



UNDERCURRENTS

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

January 2016

Volume 46, Number 01

January Club Meeting

Date: Tuesday, January 12th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: White Shark Cage Diving

President's Message

By Tracey Combs



Happy Holidays! Hopefully everyone enjoyed the Christmas Holiday and rang in the New Year with a celebration. We have several exciting dive trips scheduled this year, so check the Calendar and think about joining us for some fantastic diving. I'm sure "Dive More" was one of your New Years Resolutions!

A group will be going to Philippines later this month and we wish them safe travels and wonderful diving. Bonaire, St. Lucia, and Grand Cayman are just around the corner, so sign up soon. If you have suggestions for future trip locations, please contact Doug Geddes or one of the Dive Trip Committee Members.

A special thanks to Mark and Stella Kidd for hosting the Christmas Party. It was a great event and the food was amazing, as always. Thank you for your hospitality.

Our next meeting will be Tuesday, January 12, 2016, 7:30 PM at the Raquet Club. Check the website for more information. Everyone is welcome. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Hope y'all had a wonderful holiday season. The club Christmas party was great and I managed to take a couple pics for this issue. Now its off to a great year of diving. I'm sure there was some nice dive gear under the tree or in those stockings that needs to get wet. The club is certainly doing its part with the upcoming trips. Let's splash! Cheers 🚩



2016 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
Bart Bertetto, Newsletter Editor	502-299-3656

Vice President's Report

By Corrine Mulberry



Program: January's Program will feature white shark cage-diving – you've got to see these pics! Incredible!

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), I would love to hear from you. Please contact me so that we can put you on the calendar. 913-0892 or mulberryc1@gmail.com

Visitors & New Members: Please extend a hearty "Welcome" to several folks who have recently joined the Bluegrass Dive Club. Thanks to member Melissa Hamilton's recruitment efforts and the upcoming dive trip to Bonaire, we have enticed new members: **Amy Katz** (Jeffersonville, IN), **Rob Foster** (Richmond, KY) and **Kelly Woodard** (Lexington, KY). We also welcome new members **Mark & Lisa Witt** of Lexington, KY who joined in November. I will make proper introductions to our new members and report back all the juicy details about their diving experiences and desires in the February Newsletter. 🚩



Trip Director's Report

By Doug Geddes



PHILIPPINES 2016

Well, two years have flown by and now 10 of your club members are getting ready to depart for the Philippines. It seems like we just booked this trip last week. Please pray for us and wish us well on our journey half way around the world. This will be an awesome trip and we are sorry you didn't joined us. Hopefully we will be able to take a lot of great pictures and videos to share with you.

BONAIRE 2016

A new twist has happened on this trip that we haven't encountered before. Normally we run out of rooms but this time, we ran out of ways to get there. All the flights to Bonaire are sold out to get there and back on Sunday and very few left for Saturday, but the costs are very high. So with that said, I think this trip is full? If you still want to go, you need to get book your flights ASAP. Maybe you should double check with Dan to make sure we still have the rooms. I know it is getting close to the release time. This shows you when I advertise a trip, you shouldn't wait too long to act especially during Spring Break weeks.

ST. LUCIA 2016

This trip has been slow in taking off, but I predict it will soon pick up. Roatan rebates have been released and I think maybe a few people have been waiting on that to put down as a deposit. I have talked to several people and they are ready to sign up. If you are one of those or if you think you are interested, you need to start making some arrangements soon. We really aren't that far away. This is should be an awesome trip with great site seeing

opportunities as well as the diving portion of the trip. Go to the website for more details.

EAST CAYMAN 2016

Last for 2016, but not the least, is our return trip to Ocean Frontier hotel for a week of diving and possible partying during Pirate Fest week in the Grand Caymans. This has been a popular spot for several years and we are looking forward to another great dive and party trip. Please check out our website and sign up soon. Remember what happened for Bonaire, no more air!!!

