling them when they reappear on an almost subconscious level. In contrast an out of practice diver will have to take time to address each situation as it

arises. Having recently faced cold, current, the darkness associated with depth and the stress of low visibility a

diver will accurately know their capabilities and will be able to rapidly assess their suitability for the chosen site. They would then be able to relax and prepare for the dive. Infrequent divers cannot have this certainty and *should* be constantly questioning whether they can perform the planned dive safely. If this continues into the dive it will provide an unnecessary distraction from the very important tasks requiring immediate attention.

When all three aspects are considered together the contrast is sharp. The regular diver should be fit, relaxed, fully equipped with confidence in their abilities and their gear. The infrequent diver may already be fatigued by a high speed boat trip, worried about their abilities, possibly using borrowed kit following failure of their own, stressed by increasing darkness trying hard to remember to regularly check their depth, bottom time and their buddy's whereabouts. This is an individual working at their limits for whom the slightest additional stress will be the trigger to send them spiraling down the incident pit.



The correct solution is to ensure that dives are well within your abilities and limit yourself accordingly. If things get too much about the dive before problems accumulate. No-one should think less of you for this and any sensible diver would commend the decision even if it means terminating an enjoyable dive as

long as you have been honest in your self-assessment. In contrast, although surfacing is the only safe course of action, it is difficult not to be upset when forced to abandon a dive after few minutes by a buddy whom both you and they knew were at the limits of their ability.

Scotsac try to build a simple dive fitness test into all deep dive planning using the 4-2-12 rule. Four dives during the last four weeks (two within the last fortnight) should be within 12m of the target depth. Although a little simplistic it does give you and expedition organisers something concrete to start the decision making process. Expedition leaders should be aware of their group's capabilities and should be able to guide infrequent divers to the right conclusion about their limitations. If this cannot be achieved by discussion they have the authority to prevent the over confident, and therefore potentially dangerous, divers from participating. If you choose not to exercise this authority then you should dive with this individual. At the very

least it will be your dive which is aborted rather than that of the buddy which you have allocated. More importantly, when things go wrong you **will** bear the responsibility so you may as well be in a situation where you can do something to limit the damage.

# A TRIP TO CAMPBELTOWN

**Lorna Fraser.**

When this trip was planned we were going to Oban- Great I thought, I can do the Breda, but at the last minute it was changed to head down to Campbeltown way. I was happily told the Breda had moved south!

Saturday- Got up really early 5am ish. At this point I realised why Jim Craig wasn't going and I could totally see the philosophy behind it.

We all met up and made our way round to Argyll. It was an absolutely beautiful morning, the sun was rising and the sea felt calm.

When we reached Tayinloan it was still the same. Once we had started to kit up Rose and I decided we had to make one final stop- yes the toilet or should I say the lack of. Having perched ourselves under the pier we were happy and continued to launch the boat. There was a comment made that we had better smile for the camera, something we found out later.

Off we all headed. The water was crystal clear and we made our way to the west side of the Gigha to the Ryant. My buddy was Glen, so we kitted up and went down. The 'viz' was great. Much better than the Clyde. I felt a little apprehensive as this was the deepest dive I had done to date, but I quickly relaxed as we made our way around the wreck. You could see in front of you and when you looked up you could see the sun shining through.

We then made our way to Islay and had a comfort stop at Port Askaig. The weather remained good and we headed the short distance to Jura to the second wreck The Glenholme, about 15 metres down. The sea life was tremendous and I was feeling very comfortable, not sticking to Glen's side.

The sea was beginning to swell. As we made our way back to Tayinloan the decision was made that one party could go to the West side of Cara to do the Aska. We could see the boilers jutting out of

the sea. The swell was getting bigger and Rose, Jamie and Junior went in.

It was getting colder and darker and when they serviced Rose described the experience with that of being in a jagged tumble dryer.



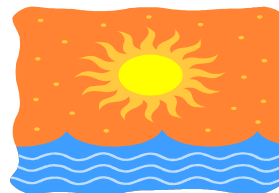
We made our way to the east side of Gigha, where Willie knew of a yacht broken up on the reef. Myself, Willie and Glen went into the reef. As the darkness was descending the 'viz' was still good and we went all over the reef, I thought to myself, "he's got the wrong reef"!

The trip out in Campbeltown was a good night with everyone having a ball.

Sunday arrived and up we got ready for the Osprey but where do we launch from. We tried to launch from the shore but decided against it, so off back to Tayinloan.

Rose and I, needing the loo again, this time remembering to smile for the camera.

Off we went down to the Osprey the waves were big but we got there. After much deliberation we dropped anchor.



I was a little apprehensive as Glen and I went first, but I soon relaxed. The line was a direct hit on the bow, the 'viz' was again excellent as we swam about. A slight current did not effect us.

Making our way up the line and as I watched Glen I felt a tap on my shoulder, a little un-nerving at 20 metres. It was Donald on his way down.

Deciding about doing a second dive, the waves made our decision, helped by Donald almost falling over the side, we decided to head for home.

Anyway the weekend was brilliant, learned a lot, great 'viz' and good company.

# Diving Snippets.

## RED NOSE DAY/ PANTS FOR POVERTY

Well done to Rose and every one at the club who participated in Pants for Poverty. We raised over £40.00 for charity.

I must say though, that of all of us taking part I feel that GLEN has to be awarded the Blue Peter Badge for his impression of Pamela Anderson. He was simply the spitting image of her; OOH that BUM!

Don't forget Sally's and Ian's going away party on Friday 20<sup>th</sup> April 2001. Advise either of them if you are going.

Better still, let's all go and give them that BIG send off that they deserve.

## Budding Marine Biologists.

### **Marine Biology Course-** 'Save Our Shores'

Mick McGowan will be running the above course at the James Watt College, Kilwinning campus from 26/4/01 for 7 successive Thursdays.

Time 18.30 until 21.30.

Two half modules at the National Certificate level to be attained if successful.

For further information contact the college on 01294 559000



## EDITORIAL.

I am now coming up to completing my first year with the club and I have to say that I am enjoying everything about it.

The 'Club Atmosphere' is one of the best I have come across in many a long time regardless of what type of organisation I have been involved with.

The team work, the activities, the diving trips, be it one day or 2/3 day trips, regardless they are all good fun. The interest and time given to new members and trainees are a credit to the club.

The social events, the Tuesday lectures followed by the pool and later on back to the club for chit chat... Well Done.