

The Reef Top Down

Outthere Underwater



Mike Halpin
Marry-Anne Stacey Nikonos 5 20 mm

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Special points of interest:

- Photos taken at Amity Point Stradbroke Island QLD

Level 1 Snorkel Course – Stradbroke Island Qld

Thankyou for your participation in the recent snorkelling course held at Amity Point Stradbroke Island Qld. Special thanks goes to staff member Mark Derry. Whose in-water instruction assistance and humour enriched our learning experience. Thanks to Bill Fowles, for his assistance, motivation and communication, he got this course going. Thankyou to Lloyd and the support afforded from the Marine Teachers Association . Also thankyou to Bob Moffat, Wet Paper Publication for his zest and passion.

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! ,... and wow!, you folk certainly kept me honest!!!

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.

I believe you are going to call me the rainmaker. It poured buckets for the first time in months in Brisbane, my previous course I Jervis bay it rained buckets for the first time as well. 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, how did you folk go. I headed of 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 preparing for another term of snorkelling in hot dry Adelaide weather reckon I will be in the best place the glorious seawater. I await your papers, photocopies and logbooks. I hope you have a happy and satisfying start to your year.



Karen Domotor, demonstrating the 3rd test of buoyancy—a most relaxed pose parachuting to the surface.
Marry-Anne Stacey Nikonos 5, 20 mm lens no flash

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

Stingray
Mark Derry—Canon



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'.

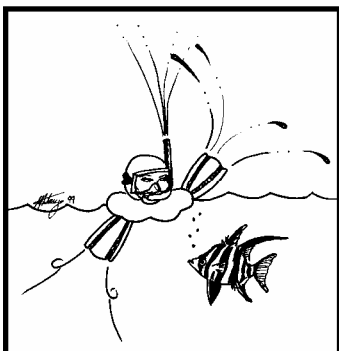


M Stacey, Nikonos 5 wide 20 mm

OUTTHERE UNDERWATER

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

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The group goes down!
M Stacey, Nikonos 5 wide 20 mm

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 come.

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

*Discussion at the cave, all in or all out! Great place to look but don't underestimate the surge.
1st day 1st dive
Mark Derry—Canon*

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



*I don't think I
have ever seen so
many wobbegongs
in the same area
M Stacey, Nikonos 5 wide 20
mm*

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 has been turmoil in the insurance company sector as you may have noticed at present. My usual insurer does not exist any more.

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. Some of you are familiar with already. They have good insurance and may be a lead for you. If not, extend the existing cover of the company or business that you already have. The Australian Sporting Commission, phone: 02 6214 1111 are now able to recommend several good insurers 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.