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Special points of interest:

- Photos taken at Pt Noarlunga Level 1 snorkel course

Diving in Old warm water , no Wetsuit? Make sure your divers have positive buoyancy on the surface. Wearing a buoyancy vest will insure this.

The Reef Top Down



Level 1 Snorkel Course – Pt Noarlunga

Thankyou for your participation in the recent snorkelling course held at Pt Noarlunga. Despite the hesitatiion on wehter the course would go ahead or not we had a productive and positive group of people. Special thanks goes to staff members Penny Roberts, John Castelton whose in water instruction enriched the learning experience. Thanks to the boat driver Dave Brooksby, his quiet behind the scenes maintenance and general running around smoothly took care of the wet part of the course. Richar Byrd Byrne and Amanda Krawiecwho came on the second day to update their Level 1 made it possible to run the deep diving.

There is diverse array of information to disseminate at this course. I often consider extending it to 2 days and one evening. However to date the general consensus is that people wish to keep it to 2 days. Perhaps your feedback will enlighten me for change or maintain the status quo. I don't think I have ever run a course the same way, there has been over 30 of them!

On reflection, I discover integral pieces of info or snippets of facts have been omitted or glossed over. This newsletter seeks to address those issues. Remember, if you have problems looking up information or finding it, I encourage you to

phone me.

Term 4 is now completed, summer is here, I'm off to Ulladulla NSW 6 am 2nd Jan to the 10th Jan 03 for a spearfishing competition. While their I slip in a few surfing day and some photography days. The conditions are reputed to be good and the fish life abundant. On my return I await your papers, photocopies and logbooks.

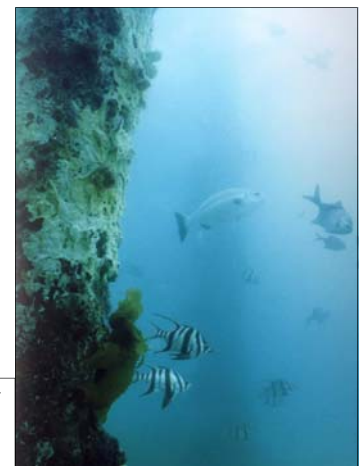
The snorkelling club "Freedive extreme"are having a club meet BYO BBQ on the 15th Wednesday 7:30 pm. We will select dates and times for the next months dive. You are welcome! The Website: freediveextreme.com.au

should be up and running by end of February 03



Diving under the Jetty with Sweep M Stacey, Nikonos 5 wide 20 mm

Old wifes, Silver Drummer and Sweep M Stacey, Nikonos 5 wide 20 mm



Snorkel Policy

It is law. The DETE policy (Dept. of Education, training & Employment) states we do not teach any one under the age of 8 to use a snorkel!

What bore size should the snorkel be for juniors? Approximately 5/8 - 3/4 inch, 16-20 mm. What length? 12-16 inches, 30-40 cm

Why!!!!

It reduces the dead space and reduces the chance of carbon dioxide Toxicity/Excess! In plain English that means....., We rebreath a certain amount of stale air when we take a breath, we cannot expel all the air in our lungs,

or they would collapse. That air is oxygen low, Carbon dioxide high. Add a snorkel you increase the stale air volume. Big snorkel big volume. Small persons little lungs are not big enough to expel all the air and they start to breath increasingly stale air, the end result dizziness and could potentially pass out. Realistically most of us take the snorkel out of our mouth and breathe. However it means you don't loan Daddy's wide bore snorkel to little Johnny

Dead Air Space refers to the air passages of the respiratory System where CO₂/O₂ gas exchange **does not** take place. Namely the Snorkel, mouth, nose, sinus, trachea, bronchus, bronchiole. The alveoli could be referred to as 'live air space'.



