



The bulletin from the National Diving Committee of the British Sub-Aqua Club

## News from the National Diving Committee Groups

### Technical Group

## Technical Resource Centre

The BSAC Technical Resource Centre website is located at the following URL:

<http://www.bsac.org/techserv/rrc/index.html>

The site has recently been updated and includes publication of BSAC 'Standards & Procedures' for the current portfolio of technical courses.

## Rebreather Try-Dive Sessions

In place of the BSAC Rebreather Awareness Course the BSAC have introduced Rebreather Try-Dive sessions. The sessions are designed to be run during normal Branch pool training times. An Online Registration Form to book the session and gain access to the support materials has been created at the following URL:

<http://www.bsac.org/techserv/rrc/rtrydive.htm>

On registering, the instructors receive an electronic pack containing:

**Rebreather Try-Dive Standards**

**Lecture - Rebreather Fundamentals**

**Lecture - Marshalling Rebreather Divers**

**Notes - Confined Water Skills**

**Dive Marshal Slate**

Only qualified rebreather divers who are also NQIs can lead this session.

## Extended Range Diver

To standardise and ensure a consistent Quality Assurance process across the 'Technical Courses' the Extended Range Diver (ERD) course 'Standards & Procedures' have been updated and will be published on the web site within the next few weeks. With immediate effect the BSAC are introducing ERD Instructor Trainers in addition to ERD Instructors, this means that only ERD Instructor Trainers are allowed to qualify ERD Instructors.

To obtain a list of current ERD Instructors and ERD

Instructor Trainers, please contact the Technical Chief Instructor 'Dave Lock' at [techinst.chief@bsac.com](mailto:techinst.chief@bsac.com)

### Extended Range Diver Course Packs

The cost of enrolling a student on the ERD course has been reduced from £182 to £30. In effect, the student is paying for the cost of the ERD Student pack and registration. Instructors running courses are entitled to reimbursement as defined in "BSAC Guidelines for the Reimbursement of Expenses". This ensures the process is consistent with the delivery of the current portfolio of SDC courses.

## Regional Technical Coordinators

The Technical Group through the BSAC Technical Chief Instructor has requested that all the Regions nominate a Regional Technical Coordinator as a single point of contact to update Branches and support the answering of specific technical questions. As part of the role, the Regional Technical Coordinator has been asked to organise rebreather try-dive sessions for interested Branches.

BSAC will support these sessions with the supply of rebreathers although these have to be allocated well in advance on a Regional basis. The BSAC rebreathers have already been allocated for March/April but can be made available to the Technical Co-ordinators by advance booking.

BSAC Rebreathers can also be used for Regional Rebreather courses but again will need to be booked well in advance.

At this point in time approximately 50 percent of the regions have responded with a nominee. If you would like to support this initiative and feel that you are comfortable with the role then please contact Dave Lock Technical Chief Instructor at: [techinst.chief@bsac.com](mailto:techinst.chief@bsac.com)

## Work in Progress

The BSAC Technical group is currently working closely with the Technical Agencies, for example, IANTD and International Training (SDI/TDI/ERDI) to

ensure that all new BSAC courses are formally recognised and that the BSAC appropriately recognises alternative agency courses.

## **BSAC Rebreather Courses 2005**

### **SCR Dolphin/CCR Inspiration/Evolution Courses**

9-13th May

11-15th July

7-11th November

Please contact: Penny Glover

[penny@silentdive.com](mailto:penny@silentdive.com)

00 33 494 336135 (home)

00 33 801 16225 (mobile)

### **CCR Inspiration/Evolution Course**

5-9th June

Accommodation and diving from Maureen of Dart

Total cost £650. Includes full board on boat plus gas & softnolime.

Please contact: Mike Rowley

[mikerowley@tiscali.co.uk](mailto:mikerowley@tiscali.co.uk)

078 6057 1012 (mobile)

### **Register Interest in Rebreather Courses**

If the dates are unsuitable but you are interested in attending a BSAC rebreather course please complete the following web form:

<http://www.bsac.org/techserv/rrc/coursewant.htm>

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## **Instructor Training Group**

### **Advanced Instructor evolving for 2005**

Back in October 2004 the Instructor Training Group (ITG) announced that one of our most important projects was to work on the Advanced Instructor course and exam to define its role and value in the BSAC instructor scheme. This update covers the progress made so far:

The Advanced Instructor (AI) events have been a primary focus for the ITG from the start of 2005 with the intention to get documentation ready for the forthcoming season.