From the Treasurer

By Dan Miller



2016 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 Mike Sullivan



General Meeting Minutes: No meeting in December

Board of Directors Meeting Minutes: No meeting in December 🚩

Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *Welcome to a new year of diving, and hopefully safety! I got this month's article from forscubadivers.com. There are many things that can happen while you're underwater to make you panic and wonder what to do. If you read this article, and remember to think before you act, you may be able to react safely to these thankfully uncommon happenings. Each item suggests potential causes for the problem, ideas to avoid the problem, and what to do if it were to happen.*

We'll present half this month and the rest next month, so stay tuned...

To be safe, be prepared.

Most Challenging Emergency Scenarios For Scuba Divers (part 1)

Most divers are generally aware of the risks involved with scuba diving and take the proper steps to avoid them.

There are, however, times when for whatever reason things get out of whack and the unlikely may occur. You can never be too prepared and it is a great idea to at least think about potential problems and how to handle them if the "unlikely" should happen while diving.

The following article examines some of the most challenging scenarios a diver could possibly experience while diving. Each risk is examined and discussed as it relates to the possible cause, probability of occurrence as well as suggestions for avoiding them. Most importantly the piece also goes into what to

actually do if you find yourself facing any one of these 15 perilous challenges while diving.

Stuck Autoinflator Valve

Pausing to make that minor adjustment to your buoyancy, you gently press the autoinflate button of your buoyancy compensator (BC). Instead of adding just a "puff" of air, the valve jams and begins to empty the contents of your cylinder into your BC. It's think fast, or face an uncontrolled ascent.

Risk Factor: Rapid or uncontrolled ascent, with attendant risk of pressure-related injuries.

Likely Causes: Probably the most common cause of a stuck BC inflator valve is poor or neglected maintenance. Some divers just don't give their BC the post-dive attention it deserves. If a BC is not rinsed or soaked after diving in salt water, salt crystals and mineral deposits can form that can later cause the valve to stick in the "on" position. Another potential cause of a stuck BC inflator valve is sand, silt or other sediment in the valve mechanism. This can occur if the device isn't properly secured and drags on the bottom.

Avoidance: Proper care of your BC goes a long way toward preventing stuck inflator valves. After each dive, or each day of diving, thoroughly rinse and/or soak the BC in fresh water to dissolve any salt crystals and to remove sand, silt and other debris.

Dealing With It: The fastest way to solve the problem of a stuck inflator valve is to disconnect the low-pressure hose from the inflator. Failing that, grab the lanyard for the dump valve and hold it open. Should an unwanted ascent begin, continue venting the device, and flare your body to maximize drag and slow your ascent.

Grabbing hold of a stationary object such as an anchor line might allow you to sort the problem out and regain buoyancy control.

BC Won't Inflate

While making a descent you realize you're a wee bit heavy, so you try adding air to your BC. Nothing happens, and instead you get that sinking feeling as you begin to accelerate toward the deep blue beyond.

Safety Corner (con't)

Risk Factor: Loss of buoyancy control, uncontrolled descent, with attendant risk of exceeding depth limits.

Likely Causes: Several problems can result when an autoinflator fails to inflate a BC. The first and most obvious is that you forgot to attach the low-pressure hose to the inflator. The second is that you ran out of air, but we'll discuss this later. A third possibility is a mechanical malfunction or failure of the inflator valve.

Avoidance: Carefully check your dive gear prior to entering the water to verify that the low-pressure hose is connected to the inflator, and then verify that the device actually works. Recheck it once you're in the water to make certain the hose wasn't disconnected by the force of entering the water. To avoid mechanical problems with the valve, thoroughly rinse your BC after diving, and take it to your local dive center for professional maintenance at least yearly.

Dealing With It: If the low-pressure hose is disconnected, reconnect it and your problem should be resolved. Plan "B" is to use the oral inflator to add air to your BC. (This is a skill that should be practiced.) Finally, if you've got that sinking feeling and can't correct the problem quickly enough, ditch enough weight to establish neutral buoyancy.

Regulator Freeflow

Everything is going fine when suddenly your regulator erupts, spewing out the contents of your cylinder.

Risk Factor: Difficulty breathing, rapid exhaustion of breathing air supply.

