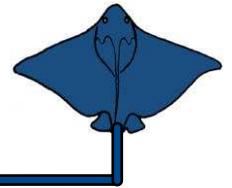


FISHYAES

Haslemere Sub Aqua Club

March 2010



Spring shakedown

While we wait for the sea to warm up after all the wintry weather, it's time to dust off the boats and give them, and the GPS, and us, a try-out trip out on the water without the distraction of diving!

Boat maintenance day - Sunday 28 Feb

Thanks to all those who turned out on the wet and windy Sunday morning, and greased wheel bearings, freed trailer brakes, mended electrics, pumped up tubes, fibreglassed hulls, sorted anchors and boat boxes, and kept things going with coffee and cakes!



How to use the GPS??

Thursday 11 March 7.45pm
a lecture session **for everyone** before we take the boats out for a spin. **How to plot** a dive site location into the GPS, then steer a route to it!



Shakedown day out at sea – Sun 21 March

Book your place on one of the two Club boats with Nick. Open to anyone – old or new members, qualified or not! Everyone will get a chance to drive the boats, and to get some training and practice in operating the GPS – following on from Kim's lecture ten days earlier. We'd like as many people as possible to be familiar with the GPS – to help us with getting to



HSAC's Cobra

Thursday Lectures

Not just for new trainees!

Everyone is encouraged to come along to the next three Thursday lectures, 7.45pm

Oxygen admin recap, and rescue scenarios

Thursday 4th March



GPS introduction Thurs 11th March

Kit configuration Thurs 18th March

Open Water Diver Lecture Series begins 25th March

Diving programme



Wreck of the Shirala, Sussex

A varied programme of dives - from the Red Sea to Bracklesham and from Scapa Flow to Plymouth - has been put together following the dive planning meeting in January, kindly hosted by Clare. Mike has circulated the draft programme.

Thanks to all those who offered to organise the dives, and to everyone who came to the Thursday session about what's involved in dive planning – which hopefully showed that it's all much more straightforward than you might imagine!

SAA SE regional meeting

Monday evening 22nd March at the Grasshopper Inn, Moorhouse, on A25 near Westerham, Kent TN16 2EU. Meet in the bar from 7.30pm for 8pm meeting start.

Worth attending to see what's going on in other Clubs in the region, what regional courses are planned, and generally what is going on in the SAA. Open to anyone.

SAA regional courses

Speak to Paul if you're interested in any of the SAA regional courses, such as boat handling, chartwork and navigation, diver rescue, etc. We can raise requests at the Regional meeting. One course already planned is Oxygen Admin on 14th March.

Club Holidays

Red Sea - 22nd May - see Suzy and Paul

Scapa Flow - end May, beginning June - see Russ



Moving on up

Paul and Clare are keen to make sure that everyone is able to complete the next stages of their training this year, like Open Water Instructor, Diver Rescue and Dive Leader. They are setting up a database to keep track of everyone's training and qualifications, and what they need to do to complete the next qualification.

Congratulations go to Georgina, Charlotte and Liam who have all passed their ED exam!

Member Qualification and Skills List

Mike has circulated an updated Club contact list, listing qualifications, and a new column for other known diving-related skills like radio operation, oxygen administration etc - to help us all when dive planning and marshalling. Please let him know of any additional qualifications you have.

Please make sure you have paid your 2010 subs to Mike, and signed a medical self-certification form so he can pass over your SAA membership card for the year.

Membership leaflet

We are keen to keep recruiting new members to the club, so let us know if you need any leaflets to give to anyone who might be interested in joining.

Prospective new members are welcome to come to the Herons any Thursday. We can usually arrange a try dive any Thursday evening - see Mike or Paul .

Haslemere Sub-Aqua Club



SAA 259



Affiliated to the SAA
friendliest divers in the world

Summer Programme

Nick will be organising another programme of interesting events for a few Thursday evenings over the height of the summer. This helps us to make a saving on payments to the Herons at a time when many people are on holiday and the pool is not heavily used. Plans include a night dive, curry, and spectrum deep pool. Let Nick know if you have more suggestions.