Over the last couple of years AI has been evolving at events run both in the UK and abroad, with new ideas coming forward to add to the content that already exists. To ensure that standards remain consistent and at the correct level this input has been gathered into 3 definitive sets of notes (student, instructor and examiner). All contain the same information and standards with the relevant emphasis on the group they are intended for.

The intention is to help potential AI's understand what is required and to create a clear, transparent route to becoming an AI.

The new notes are currently being trialled in Tenerife and will be further refined with feedback from this event. They will be ready for circulation by the end of April and will be available from BSAC headquarters.

With the clarity that is being created the intention is to encourage more Open Water Instructors (OWI) to progress to AI so BSAC have more instructors at this level. This will increase the strength of our instructing on BSAC courses and throughout the Branches.

Phil Clifton [instg.leader@bsac.com](mailto:instg.leader@bsac.com)

## **Congratulations to all new Instructors**

The following members are successful candidates on Instructor exams between 16th December 2004 and 11th March 2005:

### **Advanced Instructors**

Stuart Timms, Nicola Schmitt, Caleemootoo Panjanadum, Patrick Rey, Richard Wilding, Gerard Van DerSchott, Wendy Boyle, Rob Harris-Jones, Neil Bedwin, Tom Sluijter, Andrew Turner.

### **Open Water Instructors**

Steve Fowler, Stuart Riley, Cliff Johnson, Chris Morgan, Jane Pickard, David Kempson, David Posgate, Christopher Chapman, Robert Wade, Henry Deeks, Jane Horton, James Withers, Steve Richardson, R Mudie, Ian Chapman, Denise Ridgeway, Darren Slater, Jason Green, Brian Deluce, Gordon Galea, Keith Batchelor, Colin Dodd, Jeremy Davies, Marco Lattughi, Martin Gerrard Kelly.

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## **Diver Training Group**

### **Artificial Ventilation**

*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*

Sean Gribben [dtg.leader@bsac.com](mailto:dtg.leader@bsac.com)

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## **Diving Group**

# **Incidents, Expedition Grants & REDS**

The Diving Group has two developments to report in this issue. Firstly, BSAC has been consolidating its position as the leading source of analysis of UK

Incident statistics. In recent months, especially since last years fatalities were higher than usual, there has been concern amongst other organisations such as the Coastguard that it is difficult to get accurate figures on diving incidents and particularly fatalities. BSAC has of course been collating such statistics for over 35 years. However, to improve communications and to provide an up to date source of information for agencies like the Coastguard, BSAC has set up a web page that will be updated regularly to provide fatality statistics (not details but just numbers). While we have mixed feelings about such a web page, the benefits of communication of this information with other agencies are important - especially with organisations like the Coastguard and Lifeboat with whom we've always had a good working relationship. Also we have taken the opportunity to use the webpage to stress the safety aspects of diving and as a pointer to our safety resources on the website.

This year saw the launch of the BSAC Expeditions Grant Scheme. A total of £5,000 will be awarded to support six expeditions. Applications were of a high standard and show every promise to act as catalysts for future expeditions. A call for the next round of awards for 2006 will come later this year - get thinking about those expeditions you always wanted to do!

A flavour of some of this years expeditions being run by BSAC members as Branches, individuals or through REDS (Regional Expedition Diving Scheme) can be found below. Dates for the expeditions are not all fully finalised - for further details email Andy Hunt at [expeditions@bsac.com](mailto:expeditions@bsac.com)

## **Expeditions Report**

BSAC Expedition Officer, Andy Hunt, writes:

Participation will enable you to experience new horizons in diving techniques, explore new areas and gain practical skills. Each Expedition is lead by a suitably qualified diver who sets any pre-requisite qualifications or skills required to participate in the expedition.

Places are limited and the viability of each expedition depends on it gaining sufficient support from members interested in taking part.

Environmental expeditions:

8-16th July - Outer Hebrides

11-16th August - Cape Wrath

Adventurous and challenging advanced diving from RIBs, organised by the BSAC Environmental Officer. Contact Andy MacCleod for details. Email [environment@bsac.com](mailto:environment@bsac.com)

## **REDS North East** **20-26th March**

Skye and the Small Isles by RIB - varied diving exploring new sites of Skye and weather permitting the small isles. This expedition has also successfully applied for a BSAC Expeditionary Grant. Contact: Nick Foster on 01388 763503 or email to [nickf@bsacredsnortheast.org.uk](mailto:nickf@bsacredsnortheast.org.uk)



## **28-30th May**

A weekend exploring the Falls of Lora and the lesser dived reaches of Loch Etive, near Oban This expedition has successfully applied for a BSAC Expeditionary Grant.

