



UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / www.bluegrassdiveclub.com

June 2013

Volume 43, Number 6

June's Club Meeting

Date: Tuesday, June 11th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: Costa Rica

President's Message

By Tracey Combs



Happy June! Summer is finally here. As I write this article, I am dreaming of white sandy beaches and ocean waves. The Dive Club does not have any group trips planned for the summer other than our local dive at Dale Hollow. We will be getting together for the Pig Roast in August, so make sure you watch the newsletter and emails for more information.

If you are lucky enough to have a trip scheduled, don't forget to visit New Horizons and let them check your equipment. You might just find something in their Treasure Chest that you can't live without. And if you are wanting to get certified or continue your certification, they have many classes available.

We want to say once again, thanks to Mike and Sherry McCann for hosting the Annual Derby Party. It is always such fun to get together with fellow Dive Club Members. 🚩

The Editor's Notes

By John Geddes



The pics for this month are from the Derby Party. In my absence Kris took the photos. Thanks K! 🚩



2013 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Kris Harn, Secretary	278-4246
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

Vice President's Report

By Corrine Mulberry



The June program will highlight the pacific side of Costa Rica, a possible 2014 trip option. In addition to Costa Rica, the Planning Committee is evaluating Dominica, San Salvador and other locales for a May 2014 trip. We have the Costa Rica DVD in hand (from Bill Beard's Costa Rica) and will share it with you to gather your feedback on this location as well as others that are being considered. Be sure to come to the meeting and give us input and feedback.

If you have diving information that you would like to present at a Club meeting I would love to hear from you. Please contact me so that we can put you on the calendar.

scubagirl07@insightbb.com

We welcomed two visitors at our May BGDC Meeting – **Maggie Estill** and **Leslie Estill**. (Yes indeed, they are related -- sisters.) **Maggie** lives in Lexington and is an assistant store manager at Walgreens. She is Open Water Certified and has been diving in the Florida Keys a couple of times. **Leslie** lives in Louisville and is a biologist with the Army Corps of Engineers. She heard about the BGDC through member Karen Raebek. Leslie is Open Water Certified and has been diving on the Great Barrier Reef in Australia (Wow!). The BGDC sends a warm "Welcome" to you both. We hope to see you again so that we can plan some diving adventures!

And, a hearty "welcome back" to **John Schimmoeler** and **Terri Berish**. We've missed you and are glad to have you back with the Club. John and Terri live in Lexington; John works for Glare Control, Inc. [I've been away on a trip and have not gathered additional information to share with you. I'll gather intriguing tidbits from John and Terri for the next newsletter.] 🚩

Trip Director's Report

By Doug Geddes



DALE HOLLOW 2013

If we don't get enough numbers by the next meeting we may have to cancel or move this trip to another weekend that works for everyone. Not sure if it is we done this for the last 5 or 6 years and people are getting tired of the same location or just it was a bad weekend this year? The dive committee will be checking to see which it is and if we need a change or a year off? Please voice your opinion's to someone that is on the dive committee or a club officer.



MYSTERY TRIP 2013

Yes, it is still a mystery, but we hope to be making a decision by June. We are getting several decent trips and are very hopeful we can find one like last years. Several locations have been Bonaire, Roatan, Utila and Belize, but the timing is different on most of them along with what is included. Still waiting for that perfect trip?



Trip Director's Report Cont.

TRUK/YAP 2014

We had another cancellation and another person move up from the waiting list, so we are still booked at the moment. If you have thoughts about getting on this trip, we do not have anyone on the waiting list at the moment. We have several persons with interest, but have not filled out the reservation form to make it official. In order to be next, you need to have sent in your reservation for this trip. There are no monies required, but you will be asked to pay catch-up once you are put on the boat. By the middle of June the amount in will be around \$4500.00. Go fill the reservation out now to get the next opening if one should occur??



2015 TRIPS

If you know of a destination that the club hasn't been to or one that you missed and would like us to go back, then let one of us know. We are still looking for the big trip in 2015. Several locations in the South Pacific have been tossed around, but we haven't really settled on one yet. Rebecca Singer is looking into Dominica or Riding Rock Inn, Sal Salvador, Bahamas for next spring/summer. Should have some info on them soon. 🚩

From the Treasurer

By Dan Miller



2013 Membership Dues

Student (High School or College ID) ..	\$10.00
Single & Family (1 diver)	30.00
Family (non divers).....	30.00
Family (2 or more divers)	40.00

Renewal: Please send payment to the address listed below, please make sure there is a correct indication of your mailing address, phone number and it is very important to indicate an email address.

