



Banstead Underwater Diving Club

THE FROG ON THE BOG NEWS

APRIL 2017

Fellow Bubblers,

What's been happening?

The first RIB outing of 2017 from Littlehampton took place on Saturday 8th April with seven members diving on the Mulberries – despite dire warnings from Walrus (twat!) of poor visibility it varied between 3-6m with lots of ambient light – report on the BUDC website.

Second outing was on Saturday 22nd April, six members headed out to the Shirala (our old favourite!) a calm sea and a following wind for the outbound voyage, Jules put the shot the wreck perfectly midships, even Mulberry Divers ending up using out shot! Great dive, viz 5-7m, little or no current and loads of life. Headed then to the Black ledge so Michael could get a second dive, wind was freshening and veering Easterly plus we had a limited recovery window so only one pair in.

The Defib rack has now been fitted after a long time, thanks to all for their efforts in its fabrication and fitting, let's hope we never have to use it!



Michael Oliphant has completed his Ocean Diver training – well done!

On Saturday 29th April George, Mark and Steve went down to Vobster to continue Dive Leader training, all went well apart from George's twinset throwing itself down in a heap but no serious damage!

Let's go Diving!

Here are the Littlehampton tide predictions for May 2017

06-May	Saturday	0523	2029	3.61	LW	1200-1500	1300-1500		B or C
07-May	Sunday	0521	2031	3.95	LW	1330-1530	1430-1530		B or C
13-May	Saturday	0511	2040	5.32	HW	1130-1230		1230-1330	Mulberries or E
14-May	Sunday	0509	2042	5.08	HW	1130-1330			Mulberries or E
20-May	Saturday	0500	2051	3.31	LW	1000-1300	1100-1300		B or C
21-May	Sunday	0459	2053	3.50	LW	1115-1330	1200-1400		B or C
27-May	Saturday	0452	2101	7.02	HW				Very Springy
28-May	Sunday	0450	2102	6.79	HW				Very Springy

Two nice neapy week-ends so let's get in the water!

What is your favourite wreck off Littlehampton and why? Send me an email so we can include in the forthcoming editions of 'Frog News'

What's on the horizon?

Aruba – May 2017

Pikey Burgess is off for a break with his missus and will no doubt be jumping into the water as much as she will allow him!

Philippines – April 2017

Awaiting report from Dave and Kirstin!

Galapagos – April 2017

Awaiting report from Andrew and Jenny

U1195 –Friday 16th June 2017

Is back on! Boat half full already – get a place before they all disappear!

Portland - 25 to 28th July 2017

11 members off to dive 'the Bill' with Skin Deeper, wrecks galore await, the M2, Aeolian Sky, Alex an Opstal etc - **Note one space still available.**

South Africa/Mozambique – August/September 2017

Pikey and Pikelet (Jordan) Burgess are off to swim with sharks on the Aliwal Shoal 5km of the coast of KwaZulu Natal and if they survive the ravaging's of the indigenous grey nurse sharks (raggies) they will then venture North into Mozambique to cuddle Mantas, whale sharks and more bitey things.

No doubt we will be regaled with many photographs of their oceanic encounters upon their return!

Where are you off to? Please do let us know if you have any diving holidays planned, once back any report and photographs will be gratefully received.

Club Events- These are run by member, for members and your attendance at these events is always appreciated especially if we have external speakers.

Please note the timings for the monthly Tuesday events will be 8pm for an 8.30 pm start

- Tuesday 30th May 2017 (Football Club) – Decompression – a History – a lecture by Norman Lamb

Non-Club Events

- Do check out the Nautical Archaeology website www.nauticalarchaeologysociety.org as they are running numerous courses both wet and dry plus there trips out to the protected wreck off Eastbourne – Holland 5 (awesome!) & Normans Bay Wreck (not much viz!)

Have you attended any dive related events? Talks, shows? Do send a report in so we can include either in the 'Frog News' and BUDC website, lets show the rest of the UK diving community how proactive we are!



I do have a few people interested for a Dry Dive, will be sending out a doodle shortly Was waiting for Dave and Kirsten to get back!) As a recap this will take place at the LDC in St John's Wood, a 50m experience every Tuesday night at 6pm – cost is £40



The Walrus Reports

Have you attended any dive related events? Talks, shows? Do send a report in so we can include either in the 'Frog News' and BUDC website, lets show the rest of the UK diving community how pro-active we are!

Dive Safe

Paul

FOTB Medical Facts - Immersion Pulmonary Oedema (Courtesy of UKDMC)

Immersion pulmonary oedema is a life threatening condition that affects divers. The precise incidence is unknown, because fatal cases can be mistaken for drowning. That is because in both IPO and drowning the lungs are waterlogged and heavy and post mortem findings can be similar.

There is also evidence that IPO may be the commonest cause of death in amateur scuba divers.

In IPO the lung alveoli fill with oedema fluid, which results in dyspnoea, cough and expectoration of frothy or blood stained sputum. As the condition worsens and hypoxia increases, unconsciousness can occur. Hypoxia can be exacerbated in a scuba diver by ascent because that reduces the partial pressure of oxygen in the lungs and hence arterial blood. So unconsciousness during ascent is a concern. In severe cases, hypoxia is sufficient to cause cardiac arrest and death.

Factors increasing the risk of IPO are pre-existing cardiac disease and hypertension, immersion in cold water, pre-hydration with fluids before immersion, exertion, stressful events during immersion and inspiring against a negative pressure when diving.

An important indication that a diver had IPO is that they believed that their equipment was not working properly, even though later tests confirm that the equipment was fine. If a diver switches their demand valves or uses a buddy's secondary air supply, or if a diver with a re-breather is purging the system that may indicate the onset of IPO.

