

FATHOMS

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SAFETY IN DIVING

50c

March 80



V S A G

VICTORIAN SUB-AQUA GROUP

F A T H O M S
 (Official Journal of the Victorian Sub-Aqua Group)
 Box 2526W, G.P.O., Melbourne, 3001

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CLUB MEETING -

The next meeting of the Victorian Sub-Aqua Group will be held on Wednesday 19TH MARCH, 1980 at 8pm at the Collingwood Football Club, Lulie Street, Abbotsford in the 2nd floor Function Room. Bar facilities are available to VSAG members prior to, and after the General Meeting and meals are served from 6pm until about 9pm. A list of VSAG members will be provided to the Football Club thereby eliminating the requirement to sign the visitors book at the entrance. Visitors welcome!

F O R E W O R D

Well I'm starting this editorial on an unhappy note, I'm very disappointed with the amount of articles which I've been receiving during the last few months.

You'll probably notice that it has been the same people writing articles each month. Articles don't necessarily have to be on dives you attended, but on any topic which can be of interest to the club and its members.

So try and put pen to paper and write an article, remember an article written is a point earned.

Talking about writing articles, a page is going to be devoted to letters to the editor and/or the Club-Committee. These letters can take up the form of Brick bats and/or Bouquets and if you don't wish your name published it won't be, but a name must be signed to the letter or else it won't be published.

At the last Committee meeting various points were discussed and one point which I believe will benefit all the active divers is that those active divers who subscribe to the CASICO Insurance Scheme will be subsidised by the club.

On a more joyous note I would like to thank Brian Lynch for the catering of the long weekend at Refuge Cove and I would also like to welcome to the club a new member Andrew Parkes, who has just come down from the Sunshine State. Andrew, safe diving and I hope you enjoy diving in Victoria.

ED.

DIVE CALENDAR

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>DIVE CAPT.</u>	<u>NOTES</u>
MAR. 16	FUN RUN - BBQ on the Yarrá near Anderson St. Bridge	10 AM onwards	F.Ferrante 211-0708	BYO every- thing
MAR. 19	GENERAL MEETING Collingwood F/C	8 PM		

DIVE CALENDAR (Cont'd.)

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>DIVE CAPT.</u>	<u>NOTES</u>
MAR. 23	WRECK DIVE	9 AM	J.Goulding 819-1739	Sorrento B/R
MAR. 30	TUBE TRIP	10 AM	D.Moore 547-2791	Meet at Thornton
APR. 4-7	INVERLOCK (Broadbeach Caravan Park)		B.Scott 319-3036 (B/H)	
APR.25-27	SORRENTO Night & Day Dives - Camp		J.Goulding 819-1739	

VSAG COMMITTEE NEWS IN BRIEF

1. Monies within Club discussed and it was decided to leave for present in case of emergency
2. Cray hunt dives are to be cut down
3. Letter of apology to neighbours of Tony Tipping for any inconvenience caused by noise and bad language
4. CASICO Insurance to be subsidised by club
5. Any person who incurs costs for functions (social or diving) will be reimbursed if receipts are supplied to club, stating in detail expenditures
6. It has been agreed to devote a column to letters which people wish to submit to the newsletter. These letters can be personal opinions of a genuine nature, ranging from praises to gripes. Writers names will not be published if they request it, but a name must accompany the letter. (Letters should be given or mailed to the Editor, address on inside front cover, no later than General Meeting each month.)

CASICO SPORTS INJURY INSURANCE SCHEME

The Confederation of Australian Sport Insurance Committee (CASICO) is incorporated in Canberra as a Company Limited by Guarantee -

a non profit public company that is registered in all Australian capital cities.

In brief the CASICO Sports Injury Insurance Scheme offers to members of diving clubs affiliated with the Scuba Divers Federation of Australia, the following benefits whilst playing or practising diving:

Death - \$20,000

Total loss of sight in both eyes - \$20,000

Total loss of use of both hands or both feet - \$20,000

Total loss of 1 hand and 1 foot - \$20,000

Total loss of 1 hand or 1 foot and loss of sight in 1 eye - \$20,000

Total loss of sight in 1 eye - \$10,000

Total loss of use of 1 hand or 1 foot - \$10,000

Total disablement of usual work occupation - either \$150 per week or $\frac{5}{4}$ of usual weekly wage (which ever is less) for the period of disablement

Total disablement of any work occupation - \$20,000

10% compensation amounts are also applicable if the insured person is injured or killed whilst not playing or practising diving.

The premium for this insurance scheme is only \$2.00 per year.