Contact / Mail to: Bluegrass Dive Club c/o
Dan Miller
824 Gunpower Drive
Lexington, KY 40509

New Members: Visit the website to fill out an on-line form or to access a Microsoft Word printable form. [CLICK HERE](#). 🚩



From The Secretary

By Kris Harn



BOARD MEETING 04/30/13

Meeting called to order by Tracey at 7:34 pm. Tracey, Dan, Corrine, Doug, Rick, Kris, & Mike in attendance. Corrine to show Yap/Truk DVD in May. Rick's article will be on Nitrox pros and cons. Newsletter articles due 05/02/13 per Tracey. Doug reviewed Trips and scheduled dive committee meeting for May 7. Tracey received T-shirt for Cayman trip and will hand them out at regular meeting. Mike went over provisions for Derby party on May 4. Meeting adjourned at 9:30pm.



REGULAR MEETING 05/14/13

Tracey called meeting to order at 7:40pm. Dan gave Treasurer's report. Corrine announced new members: Leslie Estill and Maggie Estill. Doug handed out Cayman T-shirts and went over trips. John announced newsletter is out. Rick went over article about Nitrox pros and cons. Corrine gave out four door prizes. DVD on Whale sharks in the Maldives. Meeting ended at 8:48pm. 🚩

Safety Corner

By Rick Stephan



Note: *I think this article (taken from ScubaDiving.com) will certainly be one of contention. Being safe while diving is (or should be) the most important concept in your diving plan. While some of us admittedly took our lessons in the last century, and have been safe divers all that time, we should keep up with new ideas. This article discusses some new perspectives on how the diving community has been looking at certain practices, and has altered its opinion, at least a bit, on how to better practice now.*

While this article calls each item a "rule", I think you should better consider them "potential rules". For instance, I am a big proponent of snorkels. You don't have to wear one, just put it in your BCD pocket. If you ever run low on air and have a long surface swim to get back to the boat, especially in choppy seas, you will really appreciate this. And note – just having it in your dive bag (on the boat) doesn't help!

Reverse profiles are certainly more allowable with the use of computers. I've been at some locations which actually plan scheduled dives this way – but again, only with everyone using a computer.

Neutral buoyancy on ascent should be where we have always been, although we must be aware of this continually to avoid zooming all the way to the surface. Buddy breathing is still an option, but often the last breath you took is used up by the time you find out you can't get the next from your own rig, and your buddy has his head buried in the coral taking a picture. You should understand about how to make an emergency ascent though – getting an embolism is not a fun thing.

Safety Corner Cont.

Note the change in ascent rate for normal dives – twice as slow as the old rates. This one, and the requirement to have a safety stop, are both good ideas, IMHO.

Lastly, I disagree with the buddy system being obsolete. I agree that having no buddy is just as good as having a “bad” buddy, but there is real benefit in having someone nearby in case of an accident or equipment fail. The number one cause of serious injuries is diver panic, and having someone else to help you figure out the problem can possibly avoid this.

So, read on and make your own mind up. Use the ideas here to supplement your own safe practices. Talk about them with your dive buddies and determine your own safe diving regimen. . Remember,



safe diving is fun!

10 New Rules of Scuba Diving

Recreational diving is still a relatively young sport. Created in the 1950s, it gained acceptance in the '60s and '70s, boomed in the '80s and took great technological leaps in the '90s. So there's a good chance that not everything you learned in your open-water class still applies. New research and equipment have made diving safer and more enjoyable than ever—if you know the new rules.



1. Reverse Dive Profiles Are OK New Rule

It is permissible to dive deeper on your second dive than on your first, and to dive deeper on the later part of a dive than on the early part.

Old Rule

Most divers have been taught to go to their greatest planned depth early in the dive and then gradually work upward in a regular "stair-step" pattern. Similarly, they've been told to make the deepest dive of the day the first one. The rationale was that the shallower depths later provided decompression for the preceding greater depths.

