

# The Reef Top Down



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## Level 1 Ocean Snorkel Coach – Spearfishing Bateman’s Bay NSW

Mary-Anne,  
‘training demonstrations’  
Canon, Toby Lukins

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Andy Ruddock, ‘refining descent’  
Mary-Anne Stacey, Nikonos 5, 20 mm lens

Thankyou for your participation in the recent Spearfishing Coach course in beautiful Bateman’s Bay NSW. Special thanks goes to staff members Zaf Korbetis, Toby Lukins and Ilana Winter. There teaching experience, assistance and humour enriched our collective learning experiences. Many thanks to Andy Ruddock and Debra who opened up there home to participants. Thanks to both Margaret and Andy who pushed and shoved, shaken and moved to get this course up and running. It is the first accredited course of this nature to successful go ahead in Australia and thanks to you the participants who came. You will effect and create many new divers in our sport.

There is a great deal of information

to pass on at a course. The skill level of partipants was varied and in some cases the best you can get

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 encourage you to confer with each other look in diving and current first aid books. Of course you can always phone me.

Please find enclosed the Aust Sports Commission text, “Beginning Coaching” as promised.

*Diving in Qld warm water,  
NO Wetsuit?*

*Make sure your divers have  
positive buoyancy on the  
surface.*

*By wearing a buoyancy vest  
will insure this.*

## Snorkel Policy



Andy Ruddock, ‘stream lining ascent’  
Mary-Anne Stacey, Nikonos 5, 20 mm lens

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

Australian Underwater Federation  
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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’.

Day 2, ‘Checking the dive floats’  
Toby Lukins—Canon



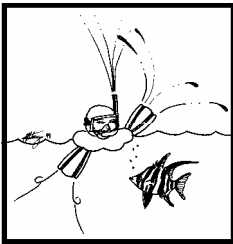


Bateman's Bay NSW  
M Stacey.

## 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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Toby Lukins, clear water at last!  
Murramarang  
Toby Lukins at arms length Canon!



### Staff

Course Coordinator: Mary-Anne Stacey  
Instructors: Zaf Korbetis, Toby Lukins and Ilana Winter.  
Volunteer novice Spearo: Yvette Allum  
Boat Driver: Andy Ruddock



## 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 but comfortable mouthed J snorkel with optional purge valve is all you need, \$40.00. I tend to avoid the purge valve as I don't like losing the purge, rendering the snorkel useless and I find it creates more drag in the water, this is my personal preference. Avoid the high tech snorkel they are a waste of money, instead put your money into buying the most comfortable low volume, black, silicon mask for you . You'll appreciate that decision for years to come.



Peter Walsh,  
2nd Day  
M Stacey, Nikonos 5 wide 20 mm

*“put your money into buying  
the most comfortable  
low volume, black, silicon mask”*

### 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 the Education Department as an employee you are usually 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 over recent years. Approach your club, you may be able to obtain insurance through your club membership.



Peter Walsh,  
M Stacey,  
Nikonos 5 wide 20 mm

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.

## The Open Paper

When you go though the open paper you will find that I marked each question with a specific number of points. That gives a guide to the amount of information I expect written. covered in the



Len Goldsmith, 'demonstrating stalking'  
M Stacey, Nikonos 5 wide 20 mm

Some of the question were not specifically For example the treatment of Asthma, salt water aspiration. These topics should have been adequately covered in your Senior First Course, Marie Biology, Zonation. Environmental impact. You will find on Page 18 of your logbook an excellent example of Zonation. Should you have any problems please contact me.

## Dangerous Marine Creatures

We did not cover Dangerous Marine Creatures. With the level of experience many you have you would have encountered some of these vertebrates and invertebrates. As a senior First Aid you should know the treatment, as a coach you should have a contingency plan for dealing with such situation. Blue Ring octopus String Ray Barb Stone Fish, Cone Shell, Fish Spike, Barbs and Coral Cuts, placid and dangerous sharks, sea snakes, to name a few.

*See next page* for Marine Biology.

This is an excellent way to get snorkeling into schools.

Reef walks lend themselves well to primary school students and High school science students

Look forward to getting your paper.

Regards  
Mary-Anne Stacey

Practical  
1st Day  
Toby Lukins

