

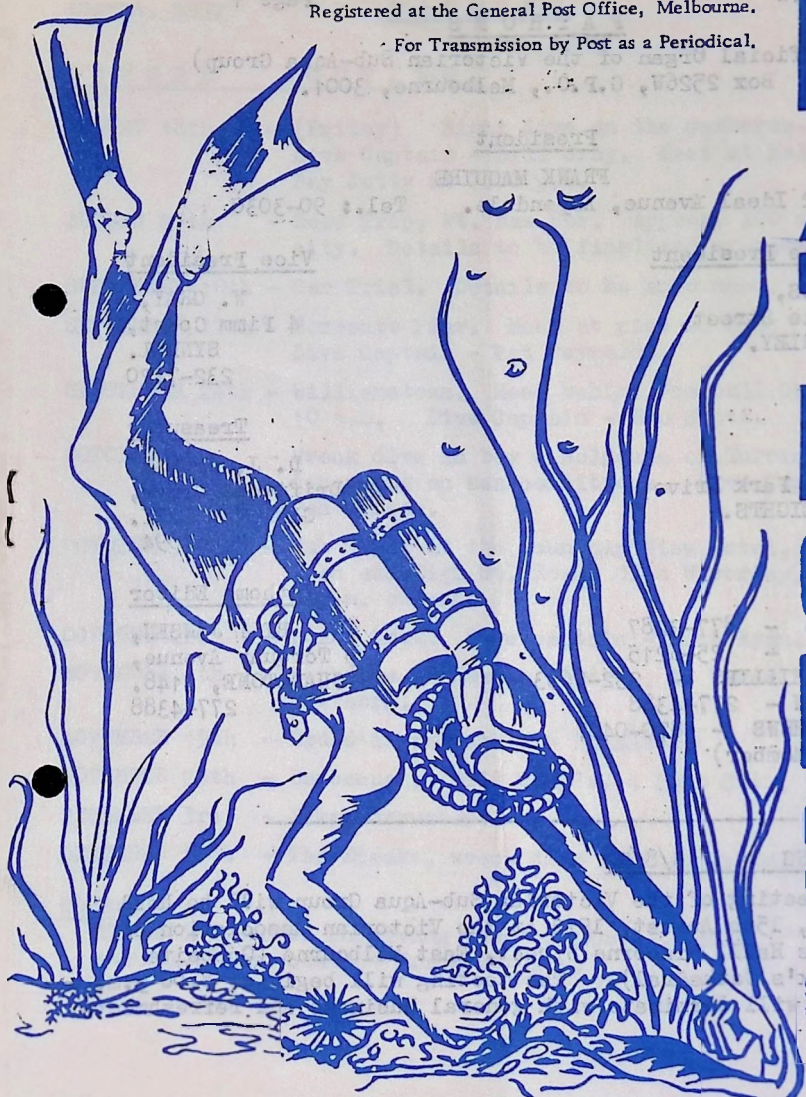
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# FATHOMS



## VICTORIAN SUB-AQUA GROUP

FATHOMS

(Official Organ of the Victorian Sub-Aqua Group)  
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CLUB MEETING - 15/8/72

The next meeting of the Victorian Sub-Aqua Group will be held on Tuesday, 15th August, 1972 at the Victorian Association of Youth Clubs Hall, Gisborne Street, East Melbourne (Opposite St. Patrick's Cathedral). The meeting will begin at 8.00 p.m. sharp, and will terminate with general business and refreshments.

FUTURE OUTINGS

- AUGUST 18th - (Friday) Night dive on the Cerberus.  
Dive Captain - Bill Gray. Meet at Half Moon  
Bay Jetty at 7.00 p.m.
- AUGUST 27th - Snow Trip, Mt. Baw Baw. Approx. 100 miles from  
city. Details to be finalized at meeting.
- SEPTEMBER 10th - Car Trial. Details to be announced.
- SEPTEMBER 17th - Sorrento Pier. Meet at pier 10 a.m.  
Dive Captain - Pat Reynolds.
- SEPTEMBER 24th - Williamstown. Meet behind Football Ground  
10 a.m. Dive Captain - Bob Scott.
- OCTOBER 8th - Wreck dive in bay - Holyoake or Hurricane,  
depending on sea conditions. Dive Captain -  
Don McBean.
- OCTOBER 14th - Pub night at the Mountain View Hotel, Springvale  
Road and High St. Road, Glen Waverley, from  
6 p.m. onwards.
- OCTOBER 22nd - Point Cook. Dive captain - Mick Ryan.
- NOVEMBER 4th - Barbecue at Justin Liddy's, 14 Tower Street,  
Hawthorn.
- NOVEMBER 19th - House diving at Lake Eppalock.
- NOVEMBER 25th - Barbecue at Bill Gray's, 4 Pimm Crt., Syndal.
- DECEMBER 3rd - Lake Furrumbet.
- DECEMBER 17th - The Speake, wreck dive on Phillip Island.

NOTE:

Those interested in diving over the Xmas holiday  
period please contact Frank Maguire.