Reason for the Change

Dive computers. Because computers can track your depth and time constantly and are pretty good at math, it's possible to know your nitrogen exposure accurately regardless of your profile. Tables, by contrast, can account for only your greatest depth, and this crude approximation of nitrogen exposure still mandates a conservative approach.

Exceptions to the Rule

Obviously, divers using only tables must still follow the old rules. And even when using a computer it's still smart to dive deeper first. Ascending profiles give you more bottom time and a greater margin of safety against DCS.

2. Lower Minimum Age New Rule

The Recreational Scuba Training Council, which sets many industry standards, dropped its minimum age requirement for junior certification near the end of 1999. As a result, PADI, SDI, SSI and NASDS (which has merged with SSI) have dropped their minimum age requirements for junior certification to 10. SSI has a pool-only "Scuba Ranger" program for 8- to 12-year-olds. NAUI and YMCA are retaining the age-12 minimum, at least for now.

Safety Corner Cont.

Old Rule

Minimum age for junior certification was 12. (Junior certification requires supervision by a fully certified adult.)

Reason for the Change

To promote the sport, Lots of baby-boomer divers have kids, and the growing popularity of resort diving meant a market for family dive vacations. "The future of diving will be determined by kids," says Bret Gilliam, president of SDI, the first agency to lower the age. "It's a great step forward to recognize the family unit as key to our sport's growth."

Exceptions to the Rule

It's still up to the instructor to decide whether a child is mature enough to dive. Being 10 does not create a right to be certified.

The new junior certifications typically have various restrictions. In PADI, kids are limited to 20 feet in confined water first, then 40 feet in open water. Juniors must be accompanied by an agency-affiliated instructor, a certified parent or another certified adult. Check specific agencies for their rules.



3. Universal Referrals

New Rule

Getting certified? Beginning in 1998, you could take classroom and pool sessions in your hometown from an instructor with Agency "A," then fly to warm water for open-water

sessions under an instructor with Agency "B"— as long as the agencies had agreements to recognize each other's standards and instructors. This means you can choose from many more warm-water resorts for your open-water sessions.

Old Rule

Classroom, pool work and open-water dives all had to be with the same training agency. If you wanted to do the open-water dives in the tropics, you had to pick a resort with an instructor affiliated with the same agency.

Reason for the Change

Customer convenience. Smaller agencies with few instructors in place at resorts found it necessary to band together to offer greater options — especially when certification standards are virtually identical.

Exceptions to the Rule

PADI. According to PADI, it issues 70 percent of all certifications. The agency still requires that all phases of your training be with PADI instructors.



4. Slower Ascent Rate

New Rule

Ascend no faster than 30 feet per minute — one foot every two seconds.

Old Rule

The usual rate was 60 feet per minute until the U.S. Navy adopted the 30-foot-per-minute rate in 1996 and training agencies followed suit.

Safety Corner Cont.

Reason for the Change

Research. Navy studies found that a 30-foot-per-minute rate resulted in fewer cases of DCS than the older 60-foot-per-minute rate. A slow ascent is really a rolling decompression stop, allowing your body to flush out and exhale dissolved nitrogen before it forms bubbles.

Exceptions to the Rule

The 30-foot-per-minute rate may not always be practical for the whole ascent, especially when you are deep and low on air or approaching hypothermia. In that case a faster rate, up to 60 feet per minute, is acceptable, but for the final 60 feet of your ascent, you should slow to 30 feet per minute.

5. The Safety Stop New Rule



Make a safety stop at the end of dives. That means you should pause at about 15 feet for a minimum of three to five minutes before your final ascent to the surface. Some experts recommend safety stops as long as 10 to 15 minutes under certain conditions.

New rule - Make a safety stop at 15 feet for at least three to five minutes before ascending to the surface — longer for deeper and more strenuous dives. Safety stops allow your body extra time to eliminate nitrogen.

Old Rule

Make a what? Safety stops were not taught prior to the mid-1980s.

Reason for the Change

More research. The new rule recognizes that all dives are decompression dives, and that DCS can and does occur even when you've stayed within so-called "no-decompression limits." Studies clearly show that pausing at about 15 feet allows you to offgas nitrogen before ascending through the zone of greatest pressure change, near the surface. Nitrogen that hasn't been eliminated can bubble out of tissues rapidly during the last part of the ascent, causing DCS.