Contact: Nick Foster on 01388 763503 or email to [nickf@bsacredsnortheast.org.uk](mailto:nickf@bsacredsnortheast.org.uk)

April to June Dependant on conditions, there will be local diving off the Tyne to explore infrequently dived sites and possibly some old favorites. These will be organised at the last minute when conditions and logistics permit mid-week after work and on some Saturdays. To be on an email circulation list please contact Nick Foster on 01388 763503 or email to: [nickf@bsacredsnortheast.org.uk](mailto:nickf@bsacredsnortheast.org.uk)

## **REDS South Scotland:** **14/15th May**

Not for the faint hearted! Diving from hardboat Porpoise 2 the expedition is setting out to explore offshore pinnacles and some exhilarating drift dives.

This expedition has also successfully applied for a BSAC Expeditionary Grant.

Contact: Max Ruffert, Email: [bsac\\_diver@gmx\\_net](mailto:bsac_diver@gmx_net)



## **REDS Southern Region**

This is a hardboat based expedition, giving members an opportunity to meet new divers, take

part in adventurous diving and take part in a wreck survey. The expedition will also serve as excellent preparation for those preparing for First Class Diver, as well as those who want to consolidate their dive planning and marshalling skills.

Weather-permitting we will dive a wreck on the distant Hat & Barrels and conduct a survey of a small wreck in Milford Haven.

The expedition is open to Dive Leaders and above. For further details, or to join this expedition, please contact Richard Trevithick, Southern Regional Coach and Expedition Organiser, on 07787 154069.

## **REDS Isle of Man**

**July 26th to July 28th**

**August 3th to 5th**

This will be deep air diving in the 45m to 50m range and trimix diving in the 45m to 65m range off the Isle of Man attempting to positively identify a number of wrecks. The dive platform will be a hardboat and possibly RIB.

This expedition has successfully applied for a BSAC expeditionary grant.

Contact Howard Barnes at [howard.barnes@bsac.com](mailto:howard.barnes@bsac.com)

## **REDS Guernsey**

**June 11th/12th**

At trip aimed at Dive Leaders and Advanced Diver trainees will be run off Guernsey. The expedition will explore wreck and scenic sites off Guernsey from a hardboat. It will be an opportunity to polish dive marshalling skills as well as a fantastic opportunity for 'going diving'.

This expedition has successfully applied for a BSAC Expeditionary Grant.

Contact Howard Barnes, [howard.barnes@bsac.com](mailto:howard.barnes@bsac.com).

**One day Expeditions 4 - 40m**

**June 11th, July 9th and 23th, August 6th and 20th** weather permitting.

Hardboat space has been booked on the above dates. A RIB will be towed for access to some of the shallower sites. All BSAC divers are welcome and explore sites off the North East coast and get an insight into how adventurous and challenging diving does not necessary mean having to go deep! . Sites will be between 4 to 40m, aimed at a minimum qualification of experienced Sports diver/Dive Leader trainee. Cost £30 for the boat. For further details, contact Andy Hunt via email at [expeditions@bsac.com](mailto:expeditions@bsac.com) or 0191 2524905.

## BSAC Expeditionary Grant Scheme Awards 2005

The BSAC are pleased to announce the successful applicants of the first BSAC Expeditionary Grant Scheme (BEGS). These are:

- 1) Max Ruffert of South Scotland Region for a hardboat expedition to offshore pinnacles and extreme drift dives in the Firth of Lorn area.
- 2) Phil Adkins of Cynon Valley Divers for a joint Branch expedition to the Smalls off South Wales by RIB.
- 3) Nick Foster from North East Region for a week trip to explore new scenic and wreck sites off the Isle of Skye by RIB.
- 4) Howard Barnes for an Isle of Man hardboat expedition to explore and positively identify deeper wrecks in the 45-65m range.
- 5) And finally to Nick Foster and Howard Barnes again who have submitted plans for other

weekend expeditions aimed at developing Dive Leaders. Nick is organizing an expedition to explore less well dived parts of Loch Etive and Howard will be organizing a hardboat expedition in Guernsey. Both Nick and Howard agreed to share the final grant award.