Any serious minded diver conscious of the risks (small as they are) of diving would be well advised to consider the benefits being offered by this scheme.

The 1980/81 programme will operate for 12 months from June 1st 1980 and the \$2.00 premium will be paid by VSAG for members who wish to be included.

Please let Dave Moore or John Goulding know before the April General Meeting if you want CASICO Insurance.

TIP'S TIT-BITS

The February dives came up but there was nothing marvellous about them to report. On the 10th, in the wee small hours a few brave frogmen ventured down the murky conditions (having missed slack water flood) onto the Goorangi where a few odds and ends of no value were recovered. In fact the best part was meeting six friendly porpoises on the return to the surface. A channel run

alongside quarantine followed which netted several old bottles including one rare, round bottom type, a prize in anyone's collection.

The following week poor old Pat Reynolds really had his hands full with 18 divers in only four boats out the back of Flinders with choppy seas and a six foot swell. Bazza and his apprentice managed seven crays between them, Bruce and others dragged up plenty of abs from the surging bottom and the only other colourful incidents were provided by Leo and Robbie in harmony - it beats me; the only time they both seem to go on club dives is in those conditions out off Flinders! Many happy returns, fellas!

The 1960 style party was quite a rage - it had all the ingredients of a fair dinkum 1960 night, you know rockers, jazzers, plenty of booze, hard core bingo, Elvis, Buddy Holly and even plenty of smashed bottles - unfortunately neither the neighbours nor the cleaners were too impressed - just as well we don't have these turns every week like we did a few years ago; and a special thanks to all the "tarts and molls" who drove their consorts home safely.

On March 15th all VSAG members should attend the Age Fun Run - not necessarily to run, themselves, but to cheer and support that great athletic hero Brian Lynch. He's been training seven days and seven nights a week - he also does a bit of running - he's never been or looked fitter, his diet, blood pressure and pulse would make a Himalayan sherpa gasp for oxygen and ICI have offered him all the pills he needs. It's a pity he'll have no competition from the club - his old rival has semi retired and concedes that with a Lynch victory this year and the score 2-all there'll be a worthwhile challenge out next year! Good on you Lynchy, you're terrific!

In brief: Lil Ab is looking great - new screen, cut and polish and new seats what a bargain for \$2450! 60's party awards: best rocker - a toss up between Jon Mack and Dave H.W., best jazzer: Johnny G, best moll: Marie Truscott; best hippy: Paul King, most kamp person: Rob Adamson. Meetings, bloody meetings - VSAG is getting as bad as the House of Reps in Canberra - maybe they ought to swap jobs Dave Moore could stuff up the country and with a little bit of luck we might be able to drown Malcolm Fraser!

WANT AN OVERSEAS DIVE TRIP AT EASTER? LAST CHANCE !

Black Rock Underwater Diving Group are wanting extra divers to go down to the Kent Island Group in Bass Strait at Easter.

Reg Truscott's boat has been booked to take divers to the island, where accommodation will be arranged on shore at Erith Island or Deal Island.

Diving at Deal is quite fabulous with sheltered water to be found in any weather conditions. There's plenty of choice from wrecks, reefs, fish, crays and above all clear water.

Contact Bob Hurst 93 4924 or Dave Hawkes 277 9439
for further details

NOTICE - CASICO INSURANCE

All VSAG members wishing to be covered by the CASICO Sport Injury Insurance Scheme should notify Dave Moore or John Goulding before the end of April.

VSAG will pay members premium for those members who advise that they want to be included.

Members who have already paid will be reimbursed.

THE ANCHOR IN YOUR BOAT

"A perfectly proportioned and balanced anchor, shaped to penetrate the medium in which it operates could be compared to a child's kite also proportioned and balanced with a shape designed to penetrate the medium in which it operates." - Lloyd Blake

Successful anchoring has little to do with weight. A 227kg concrete block has no more holding power than a 1.8kg plough type anchor. The anchor line itself is the controlling factor; as is the amount of "anchor" line attached to a kite important to the kites flying performance.

Length of Boat (Metres)	Weight (Kg)			
	Admiralty	Stockless	Danforth	Plough
3	4	6	2	4
5	6	9	4	4
7	10	15	6	7
9	16	24	8	11
11	22	33	11	14
13	30	45	15	19

The Anchor

Selecting an anchor is not merely a question of boat length but more of a choice in the right anchor for the right job. i.e. An anchor designed to grip well in a rocky seabed may slide right out in a mud bottom anchorage. An anchor designed for mud will hold in rock - so successfully in fact that you may never be able to retrieve it.