There are other safety reasons for the stop. The air in your BC and the bubbles in your wetsuit also expand rapidly during the last 15 feet and may cause you to become significantly positive without realizing it. Stopping gives you a chance to adjust your buoyancy so you don't lose control of your ascent.

Safety stops also allow you to survey surface conditions and boat traffic before surfacing.

Exceptions to the Rule

You needn't stay at exactly 15 feet, especially if you're elbowing a crowd of other divers. Anywhere between 10 and 20 feet is fine. And although three to five minutes is a good minimum, longer, deeper dives call for longer safety stops.

6. Neutrally Buoyant Ascents

New Rule - Remain neutrally buoyant during ascents.



Neutral buoyancy eliminates the risk of runaway ascents and the strain of finning against negative buoyancy.

Safety Corner Cont.

Become neutrally buoyant before beginning your ascent and maintain neutral buoyancy throughout.

Old Rule

Dump all air so you are negative before beginning your ascent and fin upward against negative buoyancy.



Reason for the Change

The old rule was designed to prevent runaway ascents. But Navy studies revealed that the strain of finning hard while ascending sometimes causes divers to hold their breath. Also, it can lead to air trapping in the lungs. Both present embolism risks. The change also reflects greater confidence in modern BCs, particularly their dump valves.

Exceptions to the Rule

In an ascent from very shallow depths, say 30 feet or less, it's OK to fin up against slight negative buoyancy. The risk of losing control because of rapid buoyancy changes in your BC and exposure suit, and the low stress in finning such a short distance, makes this the better bet.

7. No More Buddy Breathing New Rule

In a no-air emergency, depend on a redundant system or your buddy's octopus, or

make an independent emergency ascent. Do not attempt to "buddy breathe" from a single regulator unless you and your buddy have practiced it.

Old Rule

Before octos, ponies and devices like the "Spare Air" were common, divers were taught to pass one regulator back and forth while making a slow ascent.

Reason for the Change

Safety. Experience showed that unless both buddies had practiced buddy breathing and were skilled at it, the attempt was likely to injure both divers, not just one.

Typically, buddy breathing divers become so absorbed in passing the regulator that they neglect to control their buoyancy, and a too-rapid ascent with embolism could result. Or the diver who has passed the regulator holds his breath instead of exhaling slowly, also an embolism risk.



Safety Corner Cont.

If you are out of air and neither you nor your buddy has a backup system, your best move is to make an emergency swimming ascent: swimming to the surface while keeping your throat open by slowly exhaling.

8. The Buddy System

Every training agency is emphatic on the need to always dive with a buddy. Yet solo diving has long been common, particularly among underwater photographers. Experience and incomplete statistics don't indicate that solo diving is more dangerous than buddy diving, and some divers argue that solo diving is actually safer.



9. The Snorkel

Most of us were taught that a snorkel is mandatory gear on every dive, just like a pair of fins. But increasingly, divers are leaving the snorkel in the gear bag much of the time.

Why? They've come to the conclusion that a snorkel, when attached to your mask, is more often a hazard than a help. The long tube—dangling from its midpoint so the hook-like gizmos at the ends can wander around—is pretty effective at catching kelp, fishing line

and camera straps. And, given the importance of your mask, your mask strap is about the worst place to mount it or anything else.

Many divers now save the snorkel for special occasions, like a long surface swim from their entry point to the dive site, and carry it in a pocket or strapped to their body.

10. The Dive Computer

The dive computer is probably the most important safety advance in the sport. Much more important than a snorkel, and arguably more important than an octopus, a dive computer is often considered mandatory equipment today. "Virtually all divers now use dive computers to make diving safer and more enjoyable. Why not establish that practice from the beginning?" says CEO Bret Gilliam. "Dive tables have simply been supplanted by advances in technology." 🚩

Bluegrass Dive Club 2013 Calendar

June

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

July

9, Tuesday Dive Club Meeting
13, Pending Dale Hollow Diving
30, Tuesday Board Meeting

August

13, Tuesday Dive Club Meeting
17, Saturday Club Pig Roast
27, Tuesday Board Meeting

September

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

October

8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

November

12, Tuesday Dive Club Meeting
(Elections)
26, Tuesday Board Meeting