Silver Drummer -M Stacey, Nikonos 5 wide 20 mm

OUTTHERE UNDERWATER

Snorkelling – Marine Studies – Underwater
Photography -Dive Master
Master Class 5 – Marine Engine Driver 2
LB License – Trip Leading in Canoeing -
Bushwalking & Fishing

Mary-Anne Stacey
2 Chelmsford Ave., Millswood 5034
Phone: 08 8293 5885
Mob: 0419 804 685
Fax: 08 82935885
(by arrangement)
email: mstacey@senet.com.au



Carbon Dioxide Retention

Carbon dioxide retention simply is the condition where you have retained too much CO2 in the Circulatory system, caused by dead air space

Yeah! Interesting, Underwater players use short wide snorkels, and play by holding their breath, they sure know how to expel air powerfully. Gasp! Elite Free divers prefer to use narrow bore snorkels so they don't have to expel so hard on resurfacing to empty snorkel. Probably the at sea conditions, narrow snorkel have potential for less leakage.

Snorkels.., you could spend a fortune on them. Don't! A cheap J snorkel with optional purge valve is all you need, \$30. 00. Avoid the high tech snorkel they are a waste of money, instead put all your money into buying the most comfortable silicon mask for you. You'll appreciate that decision for years to come.

*“put all your money into
buying the most
comfortable silicon
mask”*

The AUF

*Rising to the Surface
M Stacey, Nikonos 5 wide 20 mm*

The Australian Underwater Federation

is a non profit organisation responsible for the organisation of underwater sports and competitions in Australia. It is affiliated with CMAS (World Underwater Federation) and has coaching courses accredited through the NCAS National Accreditation Scheme in Ocean or Pool snorkelling, Underwater Hockey, SpearFishing and SCUBA Diving

Insurance

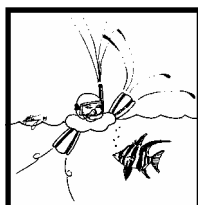
While you work for DEFE you are covered by their insurance. If you decide to run snorkelling courses privately. I strongly recommend you have insurance cover. There is turmoil in the insurance company sector as you may have noticed at present. My usual insurer does not exist any more. The Australian Coaching Council used to recommend them however they themselves don't have a coach insurer to recommend. However there is light at the end of the tunnel for there are many activity based businesses crying out for insurance and the government has been pressured to deal with this problem. At present I use SSI a scuba agency. They have good



insurance and may be a lead for you. If not, extend the existing cover the company or business that you already have. Eventually the Aust Coaching Council may be able to recommend at good insurer at reasonable rates.

PUBLIC LIABILITY INSURANCE Provides protection for the Committee/Board and Members for negligent acts whilst fulfilling their duties. Although a Club/Association may not be a legal entity, it can be sued as a Committee or individually, with the responsibility taken by the members the burden unless blame can be found against the governing body. Professional Indemnity Insurance therefore acts as an extension of Public Liability cover through offering protection to the individual accredited coach/instructor while performing their duties.

PROFESSIONAL INDEMNITY INSURANCE A coach/instructor can be sued for the reason given above, but there can be no sharing of the burden unless blame can be found against the governing body. Professional Indemnity Insurance therefore acts as an extension of Public Liability cover through offering protection to the individual accredited coach/instructor while performing their duties.



*Thumbs up!
M Stacey, Nikonos 5 wide 20 mm*

Level 1 Snorkel Course Feedback

Your response would be greatly appreciated so I continue to meet the needs of participants.

Why did you require this qualification?

Should the course be extended to 2 and 1/2 days to cover all material more thoroughly?

What did you enjoy / value as in-water learning experiences?

Was the presentation of the theory session adequate?

Feedback!
"Please return with your
open paper".

Mary-Anne Stacey
2 Chelmsford Ave., Millswood
5034
Phone: 08 8293 5885
Mob: 0419 804 685
Fax: 08 82935885
(by arrangement)
email: mstacey@senet.com.au

Freedive Extreme
Club dives once a month
Club meets once a month 7:30 pm wed nights BBQ, BYO
Next meet 15th Jan 03
Good quality snorkel & freediving equipment at resonable rates
Snorkel Tours from Boat & Shore, Coaching available
Reefwatch activities, freediving (deep), recreational snorkel tours,
marine biology, spearfishing and filmfishing.
All ages welcome

Ring
Mary-Anne Stacey 0419 804 685
Or
Mark Cook 0417 889 484