

# The Reef Top Down

Outthere Underwater

ISSUE 6

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Inside this issue:

Snorkel sizes, the law	1
Dead air Space	1
Carbon Dioxide retention	2
Insurance	2
The AUF	2

*The Snapper finally came in when baited up with scallops*  
 Mary-Anne Stacey, Nikonos 5, 20 mm lens



## Level 1 Snorkel Course – Pt Noarlunga SA

Thankyou for your participation in the recent snorkeling course held at Port Noarlunga Reef SA. Special thanks goes to instructors Steve Ellis, Mark Gluis, Judy Hoey, Annie Jenkins and Boat driver John Castleton. There in-water instruction, assistance and humour enriched our learning experience.

There is a great deal of information to pass on at a course. I don't think I have ever run a course the same way, there has now been over 30 of them!

On reflection, I wonder if 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 encour-

age you to phone me.

As you were made aware the Aust Sports Commission text, "Beginning Coaching" is missing, the book is under rewrite and there is nothing left in print. I understand the printers will not have this ready till late May 04. A most unfortunate state of affairs as it makes it difficult to complete the workbook. I have one copy available for loan. Jeff Daniels has it a present. I know these are available in libraries. My apologies for inconvenience it will be sent to you as soon as I receive them.

Several people have taken advantage of the offer to gain their work experience at Port Noarlunga.

The Easter break is upon us. We will all work on for another 6 to 7 weeks at Port Noarlunga, you are welcome to come down. Please ring me the day before to check convenience

Special points of interest:

- Photos taken at Port Noarlunga reef SA

*Diving in Qld warm water,, NO Wetsuit?*  
*Make sure your divers have positive buoyancy on the surface.*  
*By wearing a buoyancy vest*



*Banded Sweep*  
 Mary-Anne Stacey, Nikonos 5, 20 mm lens

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## 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 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 person's little lungs are not big enough to expel all the air. Consequently they start to breath increasing amounts of stale air, the end result; dizziness and potentially passing 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'.



*Mark Preston*  
 19 metres and on the way up  
 Mary-Anne Stacey, Nikonos 5, 20 mm lens



Old wife and many Pike underneath Port Noarlunga Jetty  
M Stacey, Nikonos 5 wide 20 mm

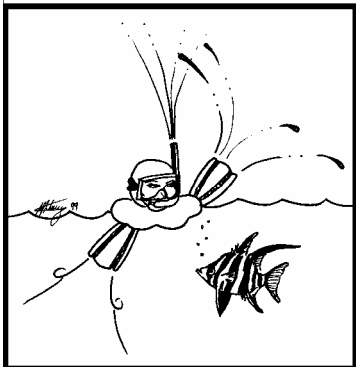
## OUTTHERE UNDERWATER

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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Cuttlefish in the Aquarium  
M Stacey, Nikonos 5 wide 20 mm



## Carbon Dioxide Retention

Carbon dioxide retention simply is the condition where you have retained too much CO<sub>2</sub> 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.

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



Mark Preston, 14 meters, Well where are those snapper??  
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.

### Staff

Course Coordinator; Mary-Anne Stacey  
Instructors: Steve Ellis, , Mark Gluis, Judy Hoey, Annie Jenkins.  
Boat Driver: John Castleton



Sponge growth on the rocks at South Reef  
M Stacey, Nikonos 5 wide 20 mm

## 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



John Davidson 6 metres,  
Old Ketch anchor in front of 'The Aquarium'  
M Stacey, Nikonos 5 wide 20 mm