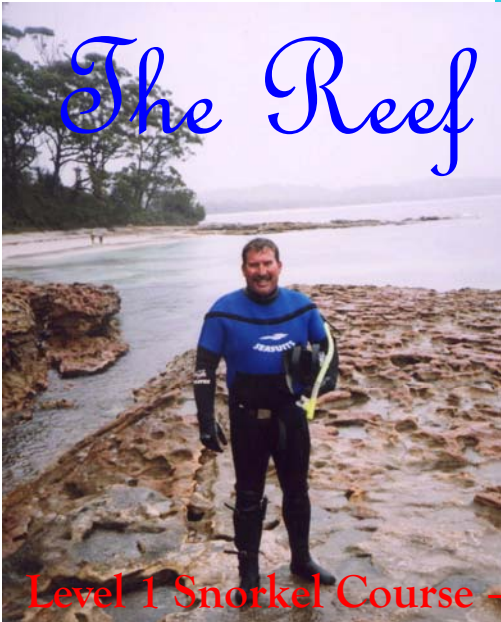


The Reef Top Down



Level 1 Snorkel Course - Jervis Bay ACT

ISSUE 4

2/1/2004

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Special points of interest:

- Photos taken at Jervis Bay ACT
Level 1 snorkel course By Peter Blunt Mary-Anne Stacey and Mark Gluis

Thankyou for your participation in the recent snorkelling course held at Jervis bay. Special thanks goes to staff members Mark Gluis. Whose in water instruction and questionable laughs enriched the learning experience. Thanks to Peter Blunt, his quiet behind the scenes maintenance and organisation was appreciated.

There is a diverse array of information to disseminate at this course. I don't think I have ever run a course the same way, there has been over 30 of them!

On reflection, I wonder if integral pieces of info 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 completed, summer is finally here. A fortnight after the Jervis course found me in Stradbroke Island instructing a group of teachers who specialise in marine studies. They are all members of MESA, a Marine studies organisation which has growing support in QLD. Well they are going to have to call me the rainmaker. It poured buckets for the first time in months. Despite this we had some excellent snorkel dives amongst wild marine life at Amity Point. The end of school term came associated with the

wild rush to finish tasks. .. As you noticed by lack of promised letters I didn't! 3 am in the morning I gave in, and headed off on a plane for Perth. There I had a well earned rest and a spearfishing competition. Great conditions, Perth diving is lovely, seals, dolphins lots of Photos, sensational!!!

I have now returned I await your papers, photocopies and logbooks and contemplate my new years resolution's???



Gearing up on the Beach
2nd Day—Mark Gluis

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,

Have a great start to your new Year!

Australian Underwater Federation
P.O. Box 195 Menai Central, NSW 2234
www.auf-inc.com.au

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

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'.



Don't tuck that weight belt in guys, make sure it is free to fall

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 Hockey 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. With open water rough sea conditions, narrow snorkels 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 your money into buying the most comfortable silicon mask for you . You'll appreciate that decision for years to

OUTTHERE UNDERWATER

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

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"put your money into buying the most comfortable silicon mask"

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

Insurance

While you work for DE TE 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.

Stingaree 2nd day 1st dive
P Blunt



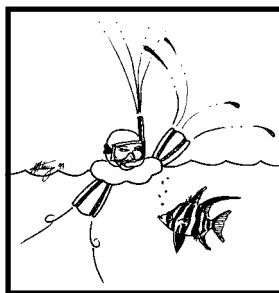
Karen down under
P Blunt



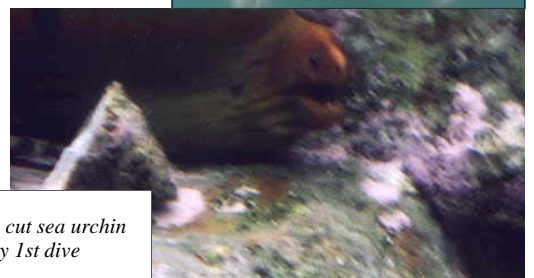
Solitary Acidian in the Kelp
Peter Blunt



The elusive groper hiding in that murky water 7 metres down 2nd day 1st dive
M Stacey, Nikonos 5 wide 20 mm



The Moray came out for the cut sea urchin in the shallows 2nd day 1st dive



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".

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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 reasonable 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