



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

April 2016

Volume 46, Number 04

## April Club Meeting

**Date:** Tuesday, April 12th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** John Thomson; Dive Trips;

## President's Message

*By Tracey Combs*



The Bluegrass Dive Club family lost a member of its family, John Thomson. John passed away March 18, 2016. We will be viewing a slide show during our April meeting for John. He will be greatly missed. We offer our sincere condolences to John's family and friends.

We have two more trips on the calendar for 2016. St. Lucia is in June and the Grand Cayman trip is in November. For those of you still looking for a dive trip, check out the website for more details. The Planning Committee is currently working on the 2017 Diving Calendar. If you have ideas or recommendations, please email Doug Geddes or talk to a Board Member at the meeting.

There are several upcoming events on the calendar. The always fun and sometimes profitable **Derby Party is May 7<sup>th</sup>** and the Pig Roast is August 13<sup>th</sup>. Mark your calendars and please note the venue changes for both parties. Our next meeting will be April 12, 2016 at the Racquet Club. You do not have to be a member to attend, everyone is welcome!! I hope to see you there. 🚩

## The Editor's Notes

*By Bart Bertetto*



Hi everyone. Sad to hear of another of our members passing. My wife Sandra and I fondly recall John Thomson and his wife during the 2014 Grand Cayman trip. They were a wonderfully friendly and engaging couple and I was impressed that John was still an active diver at his age and enjoying every minute of it. An inspiration to us all.

Photos this month are from the recent Bonaire trip care of Stephanie Swope. Thanks for the beautiful shots Steph; looks like you had some great vis! 🚩



## 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

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## Vice President's Report

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By Corrine Mulberry



**Program:** We have a two part program planned for our April meeting. A memorial photo show in tribute of John Thomson will be displayed before the meeting. The regular program will either feature the Club's upcoming Grand Cayman dive trip in November during PIRATE WEEK or it will be Part I of the Philippines Dive Trip earlier this year.

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 get you on the calendar. 913-0892 or [mulberryc1@gmail.com](mailto:mulberryc1@gmail.com) 📧



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## Trip Director's Report

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By Doug Geddes



### ST. LUCIA 2016

We have reached a total number of 13 persons for this awesome get away and dive trip. We have closed the trip out with UDT, but could possibly add someone if you really want to go, but do not get your airfare until we double check on availability of the rooms first. This is an all-inclusive trip with great Caribbean diving and views to die for. We will be leaving on June 11 and returning on the 18<sup>th</sup>. This is a great bunch of friends and divers heading to a very beautiful location.

### GRAND CAYMAN 2016

We have one person signed up with a deposit, but are waiting on more before we decide to cancel it. If we don't see some action or guarantees that people are going, then we will need to cut loose of this trip before too long and look for a different location if the location is the issue. If you have plans on going, then you need to contact someone on the committee and let them know, mostly Dan Miller.

### DIVE COMMITTEE MEETING

We will be having a dive committee meeting on April 19<sup>th</sup> to discuss future trips. If you want to attend, then we are happy to have you. If you have a trip that your thinking about but can't come, then pass it along to one of us. We want to offer as many trips as possible for our club members, but we also want them well attended. Get with me if you have an interest in joining our committee. We need to replace Gordon, so we are looking for someone. We only meet about 3 times a year or when we start to run out of ideas.



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## From the Treasurer

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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](#). 🚩



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## From The Secretary

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By Mike Sullivan



### General Meeting Minutes

Tuesday, March 6, 2016

- I. CALL TO ORDER 7:40 PM
  - a. There are 28 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
  - a. TREASURER MILLER
    - i. Dan reviewed the Treasurer's Report as of 29 February 2016.
    - ii. The Philippines Trip Refunds are On-Account for now.
    - iii. Final payment for St. Lucia is due 31 March 2016.
    - iv. All monies have been received for the Bonaire trip.
  - b. VICE PRESIDENT MULBERRY
    - i. Corrine recognized that Jessica Green attended the meeting.
    - ii. One new member, Gerry Whitson.
  - c. SECRETARY SULLIVAN
    - i. No Comments.
  - d. TRIP DIRECTOR GEDDES
    - i. Mike Sullivan discussed the Bonaire trip leaving on Sunday.
    - ii. Doug urged anyone interested in the St. Lucia trip to sign-up soon.
    - iii. Lake diving is still scheduled for the weekend of July 16-17.