Seal encounters:
Sandy in the Farn Islands



DiverSE '10

Guildford University. Sunday 14th March 2010.

A day of talks organised by BSAC, but open to all divers. Cave diver Rick Stanton, HMS Royal Oak diver Simon Brown, underwater photography expert Maria Munn, Southsea SAC's Alison Mayor on wrecked WW2 armoured vehicles, Roz Lunn on a Falklands expedition, Jim Standing on keeping warm, Maritime and Coastguard Agency, Rich Walker on Project Baseline conservation survey, Gareth Lock on the human elements of diving incidents. To book, visit:
<http://www.bsac-se.org.uk/diverse/>

Social Calendar



Tony and Sandy are planning a full programme of great social events for the year for our enjoyment, including:

- Quiz night** - March
- Shooting, drinks and paella**
- Curry night**
- Summer Barbecue**
- Christmas Dinner Dance** - December
- Scalextric** – Possibly April
- Skittles**
- Pig race**
- Food and wine evening**

Some of these will be purely social events for everyone to get together, while some will need to generate some income for the Club. Please let Tony and Sandy know if you think of any great social ideas that would also raise significant funds for the Club!

Committee of 2010

Your 2010 committee met at the beginning of February to develop plans for the year.

- Chairman:** Nick Shemmans ,
- Membership:** Mike Hutton,
- DO:** Mike Trussler, **ADO:** Yvette Knight,
- Training:** Clare and Paul Williams,
- Equipment:** Steve Trussler and Owain Brown,
- Social:** Tony Barton and Sandy Catnach,
- Secretary:** Sarah Payne, **Treasurer:** Crispin Payne,
- FishTales:** Bryony Chapman.

The next Committee meeting is on **Monday 19th April**, so let Nick know if there is anything you think needs discussing.



Paul, Steve and Suzy in the Red Sea

Haslemere Sub-Aqua Club is an active diving, training and social Club, welcoming both qualified divers and new trainees at any time throughout the year. We meet and train at The Herons Pool, Kings Road, Haslemere GU27 2QA every Thursday evening, except at Christmas, and in the summer holidays, when an alternative programme of events is organised. We organise a full programme of diving throughout the summer in the UK, as well as Club holidays abroad.

As a member of the **Sub Aqua Association**, Haslemere Sub-Aqua Club (SAA 259) follows the SAA diver training programme, leading to qualifications which are recognised world-wide. The training is designed to build confidence and enhance skills through a series of lectures, pool sessions and open water dives. Experienced instructors provide one-to-one and group tuition in a friendly environment.

www.haslemeresubaquaclub.com

info@haslemeresubaquaclub.com

New SAA dive tables

Deep Stops are now recommended as standard

The SAA has devised a new set of dive tables which we should be following. Many thanks to Mike for giving us an introduction to the new system on 18th Feb.

In a bit of an oversimplification, at the end of any dive, you ascend (still at 10m/minute) to somewhere around half of your maximum depth, where you do your first 'deep' stop. There is then a series of other short stops to do (eg at 12m, 9m and 6m).

Deep stops are now recommended for every dive - equivalent to the old 'safety stop' diving. Deep stops are considered to be better at reducing bubble formation than the old system of ascending right up to 3m before doing a safety stop.

The tables also give stops for longer dives which go over into decompression time, when the stops are now proper decompression 'stage' stops, and *must* be carried out to avoid decompression problems.

The image shows two tables from the SAA website. The left table is titled 'Air Decompression Tables' and is for depths up to 700 metres. The right table is titled 'Repetitive Dive Time-Table' and is for depths up to 250 metres. Both tables provide detailed data on dive times, surface intervals, and decompression requirements.

Tanks in test??

Some of the club tanks need testing this year, and Steve will be taking them all to SOS in Portsmouth. Remember to check your tanks are in test before the season starts! It might be possible for Steve to take a few members' tanks to SOS with the Club tanks, so speak to Steve if you're interested.