Expeditions require a lot of detailed planning and the applicants are to be congratulated on their effort to submit plans in what has been a very small time frame from the launch date of BEGS at DOC in December 2004 to the deadline of 1st February this year for submission of their applications.

We wish the expedition leaders every success in running their expeditions and we look forward to hearing about their exploits.

For further details of expedition dates and the BSAC expeditionary grant scheme see

<http://www.bsac.org/techserv/exped/intro.htm>

Geoff Hide [dg.leader@bsac.com](mailto:dg.leader@bsac.com)

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### BSAC re-launch the 'Safety First' Programme

Divers participating in the 'Safety First' Programme are able to practice and 'fine-tune' their skills and ensure that they remain up to date before the start of the diving season, or after a break from active participation. This Programme appeals to all divers - the hard-core enthusiast who dives all year round to the holiday diver who perhaps dives just once a year during their summer vacation. In all cases the intention is the same - allow all divers to ensure that they are 'dive-fit' and that they are practiced in skills and techniques and in doing so work towards the prevention of incidents.

For Branches staging this training, there is a free 'Safety First' toolkit that can be downloaded, containing all training materials and certifications:

<http://www.bsac.org/techserv/sfirst/sfintro.htm>



### NDC STEERING GROUP

<b>HQ TECHNICAL TEAM</b> ALISTAIR REYNOLDS JIM WATSON		<b>NATIONAL DIVING OFFICER</b> CLARE PEDDIE		<b>STEERING GROUP FACILITATOR (DEPUTY NDO)</b> MAGGIE COWING	
<b>DIVING GROUP LEADER</b> GEOFF HIDE	<b>DIVER TRAINING GROUP LEADER</b> SEAN GRIBBEN	<b>INSTRUCTOR TRAINING GROUP LEADER</b> PHIL CLIFTON	<b>TECHNICAL GROUP LEADER</b> JEFF REED	<b>SERVICES GROUP LEADER</b> DENNIS WIGG	

### NATIONAL DIVING COMMITTEE

<b>DIVING GROUP LEADER</b> GEOFF HIDE  <b>Expeditions Officer</b> Andy Hunt  <b>Branch Diving representative</b> Maggie Driscoll  <b>Environmental Officer</b> Andy MacLeod  <b>Wreck Protection &amp; Underwater Heritage Officer</b> Jane Maddocks  <b>Incidents Advisor</b> Brian Cumming  <b>Accessibility Officer</b> Mike Halligan	<b>DIVER TRAINING GROUP LEADER</b> SEAN GRIBBEN  <b>FCD Chief</b> Mark Wilson  <b>DTP Chief</b> Allan Jeffery  <b>DTP Assistant</b> Sinclair McKay  <b>SDCs Chief</b> David Wakelam  <b>Safety &amp; Rescue Skills Chief</b> Andy Proctor  <b>Snorkel Instructor Training</b> Margaret Baldwin  <b>Snorkel Training Programme</b> Ruth Healey	<b>INSTRUCTOR TRAINING GROUP LEADER</b> PHIL CLIFTON  <b>NI Chief Examiner</b> Clare Peddie  <b>NI Prep Chief</b> John Kermode  <b>AI Chief Examiner</b> Mike Thomas  <b>AI Chief Instructor</b> Duncan Locke  <b>OWI Chief Examiner</b> Allan Goodwin  <b>OWI Chief Instructor</b> Paul Smithson  <b>ITS Manager</b> Jim Watson  <b>ITS Staff Development</b> Pete Church	<b>TECHNICAL GROUP LEADER</b> JEFF REED  <b>Technical Chief Instructor</b> Dave Lock  <b>Technical Development Leader</b> Mike Rowley  <b>Technical Author</b> Trevor Davies  <b>Technical Consultants</b> Gavin Anthony Jack Ingle  <b>Integration Team Leader</b> Mark Mumford	<b>SERVICES GROUP LEADER</b> DENNIS WIGG  <b>Branch members representative</b> Martin Adshead  <b>Coaching Team representative</b> Ian Ellison  <b>BSAC Schools representative</b> tbc.  <b>Joint Services representative</b> tbc.  <b>Council link</b> Mark Allen  <b>Marketing/publicity/promotion</b> Lizzie Bird
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Web link for the NDC Group Structure: [www.bsac.org/techserv/ndc](http://www.bsac.org/techserv/ndc)