- iv. It is not too early to sign-up for the Grand Cayman trip in November.
- v. The dive committee is looking at many possibilities for future trips that may include a safari trip to Africa with diving in Zanzibar, and a possible 10 day trip to Dominica/Saba. Send us your desires.
- e. WEBMASTER McCANN
  - i. No comments
- f. NEWSLETTER ED BERTETTO
  - i. Please send Bart items or photos of club interest for inclusion in newsletter
- g. SAFETY INFORMATION DIRECTOR STEPHAN
  - i. The newsletter article is Exposure Protection mainly concerning wetsuits including checking for rips/tears to protect from the coral and wrecks.
- h. PRESIDENT COMBS
  - i. Door prizes were won by Tracey, Bart, and John Geddes.
  - ii. A DVD of the 2010 BGDC trip to Little Cayman was shown by John Geddes.

ADJOURNMENT 8:52 PM



## Board of Directors Meeting Minutes Tuesday, March 29, 2016

- I. CALL TO ORDER COMBS
  - a. Meeting began at 7:42 PM
- II. APPROVAL OF AGENDA SULLIVAN
- III. OFFICERS AND DIRECTORS REPORTS:
  - a. TREASURER MILLER
    - i. Treasurer's Report as of 3-29-2016.
    - ii. Bonaire trip refunds going out this week.
    - iii. Doug will contact UDT about credit card payments for trips.
    - iv. Final payment for St. Lucia trip is due April 8, 2016.
  - b. VICE PRESIDENT MULBERRY
    - i. April program is Philippines trip by Noel.
    - ii. May program is Gran Cayman By John Geddes.
    - iii. June is Club social month.
    - iv. July program is Bonaire by Stephanie.
    - v. August is Club Pig Roast, August 13, 2016 at Mike McCann's house,
  - c. SECRETARY SULLIVAN
    - i. No comments.
  - d. TRIP DIRECTOR GEDDES
    - i. St. Lucia trip currently has 13 people.
  - e. SAFETY INFORMATION DIRECTOR STEPHAN
    - i. Newsletter article will be about Fatalities in diving.
  - f. NEWSLETTER ED BERTETTO
    - i. Absent.
    - ii. Newsletter articles due no later than Friday.
  - g. WEBMASTER McCANN

- i. Currently working on 2015 taxes.
- IV. NEW BUSINESS COMBS
  - a. The dive committee will meet on April 21<sup>st</sup>.
  - b. Corrine is looking at a proposal for Tanzania/Zanzibar for Jan/Feb 2018.
  - c. Doug is looking at a trip to Dominica/Saba for winter 2016/2017.
  - d. The Club Derby Party will at Doug's house on May 7<sup>th</sup>, 807 W. Brannon Rd, Nicholasville
- V. MEETING ADJOURNED AT 8:42 🚩

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## Safety Corner

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*By Rick Stephan*



*Remember, safe diving is fun!*

**Note:** *This month's article comes from the DAN website.*

*It occurs to me that we often talk about dive safety, how to prepare for diving, how to stay safe on entry, exit, and during the dive itself, but how often do these problems we are trying to avoid actually cause a serious problem (like death!!)?*

*This article shows some statistics DAN has developed which shows which problems most often are the cause of fatalities. As the article says, there are many, many more dives that end safely than those with problems, and very few of those are fatal, but if that very small minority of dives included you, you would not be happy!*

*I was impressed by the figures, and the details behind them. BGDC has recently lost two members, thankfully neither was due to dive-related problems. Let's continue our safe diving record.*

### Dive Safety: It's No Accident

By Dan Orr

**Understanding the triggers of dive fatalities**  
 Divers Alert Network® (DAN®) takes great pride in being "your dive safety association," and for more than 30 years we have been conducting research to help make diving safer. Recently, DAN researchers reviewed our accumulated fatality data and conducted a root cause analysis of nearly 1,000 recreational diving fatalities to determine what circumstances and events lead to diver deaths. In this analysis, DAN researchers identified four different phases in the cascade of events leading to a fatality: the trigger, the disabling agent, the disabling injury and the cause of death. As the earliest identifiable root causes that transform dives into emergencies, the triggers merit special attention. Identifying these triggers is essential so divers can avoid or manage them during dives.