Likely Causes: Regulator problems such as freeflow generally stem from poor regulator maintenance and are made worse by moisture in the cylinder and cold-water temperatures. As compressed air expands in the regulator, the temperature drops, which can cause moisture in the air to freeze. This in turn can unseat a valve. As regulators get cold from air expansion, ice can form on exterior components as well. Incorrectly set interstage

pressure can also make a regulator prone to freeflow.

Avoidance: Proper maintenance is critical to regulator reliability. Regulators should be properly rinsed/soaked, to prevent the buildup of salt and mineral deposits that can foul up the valves. Rinse or soak your regulator after each dive, and have it serviced by a professional technician annually. Before diving in cold water, make certain that the regulator has been serviced for cold water, and that the cylinder has been properly serviced and filled.

Dealing With It: While it is often possible to continue breathing from a free-flowing regulator, some divers will experience difficulty due to the torrent of bubbles. If breathing from the free-flowing regulator is not possible, switch to a redundant air source or share air with a buddy. Shut off the cylinder valve to conserve air and stop the bubbling, and make a controlled, normal ascent to the surface. You may need to orally inflate your BC if the cylinder air has been turned off.

Computer Failure

You look down to check your depth and dive time, and your computer's screen is blank, frozen or otherwise unreadable.

Risk Factor: Computer failures come in a variety of forms, but the net effect is usually a loss of critical dive information. A diver who suffers a dive computer failure is at risk of exceeding depth and/or no-decompression limits, or running low or out of breathing gas (lacking or inaccurate cylinder pressure data).

Likely Causes: Computer failures are rare, but they can occur. Although regular servicing is important to reliable operation, it is no guarantee against failures. Loss of battery power during a dive is one of the more commonly reported problems with dive computers.

Avoidance: Step one is to have fresh or freshly charged batteries before each dive. Beyond that, divers can be ready to deal with computer malfunctions by carrying either a backup dive computer, or backup timer and depth gauge. For those with integrated air computers, a backup cylinder pressure gauge is also in order.

Safety Corner (con't)

Dealing With It: When a dive computer problem occurs, the general rule is to terminate the dive, unless you have a personal backup that allows you to continue safely. Don't rely on another diver's dive computer except as a means of monitoring your ascent rate. Remember too that switching to a new or "fresh" computer doesn't necessarily solve the problem unless the new computer can be programmed with any dive profiles you've completed in the past 24 hours.

Accidental Weight Loss

You're roaming the reef, minding your own business, when you become buoyant.

Risk Factor: Most people welcome unexpected weight loss, but not when diving. Whether it's a loss of a weight belt, trim weight or individual weights from a pocket belt or integrated weight system, losing weight generally leads to an uncontrolled ascent, possibly of the rapid nature. This can lead to lung over-expansion injuries such as arterial gas embolism (AGE) and can contribute to decompression sickness.

Likely Causes: Loss of weights when diving can be the result of poor or neglected maintenance, mechanical failure or poor operating procedures.

Avoidance: A thorough inspection of your weight system prior to diving is the first step in avoiding accidental weight loss. Look for telltale signs such as worn Velcro fasteners and stitching, worn buckle teeth, and faulty release mechanisms. When using a conventional weight belt, make certain that the strap length is appropriate. There should be 4-6 inches of extra strap remaining when the buckle is secured. Less than that, and there may not be enough to grip to make underwater adjustments. Too much excess strap can lead to entanglements. During the dive, monitor your weight system, and adjust the belt tension as necessary.

Dealing With It: The first step in dealing with an accidental weight loss is to counter the effect by dumping air from your BC. If you're at

the bottom and can find something to hang onto, it may be possible to retrieve and replace the lost weight and continue the dive. If an uncontrolled ascent begins, flare your body to maximize drag and slow your ascent, vent air from your BC and remember to exhale during the ascent.

Out of Air

Everything is going swimmingly, and then you start to take a breath, and nothing!