By reading the notes and studying admiralty charts of the area in which the boat is operating an opinion on the quality of the seabed (in anchor holding terms) can be accurately assessed. For charts and information on river and inland waterways, assistance should be sought from the Harbour and Light Departments or Harbour Boards. Two anchors carried in a runabout is not being excessive. Once the quality of the bottom is known it may become obvious that two anchors are essential.

Types of anchors

1. Admiralty

In spite of its name, the Admiralty Pattern anchor is much older than the British Admiralty. For many years it was considered by seamen to have the greatest holding power for a given weight; however now some patent designs are superior in this respect. The disadvantages of the Admiralty anchor are that it is impossible in most cases, to recover from rock, it is a heavy anchor to handle and presents a storage problem in small craft. When this anchor is let go the stock comes to rest on the bottom horizontally. The flukes being 90° opposed to the stock, stand vertical to the bottom until the anchor takes the weight of the boat then the lower fluke is driven deep into the bottom.

2. A Danforth

A light stockless anchor. It has a small bar which passes through the crown preventing the anchor from rolling when the flukes bite into the seabed. The Danforth is a good general purpose anchor holding well in sand or mud. Snags may occur in rock. The other disadvantage being the anchor may not hold when at short stay, i.e. not enough anchor line for the prevailing weather conditions or depth of water has not been considered.

3. C.Q.R or Plough Anchor

This anchor has the same holding power for its weight as any other anchor in existence. The bent shank has a plough-shaped fitting hinged to the end which buries itself deeply when pulled by its cable.

4. A Reef Anchor

Often home made out of water pipe with four or more iron rods welded inside the pipe then bent back into an umbrella rib shape. Ideal for reef/rock anchorage. If the prongs become caught a strong heave will straighten out the offending prong and so release the anchor.

There are many special purpose anchors but for the planing hull, private power boat, the choice of anchor will be amongst those listed.

Anchor sizes are measured in weight. The above chart will indicate the size of anchor required for your size boat. If the boat has a large superstructure, canopy or high freeboard an anchor one size larger than listed is recommended to compensate for windage.

The more cable between the anchor and the boat the more secure the anchor will be. Ideal, if the entire anchor cable consists of chain, but where this is not possible at least two metres of chain attached to the anchor will prevent rope chaffing at the seabed level and the chain will give the lead in the horizontal pull the anchor requires to remain embedded in the seabed. Calculate the supply of cable as having available a length three to four times the depth of water in which it is intended to anchor.

Anchor cable (rope) of 6mm to 10mm diameter would be suitable for boats up to 9 metres in length. Nylon cable has elasticity, strength and resistance to abrasion.

FEARLESS FRED

MEDICALS

As from December 1st, any person who's name appears on the list below will not be permitted to participate on any scheduled club dive. So get your medicals up to date or else you'll be the ones who'll miss out on the pleasure of club diving.

If you have a medical and your name still appears on the list below please notify the medical officer and/or the editor and also supply a photocopy of the medical for the club files.

NB Numerous members have medicals but there is no record on file, so could all medical holders please supply a photocopy of their certificate to the medical officer/editor.

Neil Garland	Ian Cockerell	Gordon Ryan
Andrew Benson	Leo Canteri	Peter Smith (Ace)
Brian Baldock	Alan Cutts	M. Richardson
Jay Cody	Ken Callec	John Marshall
Max Dawson	Frank Herbert	M. Matthews
Frank Coustley	Dave Hurlle	Milton Robinson
Phil Jefferson	B. Kelly	Peter Saunders
Lesley Gillies	N. Knight	Peter Oakley
Bill Jansen	P. Matthews	Alan Whiteley
Trevor West	John Noonan	Jon McKenzie
R. Koper	John Smibert	Graeme Hamilton

CURRENT POINT SCORES TO DATE

J. Goulding	340	Bob Scott	160
B. Truscott	325	P. Sier	90
F. Ferrante	325	D. McBean	85
T. Tipping	290	B. Lynch	85
F. Reynolds	190	Karl	70
D. Henty-Wilson	190	Amanda Bedson	65
D. Williams	190	C. Liddy	60
D. Moore	155	J. Liddy	60
W. Mason	155		

NOTE - 1. To score points for Clubman of the Year Award, you must firstly sign the Points Book to verify that you did in fact attend that particular dive or function

2. When you do sign the Points Book, do so, so as your signature can be understood.

How to obtain points for Award

Holidays away max.	Points	40
Weekend dives		30
Single day dives		20
Intro of new member		15
Diver training/assistance		10
Attending General Meetings		10
Working bees		10
Social events		10
Newsletter articles		10
Guests at Fund raising		5
Lectures or talks at General Meetings		5

NEW LOOK AT RESUSCITATION

However hopeless a drowning case may look always try resuscitation - that is the message from Dr. Mark Harries, a lecturer in medicine at Guy's Hospital, London, during a visit to Australia.

