

WARRNAMBOOL SUB AQUA CLUB



JULY 2007

WHAT'S BEEN HAPPENING?

It seems hard to believe that half of the year has now gone and we are into the midst of winter—although I knew that winter had arrived after jumping into Lady Bay with a few hardy members last week—a very brisk 13 degrees. Mick, Michelle, Doug, Steve and myself met at the breakwater for a bit of skills practice and a night dive. Gary kindly offered to supply surface support. Parko was kind enough to join us to even up the 'student' numbers and be a buddy for Doug. The skills went very well considering the fact that we were losing light fast, there was a gentle swell rolling and the water was bloody cold—they were even able (although perhaps not too happy!) to remove their masks for a bit of a no mask swim.



After the fun and games though they took the time for a swim along the breakwater to see what was around. Not bad effort for those in wetties! I believe both Mick and Doug are in the process of purchasing drysuits and Michelle is just plain tough!

Linda

P.S. There will be more night dives planned for the upcoming months for those hearty soles who can tear themselves away from their heaters—I guess that rules me out! - Linda

CLEAN UP

It seems that there are clean ups happening all over the place at the moment. Some members of the club have been busy in the Hopkins River over the last few weeks removing some potentially dangerous poles and posts that were no longer needed. Some brute strength and some very ingenious tools have been utilized with the last of the poles removed from the Jubilee park area on Saturday afternoon.

Many thanks to all members (and non-members) who offered their assistance with this job.

Gary is also co-ordinating a clean-up in the Mount Gambier area for the Cave Divers Association on the last weekend in June so he is being kept very busy with these projects.

Contact Details...

President: Steve Parkinson

0402 676 804

steve.parkinson@police.vic.gov.au

Treasurer: Doug Trotter

0417 145 123

red-gums@dodo.com.au

Secretary: Linda Claridge

0408 052 070

garinda@tpgi.com.au

- Did you know that a cuttlefish has blue blood, three hearts and 8 arms?

DIVING IN THE COLD

We are pretty fortunate around here that we can actually continue our diving throughout the entire year. In fact we can get some pretty flat seas and great vis in the winter months. Unfortunately the drawback is we have to contend with some pretty damn cold water. The effects of the cold can effect us in many ways some of which I shall list here for you. I

t can effect our respiration—makes us gasp—up to 60/70 breaths per minute for a couple of minutes and it causes vasoconstrictions—the protective response that constricts superficial blood vessels concentrating the blood toward the vital organs.

It reduces our tactile ability, reduces our strength and motor function—even before we can be deemed hypothermic. Injuries to exposed areas of skin can happen easier due to the reduce sensations and reduction in this motor function. The cold can also impair mental function—this can signal chilling to the point of danger!

In the heart it can cause irregular heart beats and triggers the Dive Reflex—an autonomic response that slows down the heart rate and decreases the blood flow to the arms and legs. This is the response that partly allows other mammals such as seals and whales to descend to great depths for long periods of time. Both of these responses then reduce our ability to exercise and fatigue begins much sooner than when we are warm.

Don't stop now—the good news continues...

The cold increases our metabolism, thus increasing our oxygen consump-

tion. It will, combined with immersion, then increase the production of urine which could lead to dehydration which in turn may increase our chances of decompression sickness. Remember our circulation has also been compromised due to the cold.

Cold increases risk of impairment from narcosis and this narcosis may also blunt our perception of the cold thus increasing all of the above. *Nasty cycle happening here isn't it!*

So what can we do about it?

Firstly you need to plan effectively for diving in the cold. Maintaining your thermal protection prior to the dive, during the dive and post dive are all very important. Staying as warm as possible before the dive so that you start the dive warm. Adequate thermal protection on the dive—this may mean dry suits, good quality wetsuits or extra thermal protection under the wetties. Explorer socks under the boo-

ties, rash vests or long sleeved t-shirts can also increase the protection offered by the wet suits.

Stay hydrated, dehydration reduces cold tolerance. Don't skip meals—you need the calories to keep warm. At the dive site, pre-wet your face and hands to begin the peripheral vasoconstriction effect. Get in slowly—not all at once, it reduces the gasp response and is safer for your heart!