When a diver has breathlessness or other features of IPO, the immediate action must be to get the casualty out of the water. The casualty should be kept still sitting in an upright position provided that they are conscious. They should be kept warm, to reduce vasoconstriction, and given 100% oxygen, if it is available.

An individual who has had IPO is at risk of further episodes. Usually return to diving will be considered too great a risk. However, investigation is important, any diver who has suffered IPO or has had symptoms that might have been the result of IPO should be reviewed by a medical referee. Besides physical examination, it is usually necessary to assess cardiac function which might include such tests as an echocardiogram and a myocardial perfusion scan (or locally available alternatives). Because IPO is an indication that the individual may have significant underlying heart disease, which can put them at risk of death, these tests can be done on the NHS but their GP and local hospitals may need advice about the significance of the diver's symptoms to their general health.

FOTB Term of the Month – Hogarthian (Hog) Rig

William (Bill) Hogarth Maine is a cave diver and in the late 1980s he developed a system and a philosophy that still carries his name today. By looking at Florida cave diving (WKPP project) and combining their approaches he developed what was in his view a 'safer and more efficient' kit configuration. Hogarthian is simple – The concept is that if you don't need it, don't take it.

The whole Hogarthian philosophy has morphed into a pseudo religion by the DIR (Doing it Right) fraternity who espouse the use of dive computers rather choosing to dive on run times, only use certain brands of kit which are deemed 'acceptable' etc. But that's another story....

A typical Hogarthian set-up :

Long hose and bungeed octopus

The first thing is that both second stages come over the right shoulder, the primary second stage is on a 2m long hose while the octopus is on a standard 60cm hose. The long hose is used by cave divers as it can easily be deployed in narrow spaces when your buddy has an out of air emergency. The hose is looped from the regulator down the right hand side, behind the light canister then across the chest, around the neck to the mouth. On signalling the rescuer will switch from his primary second stage to his octopus (retained around the neck on a bungee) then donate his primary to the casualty, by simply dipping his head forward the 2m of hose is deployed instantly and easily. The divers are far enough apart so that they can swim through a restriction one behind the other, a necessary skill in a narrow environment (inside a wreck?)

Harness and continuous webbing

Hogarthian/tech divers use a simple steel/aluminium/carbon fibre back plate with webbing threaded through. The webbing is continuous in that there are no clips to undo. The BC or wing simply bolts on to the back, no inflation around your middle, no material around your middle, no pockets, no pull tabs to tighten the BCD, no clutter... The inflation is where it works, on your back. The webbing has should have sufficient D rings for attachment of cylinders, back-up torches and reels.

Lights and back-up lights

The battery pack canister for your umbilical torch goes on the right hand side, fits on the harness around your middle and the loop of the long regulator hose is fitted behind it. With a Goodman handle the light rests on top of your left hand, not held in it – this frees up your hands completely, yet you can still direct light where you need it.

Two back-ups can be carried, using piston clips secured to the torches by cave knots (easy to cut away in the event of a snag)

There is a lot more to Hogarthian gear configuration than discussed above and the mentioned items are just the more obvious ones. Manifolds, isolation valves, type of knobs, tanks, gauges, timing devices, computers and many more, are all things that the Hogarthian mind-set looks at, analyses and then either incorporate in a streamlined fashion or discards as unnecessary.

The philosophy

Remember that the philosophy is to eliminate the unnecessary while configuring the necessary in the most streamlined way possible. Simplicity and efficiency is the key. In other words, if you don't need it, it could be a potential liability. Practice skills as practiced skills are more readily retained and retained skills are the ones most likely to be automatically recalled in an emergency.

FOTB Antique of the Month

The Spirotechnique Royal Mistral Twin Hose Demand Valve (Courtesy of Andrew Pugsley)



I bought one of these regulators in about 1980 on a whim from GMT diving in Glasgow, they were knocking them out for £50 at the time and couldn't resist it! It still has pride of place in my home and we have previously run pool sessions for people to try it out, however with the demise of the old narrow pillar valve the A clamp is too small to fit over modern crossflow valves.(Walrus)

This is the classic twin-hose regulator. It is the successor to the Spirotechnique Mistral, which only had a short production run. In contrast, this regulator was listed in the Spirotechnique catalogue until only a few years ago. In addition to the basic design of the original Mistral, the Royal Mistral features a port for a pressure gauge, and non-return valves (known as Aquastop) in the mouthpiece. This makes it easier to clear water from the hoses, and reduces the dead-space.

The original Cousteau-Gagnan regulator design was a two stage system, with both stages mounted in one casing on the cylinder. These production regulators, however, have only a single stage. Internally, it is much like the second stage of a modern regulator. The Mistral design was produced by a number of other companies, including US Divers, and Siebe-Gorman. The latter of which produced many variations. The notable internal features of the Mistral are the double levers, one over the other, and the adjusting screw on the bracket that holds the levers. These are the levers that open the valve to allow air to flow when the diaphragm is depressed. The adjustment screw can only be turned when the casing is open, i.e. it cannot be adjusted during a dive.

Having twin hoses allows the exhaust valve to be placed as close to the diaphragm as possible; thus, reducing the problem of either the valve free flowing, or not providing air at all. Increasing the depth of the regulator with respect to your lungs (by turning to the side) makes it easier to breathe from. Turning all the way onto your back causes the regulator to gently free flow. Since the exhaust valve is on the diver's back, it is said to be useful to underwater photographers who find that the bubbles from a modern valve are in the way, or scare the subject.

La Spirotechnique Royal Mistral has a simple round case design, and a beautiful chrome-plating finish. Truly a gorgeous piece of equipment.