"People have been known to survive up to 40 minutes total immersion in water with little or no ill effects," explained Dr. Harries. So it is unfortunate that some rescuers believe that there is no point in trying to resuscitate after 4 minutes because the victim will have suffered massive brain damage.

While the "4 minute rule" is usually true in the case of patients with heart and related diseases, drowning victims are in a different category. They are mostly young and reasonably fit. Which changes things completely.

According to Dr. Harries there are two theories used to explain why people can survive long periods underwater. One involves the idea that humans have a diving response similar to that found in dolphins and seals, both air breathing mammals which can stay submerged for a considerable time.

To conserve air when below the surface their pulse rate slows and their blood supply is redistributed to ensure oxygen reaches the vital organs. Humans show the same kind of response when immersed in water.

The second theory is that the chilling effect of water slows down the metabolism thus reducing the need for oxygen. Dr. Harries states "Refrigeration is a commonly used technique in open heart operations". "It is a medical fact that cooling the body cuts the oxygen requirement drastically."

If the drop in temperature occurs before damage is caused by lack of oxygen then the patient may survive for quite some time underwater. Water temperatures in many areas of coastal Australia are sufficiently low for this to apply.

Dr. Harries believes that the second theory is the best and he also feels that there is only one effective method of resuscitation, the expired air or Mouth to Mouth (Mouth to Nose) System.

Everyone should know how to perform this type of resuscitation effectively. But if you miss out a vital step (such as checking the air way) you are wasting your time.

So remember, in resuscitation, A, B, C.

- A - Check and clear airways
- B - Check breathing
- C - Check circulation

FRED FERRANTE

FLOTSAM & JETSAM

A fella is likely to get a bad name in this club if he volunteers for anything! There was Goulding down at Sorrento at 7.45am on February 10th trying to convince dive captain Truscott that if he (Truscott) would make up his mind and select a wreck for the dive then the earlier he (Goulding) would use his assorted maps marks and dead (wrong) reckoning to put the pick in the chosen site.

The Goorangi was chosen for the dive site and with slack water flood scheduled for 9.30am we lost no time in getting on our way. Sure enough there were the marks; chimney in line with shed, beacon on buoy - and again sure enough the trailing anchor grabbed.

"Told ya" said Goulding proudly and "still with 15 minutes to go before slack water."

Now some of you will know Terry Arnott from Geelong who also was out there that bright sunny morning. Terry slipped down to see us and asked politely what we were doing anchored in the middle of nowhere and probably smack in the middle of the south channel.

Yep! You guessed it. We were only $\frac{1}{2}$ mile off the Goorangi and hooked into something (probably seaweed) as it came free very easily.

We eventually found the Goorangi placed a buoy on it, and had a great dive.

There's quite a lot of visable wreckage of the old minesweeper and many large and inquisitive leather jackets have made it their home.

By chance a very old torpedo (round bottom) bottle had found its way into the wreckage site and was lying in the sand waiting for a long overdue recovery.

The Goorangi dive was followed by a drift dive off the quarantine

station where more old bottles were found.

It seems that most of this diving business is spent searching for minute objects camouflaged expertly by mother nature in a gigantic sea.

Looking for a needle in a haystack would be simple by comparison. February 17th saw us out the back of Flinders searching for crays. Not much good me doing that - its so damn long since I caught one for the pot; that I don't think I'd recognise one if it popped up in the bath.

Well for a start the dive wasn't too bad - medium swell, 15 foot visibility light surge and gently waving kelp. But no crays - well not for me anyway - Bazza managed to get a bag limit and Tony also found a few.

For Murgatroyd it was abalone again and for me it was another belting when abalone bits flew all over the kitchen walls when I used a 4kg hammer to tenderize them.

And so on we go to the Rockers and Jazzers night. Lynchy and Di have a reasonable excuse for their "straight" attire but what of our editor and his new look Wendy!!

It was pretty evident that Rockers outnumbered Jazzers and judging from the presence of bike chains, leather jackets, coshes and the overpowering smell of brylcream it would seem that appreciation of rock is almost a prerequisite for diving.

Don't forget about the CASICO diving insurance scheme. For only \$2.00 per year you can be covered for up to \$20,000 against serious injury or death as a result of diving accidents. And the good news is that VSAG will pay your premium - so let D. Moore or J. Goulding know by April General Meeting.

LADY GER DIVER