CLUB MEMBER TRAINING PROGRAM -

In the last issue of Fathoms a series of tests were listed. These correspond to the first stage tests for 3rd class diver as employed by B.S.A.C. Following is the second group of tests for 3rd class diver standard:

1. Fin 100 yds. on the surface as follows: (a) 50 yds. alternating between Snorkel tube and aqua-lung; (b) 50 yds. on back wearing aqua-lung and snorkel but using neither.
2. Surfacing drill. Dive in deep end, remove mouthpiece, fit snorkel tube and, exhaling, surface. Give signal. Repeat twice more.
3. Share aqua-lung with companion for 25 yds. at a depth not greater than 10 ft.
4. Fin 50 yds. underwater with mask blacked out, led by companion or following a rope.
5. Fin 50 yds. submerged at speed. Complete in deep end where companion is simulating insensibility. Release both weight belts, bring 'body' to the surface and tow for 25 yds.
6. Remove both sets of equipment in the water, land 'body' (assistance permitted) and carry out artificial respiration.

OPEN WATER TEST:

1. Demonstrate in open water with aqua-lung the surfacing drill and code of diver-to-surface party signals.
2. Demonstrate in open water with aqua-lung correct adjustment of buoyancy when wearing a diving suit.
3. Carry out at least 5 open water dives to a depth of not less than 20 ft., for submerged durations of not less than 15 minutes each. A diving suit must be worn for at least one of these dives.

It is expected of all members of V.S.A.G. to eventually undertake these tests. They will be carried out on club outings, under adequate control and supervision, plus training sessions yet to be arranged. A suitable certificate will be issued to members on completion. It is emphasized that the purpose is not to pass or fail, but to train members to a higher standard.

A further series of tests for grade 2 standard will be outlined in later issued. These can be undertaken on completion of the above tests. In addition, the maintenance of a log book is strongly advised; a new updated log book is now in the design stage.

### FLINDERS ISLAND

- Members are reminded that the long weekend trip to Flinders Island is still on. Bookings must be confirmed with Ansett without delay. The following persons have indicated their intention of going:

Fat Reynolds  
Justin Liddy  
Bob Scott  
Barry Truscott  
Ian Cockerell  
Val Jones  
Les Walkling

Mick Ryan  
Don McBean  
Fritz Lottner  
Frank Maguire  
Tony Tipping  
Dave Carroll  
Faul Sier

The club requests that these persons attend the coming meeting to finalize plans and bring \$40.00 deposit. Failing attendance, please send the deposit in without delay. The club's mailing address is Box 2526W, G.F.O., Melbourne, 3001.

Any others interested in this trip are asked to do likewise.

CLUB GOSSIP -

There have been big changes for some of our members recently. John Noonan and Alan Cutts have been busy establishing their new houses. Frank Maguire is just moving into his. Don McBean has recently become the father of a bouncing baby boy, while Frank, not to be outdone, has just been presented with his. Congratulations to everyone! This should explode the theory that divers have only girls.

PANIC !

(Condensed from an article in 'Skin Diver')

The diver seemed calm and confident as the boat approached the dive site. On donning his gear there was a slight feeling of constriction. This was put down to the rough boat trip. He had not been diving for several months, but past experience should carry him through. Why back out now and seem 'chicken'? Over the side and down the shot line. As he headed down into the bottomless dark, a blind unreasoning fear overtook him. Can't breathe! Must head for the surface. He takes a last deep drag from the mouthpiece and shoots upwards, holding onto that precious lungful all the way. Luckily the surface is only a few feet away. He spits out the mouthpiece and draws in the sweet surface air. When asked what's the matter he replies, "it must have been a cramp, I think I'll give it a miss today".

This diver was the victim of panic. Panic, by definition, implies a loss of control. He nearly became a victim of embolism, as he lost the ability to consider his actions.

While this type of situation may affect the experienced diver out of touch, it is most common in the novice. His training has acquainted him with the most important requirements of diving but he has not acquired sufficient experience for them to become second nature. Authorities have suggested that at least 12 to 15 open water dives are required before the average scuba diver is truly controlled and competent in both equipment and environment.

In the novice diver, competence and self-confidence are challenged by the very strangeness of the equipment and the underwater environment that he enters. Yet he must not afford himself, even momentarily, a loss of self control. This competence and control should be a function of training.



PANIC ! (Continued)

The trainee should not only be taught to use his equipment, but should obtain sufficient practice for it to become second nature. A logical scheme would be for the trainee to carry out certain tasks under supervision which require concentration on other than the functioning of his equipment. The provision of adequate sea dives in a training course is necessary to provide training in the proper environment.

The trainee diver who is programmed to develop increasingly complex skills is, in a sense, competing with himself and his environment to achieve success. This is the only kind of competition that is acceptable in diving. The diver who is supremely proud that he uses less air, dives deeper, or stays down longer than his cohorts is a potential hazard to himself and his diving companions. During diving there is also the matter of being afraid of looking foolish. This response can often be greater than the fear of injury in students as well as trained divers concerned with their status. Fear of looking bad in front of girl friends, instructors or spectators can become sufficiently important to cause the individual to override his caution and take a chance, hoping that things will be okay. Too often this type of behaviour ends in a crisis requiring assistance. Divers cannot afford the luxury of self deceit. They must know their limitations and not exceed them. To gradually increase your own skills is healthier, more rewarding and a good deal safer. The confident controlled diver is a conservative diver.

Signs of impending trouble should always be watched for with the novice or out of practice diver. Excessive agitation is indicated by frequent checking of equipment, glancing at the surface, or a change to a rapid and erratic respiratory rate. The latter suggests hyperventilation which, associated with panic, may be an unrecognized cause of diving fatalities. It has been found to produce weakness, muscular spasms, loss of consciousness and shock, the results of which are self evident.

The foregoing should be regarded as vital to the safe conduct of sports diving operations. While recognizing that it will at times occur, panic can be avoided by adequate training and practice as well as recognition of it's symptoms by those concerned.

BILL JANSEN

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