

The Reef Top Down

Silver Drummer

Nikonos 15 mm lens , f stop 11, 3 metres distance, no flash

Mary-Anne Stacey

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Special points of interest:

- Photos taken at Port Noarlunga Reef, Level 1 snorkel course

Level 1 Snorkel Course – Pt Noarlunga

Thankyou for your participation in the recent snorkeling course held at Pt Noarlunga. We had a productive and positive group of people. Special thanks goes to John Nearmy, Dave Brooksby, Judy Hoey and Ronnie Guyers. Their instruction helped greatly to enrich the in-water learning experience. The desire to actively participate was invigorating to behold.

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 the 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 close to 30 of them! That keeps you fresh. I value and desire your anonymous feedback to help me with the future needs and courses.

On wine induced reflection I wince as 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 info of finding info I encourage you to phone me and I will tell you where to go! Truly!

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,

Yeah baby! The school holidays are here and I wait with baited breath the many papers I must mark, but while I wait for the appearance in



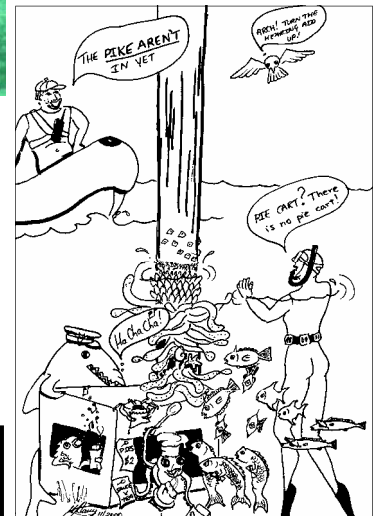
Shane Oster Dec 2000

The Anchors OK!

Nikonos 15 mm lens, f stop 11, 3 metres distance, no flash

my trusty letter box I will busy myself with such thing as underwater photography, freediving, scuba diving and boats , fast boats sail boats, big flashy stinkboats. Ohhh, I quivering with anticipation. Enjoy summer all. There is usually a spare spot on my dive boat, call after New Year!

Looking to gain observation hours?? I will be conducting 2 Snorkel 1/2 days for Reefwatch-members, Conservation Council during January. This is aimed at water confident snorkellers, novice and advanced who which to improve their freediving skills and their identifying capabilities of marine life. Phone Mary-Anne .



Reef Watch is a community monitoring program funded by coast care and SA Environment Protection Authority funded by Coastcare

or they would collapse. That air is oxygen low, Carbon dioxide high. Add a snorkel you increase the stale air volume. Big snorkel b 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'.



First time Freediving 13 metres!
Nikonos 15 mm lens, f stop 11, 3 metres distance, no flash

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

OUTTHERE UNDERWATER

Snorkeling – 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



Carbon Dioxide Retention

Carbon dioxide retention simply is the condition where you have retained to 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 Monday, instead put all your money into buying the most comfortable silicon mask for you . You'll appreciate that decision for years to come.

While you work for DETE you are covered by

The AUF

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

‘Hard stony coral thrive in S. Aust temperate reefs, can appear brown, blue and green.’

Nikonos 1:2 macro lens, f stop 11, infinity distance, flash

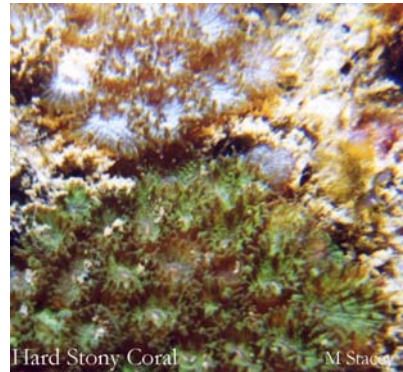
Insurance

their insurance. If you decide to run snorkelling course privately, I strongly recommend you have insurance cover. There is good value insurance exclusive to accredited coaches of the Australian Coaching Council. I use it, currently its cost is \$130. Cover: \$5,000,000.

For further info contact Heath Group Australasia Pty Ltd 03 9826 3666

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

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.



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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?

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

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

Was the presentation of the theory session adequate?

Further Comments:

Please return with your open paper.
Seasons greetings to all.

Mary-Anne Stacey
2 Chelmsford Ave., Millswood 5034
Phone: 08 8293 5885
Mob: 0419 804 685
Fax: 08 8351 6166
email: mstacey@camtech.net.au