In the fatality analysis, the triggers were identified as follows:

- Running out of breathing gas: 41%
- Entrapment: 21%
- Equipment problems: 15%
- Rough water: 10%
- Trauma: 6%
- Buoyancy: 4%
- Inappropriate gas: 3%

## Running Out of Breathing Gas



The most significant trigger was running out of breathing gas. To put this in context, approximately 400 divers from the cases studied might be alive today had they managed their gas supply correctly. Because of the equipment standard in diving today, running out of breathing gas underwater, especially before any other problems occur, should simply never happen.

Be "air aware." Always begin dives with a full cylinder of breathing gas, and end dives (standing on the boat, dock or shore) with gas remaining. Before starting a dive, you and your fellow divers should decide how you will communicate information about your remaining gas supplies during the dive. Establish a point at which you will begin making your way to the exit. That may be when the first diver reaches half of his breathing gas supply, but it may be sooner than that.

Many cave divers use the rule of thirds, which has divers using the first third of their gas supply for the dive, the second third for the exit from the cave or the ascent, and the final third set aside for contingencies. This may seem

conservative for open-water diving, but the idea of leaving a significant reserve for emergencies or other unexpected circumstances is absolutely relevant. Anything short of total management of your breathing gas puts you, your buddy and every diver in the vicinity at risk.

### Entrapment

The next most common trigger in dive fatalities is entrapment.

Approximately 200 divers in the DAN fatality records, or 21 percent, found themselves trapped in an overhead environment and unable to get back to open water. An overhead environment is any in which a diver does not have direct, vertical access to the surface — such as a cave, cavern, wreck or under ice. Every training organization warns divers about the dangers of entering such environments without appropriate training, experience, planning and equipment. The way to mitigate the hazard of this trigger is very simple: Don't enter overhead environments without being qualified and prepared to do so. When in doubt, stay out.

### Equipment Problems

The third most common trigger identified in the fatality analysis was equipment problems. This trigger caused 15 percent, or about 150, of the fatalities studied. Notably, this does not mean the equipment failed or its design was flawed.



Rather, the problems were most often a result of user error. These errors included improper use, failure to ensure correct configuration, lack of maintenance and insufficient familiarity with the equipment. Dr. George Harpur, an

experienced investigator of dive fatalities in Ontario, states, "We are not able to document a single case in which equipment malfunction directly caused a diver's death or injury. It has been the diver's response to the problem that results in the pathology." It's important to remember that dive equipment is life-support equipment. Learn about all its features and functions, practice with it, and maintain it; take care of your gear so it can take care of you.

Knowing how divers get into serious trouble only advances the discussion so far. For diving to be safer, we must apply the lessons that can be taken from these tragic events. How can we, as divers, reduce the likelihood that these triggers will cause problems for us?

### **Education**

Take full advantage of every opportunity to learn. Read dive magazines, spend time with experienced divers, attend dive club meetings, and check out [dive safety lectures or seminars online](#). More knowledgeable divers are safer divers. Get trained in the type of diving you want to do, but don't stop learning when you leave the classroom — treat every dive as an educational experience. Use any unexpected incidents that occur while diving as opportunities to brainstorm and discuss response options, contingencies and prevention strategies with your buddies.

### **Practice**

Dive skills and emergency-management skills require constant practice and reinforcement. Refresh your skills often, especially when you haven't been diving in a while. Take time to familiarize yourself with new equipment in a controlled environment before using it in open water. Although practice may not make you perfect, it will help you make the correct decisions and manage problems appropriately rather than trying to escape to the surface.

### **Experience**

The value of experience cannot be overstated. Divers with limited experience, including those returning to the sport after a long absence, are at greatest risk. According to the DAN fatality data, 88 percent of the divers died on the first

dive of their dive series. Consider that the number of dives in your logbook or the date on your certification card do not automatically qualify you for greater challenges. To truly be prepared for more advanced diving, slowly and methodically increase the complexity and task loading of your dives. Expand your horizons gradually, making sure you don't outpace your training and your level of comfort. Certification is not the same thing as proficiency. Don't dive your C-card, dive your experience.

### **Health**

Approximately one-fourth of the fatalities studied involved cardiac problems. Amazingly, in 60 percent of the cases with cardiac involvement the divers had symptoms such as shortness of breath, chest pain or fatigue but proceeded to dive anyway. Most divers are aware of the importance of good general health and fitness for diving, but comfort and well-being at the time of the dive are also important. If you're not feeling up to a dive, don't dive; wait and see how you feel later.

