

The Scuba Sports Club

Meeting Recap April 14, 2021

Club Officers & Directors Updates

Melissa Lonquich, President

- Welcome message, welcome and introductions of the first-time guests attending this month's Zoom meeting.
- Captain Mike announced his beach clean-up has been approved for May 23rd
- Dutch Springs opens April 17th
- Discussion from Roatan trip-goers

Ed Van Dolsen, Vice President

- New BTS date March 2023 (As of now)

Sheri Buchman, Treasurer

- Anyone that needs to pay for this year's membership please contact Sheri (Payments can be made using credit card, PayPal, Venmo, checks, cash)
- Any refunds that needed to go out for those that didn't go to Roatan have already been given back.

Michelle Memoli, Secretary

- No Report

Ken Salstrom, Executive Director

- Please "like" our Facebook page and give us a review! If you're not getting notifications about events posted there please follow us as well.
- People from the Roatan trip, if you'd like pictures posted to the Facebook page please email Kenny

Kevin Cushing, Membership Director

- Reminder: 2021 Waivers need to be filled out and submitted online through our website in the join/ renew tab. All members need to fill this out even if your membership was free this year.

Liza Handziak, Social Director

- Any ideas for socially distant/ Covid friendly events please contact Liza directly.
- In the works: River Keeper clean-up day
- In the works: Possible dates for summer BBQ given

Gary Lehman, Newsletter (Sea Swells publisher/editor)

- Anyone going on upcoming trips or have other ideas for an article they'd like to see in the newsletter, please contact Gary (his email is on our website). If you need his help writing up something he will be glad to help you.

Gene Miceli, Director at Large

- If there are any pictures from Roatan you'd like to see on the website please send them to Gene

Judy Dronzek, Environmental Director

- For more info or ideas to help with environmental or legislative events that support our oceans, wildlife or our planet at large please contact Judy directly (her email is on the website)
- With Earth Day coming there will be many events and virtual events coming up, as she gets more information she will forward it to members

Jack Ricotta, Dive Planner

- Bonaire trip cancelled, Roatan will replace it (possible dates July 24-31). If you were signed up for that trip and cannot make/ do not have an interest in going to the new location/ dates please let Jack know so he can release the spot to other members.
- Live aboard trip with the Aggressor 4 to Belize October 16-23 coming up.
- Wreck Trek trip for August cancelled.

Joe Rinaldi, Education & Safety Director

*Joe presented the "Safety Message of the Month"

Recap below:

Air (Breathing Gas) Management for SCUBA Diving

- I. **Air or (Breathing gas) management/planning is an essential aspect of every scuba dive!**
 - A. How to ensure that you have a sufficient amount of breathing gas throughout your dive
 - B. A 2008 DAN study indicated that 41% of SCUBA diver fatalities were caused by divers running out of breathing gas. In fact, out of breathing gas emergencies was the single largest cause of diver fatalities in the study (almost twice the amount of divers' deaths as compared to the next leading cause in the study)
- II. **Background information (source DAN)**
 - A. On the surface an average male uses: .3 CF per minute at rest; .7 CF per minute doing moderate activity; 2.5 CF per minute doing vigorous activity

- B. At 33 FSW an average adult male uses: .56 CF per minute at rest; 1.4 CF per minute doing moderate activity; 4.9 CF per minute doing vigorous activity
- C. At 99 FSW an average adult male uses 1.1 CF per minute at rest; 2.8 CF per minute doing moderate activity 9.9 CF per. minute doing vigorous activity
- D. Using the above, on the surface an 80 CF cylinder will last: 215 minutes at rest; 70 minutes moderate activity; 20 minutes vigorous activity
- E. At 33 FSW an 80 CF cylinder will last: 107 minutes at rest; 35 minutes moderate activity; 10 minutes vigorous activity
- F. At 99 FSW an 80 CF cylinder will last: 53 minutes at rest; 17 minutes moderate activity; 5 minutes vigorous activity

III. Potential causes of lack of breathing gas (source DAN)

- A. Diver behavior (During the dive)
 - 1. Diving too deep
 - 2. Staying too long at depth
 - 3. Working too hard during the dive
 - 4. Not monitoring your breathing gas pressure during the dive
 - 5. Ignoring anxiety as a factor (when we become more anxious our breathing rate usually goes up)
- B. Diver behavior (Prior to dive)
 - 1. Starting a dive with less than a full cylinder (not switching to a new tank for a second dive)
 - 2. Failing to open a cylinder valve all the way
 - 3. Omitting the Pre-Dive Safety check
- C. Equipment issues
 - 1. Regulator problems (hard to breath or free flowing)
 - 2. BCD problems (leaks or tear)
 - 3. Submersible Pressure Gauge (SPG) or Cylinder problems (Burst O-ring or hose)

IV. Potential strategies to prevent out of breathing gas emergencies

- A. Keep your dive gear in good working order!!!
 - 1. Have your regulator serviced per manufactures recommendations

2. Have your cylinder visually inspected annually & Hydro tested every 5 years
3. Rinse & properly clean your gear after diving

B. Always preform a Pre-Dive Safety check!!!

1. Make sure that you turn your cylinder valve all the way open before the start of your dive

2. Make sure that you look directly at your SPG while taking at least 2 breaths to verify the amount of breathing gas in your cylinder

3. Make sure that your BCD is properly functioning before you enter the water

4. Establish with your dive buddy the pressure that you plan on turning/ascending from your dive

C. Monitor your SPG frequently during your dive & turn pressure recommendations

1 For a recreational dives 1/2 starting cylinder pressure + 250 is usually safe for diving in non-overhead environment without heavy current

a Consider turning earlier if you are concerned about preventing a long surface swim at the end of the dive

2 For divers trained to conduct dives in overhead environments (Wrecks, Caverns etc.) the rule of thirds is a minimum

a Rule of thirds: use no more than 1/3 of your starting cylinder pressure before you turn your dive & maintain 2/3 of starting pressure for exit

b Consider using Rule of 1/4 if you (or your dive buddy) are out of practice with diving in overhead environments

3 If you begin to feel anxious during a dive, never feel uncomfortable for aborting or calling the dive early

a. Golden Rule of diving: **Any diver can call (end) a dive at any time for any reason or no reason at all!!!**

V. According to the 2008 DAN study, the majority of out of breathing gas emergencies could have been mitigated had the divers followed / established diving safety protocols like maintaining their dive equipment, conducting a Pre-Dive safety check and monitoring their SPG during the dive. Those are simple steps that can save a diver's life. Eleanor Roosevelt once said "Learn from the mistakes of others. You can't live long enough to make them all yourself".

VI Questions asked and answered

April's Member Meeting Presenters:

Thank you to the following members for their presentations:

Helen: Indonesia

Kenny: Thal

Glenn: Use of Hyperbaric Chambers for Covid patients.

[YouTube Link for the Use of Hyperbaric Chambers for Covid Patients](#)

As always, thank you all for being the best part of TSSC, without each and every one of you we would not be the great club we are today!

Very Truly Yours,

*Melissa Lonquich
President, TSSC*