After the dive, dry off, get changed and get out of the cold. If you can't get out of the wetsuit then warm water poured down the suit or used to warm up between dives can be useful and the additional heat gained is important for re-warming.

Cold has many effects on the diver, ranging from inconvenient to lethal. If you are cold do something about it. Safety in the cold requires action and thought by the diver before, during and after the dive.

You can dive safely in the cold and still enjoy it when you properly prepare.

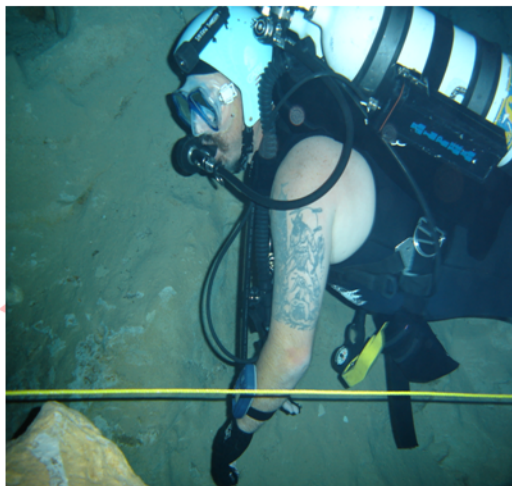


Photo Left: Hardly adequate protection for winter conditions in the South West but appropriate for 22–24 degrees on the Nullarbor.

FIRST AID FOR THE COLD DIVER...

Its been an excellent dive, the visibility has been great due to those clear cold currents welling up from further down south and now you and your buddy are heading back to shore. You glance at your buddy and he doesn't look to happy, he's slowing down and appears a little distant. You give him the OK? And he responds with a shivery hug of himself. He's cold. You nod and point towards shore. You eventually make it out of the water to find that the wind has picked up. You

buddy stumbles as you walk back towards shore and swears about the temperature. He fumbles as he attempts to pack up his kit. You recognize the signs of hypothermia in him but what can you do to help him?

Firstly we need to remove him from further heat loss. Get him out of the wind, remove his wetsuit—but only if there is somewhere warmer to put him, and try and start the re-warming process. Car heaters, hot drinks (take

care not to burn numb lips or fingers) and extra clothing. Try the self warming heat packs that can be used during or after the dive. Body heat—remember that if they are really hypothermic they may not be producing their own heat so supply them some of yours! Our bodies only have the ability to re-warm at a rate of .75degree per hour so it is going to take a while to really warm up our cold diver.

WARRNAMBOOL SUB AQUA CLUB

CLUB NEWS AND NEXT CLUB MEETING...

The next club meeting is scheduled for Tuesday July 10th. Most members are going to Whyalla to dive with the cuttlefish between July 06-09 so it was thought that maybe a low profile meeting at the Shamrock Hotel Dennington might be the way to go. The meeting will commence at 7pm. There will be an informal showing of lots of cuttlefish photos!

MEMBERSHIPS...

It is renewal time and our Treasurer will soon start to get a bit nervous if membership dollars are not paid shortly. Remember the bonuses far outweigh the dollars paid so please fill out the enclosed renewal and get it back to Doug, Steve or Linda ASAP please. Remember if your member-

ship is not paid you will have to pay an extra \$20 per boat dive!

Other dives...

As well as the skills/night dive, club members have been out for a couple of other dives this month. Doug, Mick, Michelle, Linda, Parko and Greg McKinnon have done at least 1 day and 2 night dives. Steve and Gary dived the Shaft in Mount Gambier. This was Steve's first time there but Gary has dived it many times. Steve then followed this up with a pleasant dive back in Gouldens to buddy up with Doug (again) for some Cavern/sinkhole training. Mick and Michelle also partook in this dive where the 3 new cave divers were introduced to the chilly wonders of fresh water and silt.

NEW CLUB MEMBERS



A recent photo of some new club members!

Left: Ed hasn't been diving for very long and finds the cold water makes him a little horse..!

Right: Deco the diving dog is into the more technical dives and favors twin cylinders for safety. He hopes to eventually grow up enough to fit into his fins.



Photo;s of the club at play



Parko and the crew in mount gambier
Having way too much FUN .