Risk Factor: The most obvious risk factor for an out-of-air scenario is the inability to breathe — a situation that must be resolved right away. Panic and rapid ascents can result in decompression illness and pressure-related injuries.

Likely Causes: Out-of-air scenarios are usually the result of poor air management techniques, distraction or mechanical failures. When divers aren't in the routine of checking air supply or become engrossed in other aspects of the dive, time (and air supply) can pass quickly, and the onset of a low-air situation may occur unnoticed. Failure to carry secondary air supply and drifting too far from a buddy can complicate the scenario by removing the best emergency options from the table.

Avoidance: As part of the process of avoiding worst-case scenarios in diving, make monitoring your air supply a normal part of your routine. Plan your dive to ensure a supply of reserve air suitable for the particular environment and situation. Make certain your dive equipment receives a thorough pre-dive inspection, post-dive cleaning and periodic professional maintenance. Be properly equipped with an alternate/redundant air supply, and follow established buddy procedures to ensure you're never "alone" underwater. If your diving style could leave you separated from your buddy, consider a redundant air supply rather than relying on your primary air cylinder as a backup.

Dealing With It: While running out of air is definitely a stress-inducing scenario, it shouldn't cause panic. The first thing to do is switch to an alternate air supply — either yours or your buddy's. If your buddy isn't at hand and your cylinder is "empty," begin a controlled

Safety Corner (con't)

ascent to the surface, remembering to exhale as you go. Activate an audible signal (e.g., bang on your tank with a knife) to bring your situation to the attention of other nearby divers. As the ambient pressure decreases, more air may be available from the “empty” cylinder.

Wet-Breathing Regulator

Rather than the usual dry air, you find that each breath brings with it a spray of water. Hmmm, that's not right!

Risk Factor: Water entrained in the breathing air can make it difficult to breathe, or may cause coughing and choking. This can lead to stress, panic and an uncontrolled ascent.

Likely Causes: Several problems can cause wet breathing. A split or torn second-stage diaphragm or mouthpiece can allow water to be drawn into the airstream, causing wet breathing. A loose or damaged mouthpiece can also translate to wet breathing.

Avoidance: Proper inspection and maintenance of your dive gear is critical to avoiding the wet-breathing scenario. As part of your pre-dive equipment inspection, take a breath from your regulator with the air turned off. If you can draw even a small amount of air, there is probably a hole or split in the diaphragm, which should be replaced before diving. Verify that your regulator mouthpiece is in good condition, and is securely attached to the second stage. Most are secured with a nylon cable tie. Replace worn mouthpieces and missing cable ties.

Dealing With It: A wet-breathing regulator should be considered more of a nuisance than a true emergency. If you do experience wet breathing, try inhaling more slowly or gently to minimize the internal pressure drop and reduce the entrainment of water. Terminate the dive and have the problem regulator serviced. 🚩



Bluegrass Dive Club 2016 Calendar

- January 10 Board Budget Meeting
- January 12 General Meeting
- January 26 Board Meeting
- **Jan 23-Feb 6** **Philippines Trip**

- February 9 General Meeting
- February 23 Board Meeting

- March 8 General Meeting
- **March 13-20** **Bonaire Trip**
- March 29 Board Meeting

- April 12 Board Meeting
- April 26 Board Meeting

- **May 7** **Annual Derby Party**
- May 10 General Meeting
- May 31 Board Meeting

- June 14 General Meeting
- **June 11-18** **St. Lucia Trip**
- June 28 Board Meeting

- July 12 General Meeting
- July 26 Board Meeting

- August 9 General Meeting
- **August 13** **Annual Pig Roast**
- August 30 Board Meeting
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- September 13 General Meeting
- September 27 Board Meeting

- October 11 General Meeting
- October 25 Board Meeting

- November 8 General Meeting
- **Nov 12-19** **Grand Cayman Trip**
- November 29 Board Meeting

Dive Committee Members

Doug Geddes – Chairman	621-3178
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Ralph Covington	621-3862
Mike Sullivan	266-4516
Gordon Green	C@Meeting
Ed Sullivan	C@Meeting
John Geddes	223-7926
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