The majority of these cardiac cases were associated with a pre-existing condition or age greater than 40. It's a good idea for everyone older than 35, whether or not they dive, to have an annual physical. A physical is also recommended following any change in an individual's health status. Divers might benefit from having their physical exam performed by a physician trained in dive medicine. If you don't know a physician in your area who is familiar with dive medicine, call the DAN Medical Information Line (+1-919-684-2948).

### **Predive Preparation**

As you prepare to dive, it's a good idea for you and your buddy to configure and assemble your equipment together so you can identify anything that looks odd or out of place. This also provides an opportunity to familiarize yourselves with each other's equipment. If boat diving, it may be helpful to set up your gear before the boat leaves the dock. This is especially true if you are subject to seasickness, since it minimizes the amount of time you'll spend on the rocking boat deck. Hastily assembling your equipment in rolling

seas while feeling nauseated increases the likelihood of potentially hazardous errors.

Before diving, review your dive plan with your buddy to ensure you have a shared understanding of the dive's goals. You'll also want to agree on the route you'll take and possible alternatives to your primary dive plan. It's much easier to communicate the switch to plan B if you decided what plan B was before you descended. Establish the fact that anyone can terminate a dive at any time for any reason, even before the dive begins, without repercussions. Creating an environment in which divers feel comfortable making such calls builds a culture of safety.

Develop and continually reinforce a pre-dive ritual. It should involve equipment checks, dive plan review, hand signal review, diver separation protocol review and out-of-breathing-gas procedure review. This may seem unnecessary if you dive with the same people regularly, but these rituals are time well spent if they give you confidence and reduce the likelihood that you are unprepared to dive. The use of a checklist to assist in this ritual is highly recommended. Never say, "Don't worry, I'll take care of you." That means one of the divers is not as qualified or prepared for the dive as he should be — a formula for disaster. Anyone making a dive should do so only if he is fully prepared and wants to dive, not because someone else wants him to.

### **The Dive**

Once in the water, check each other to make sure all equipment is secure and in place, there are no leaks and that buoyancy is properly calibrated. Give and receive the OK signal, initiate your preparatory ear-clearing procedures, and begin a controlled descent. Descending feet first using a fixed line makes it easy to stop the descent should the need arise and may be advisable if a current is present. If there is any doubt about your preparation for the dive, make a short stop 15 to 20 feet below the surface to give and receive the OK sign before proceeding to the bottom. Maintain constant awareness of your environment during dives, and know when to call off a dive.

It's always wise to plan your dive and dive your plan, but you can modify your dive plan if conditions call for a more conservative approach. If you are working harder during the dive than anticipated, you may want to watch your air consumption more closely and possibly limit the time you spend at depth.

As you move underwater, your pace should be dictated by the slowest diver in your group. Never assume another diver can keep up with you. If a recreational dive starts to feel like work, slow down — you or a member of your dive group may be doing it wrong. If you're diving in a group of three and one diver decides to return to the surface, either end the dive as a group or escort the diver back to the exit point and make sure he is safely out of the water before continuing the dive.

Does this examination of diving fatalities indicate that recreational diving is inherently dangerous? No. There are millions of certified divers who have made tens of millions of safe, enjoyable dives without incident. But consider that there is risk in anything you do. Is this risk we divers subject ourselves to unreasonable? I firmly believe the answer is no. A degree of risk will always be part of scuba diving, but it is a risk we can identify and learn to manage.

Scuba diving is a fantastic sport enjoyed by young and old alike. The focus should always be to maximize enjoyment while minimizing risk. You overcome challenges in and under the water by thorough preparation, physical capability and the effective application of knowledge and skill.

### **References**

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- Orr D, Douglas E. Scuba Diving Safety. Champaign, Ill.: Human Kinetics, 2007.
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## Bluegrass Dive Club 2016 Calendar

- |                       |                           |
|-----------------------|---------------------------|
| ▪ January 10          | Board Budget Meeting      |
| ▪ January 12          | General Meeting           |
| ▪ January 26          | Board Meeting             |
| ▪ <b>Jan 23-Feb 6</b> | <b>Philippines Trip</b>   |
| ▪ February 9          | General Meeting           |
| ▪ February 23         | Board Meeting             |
| ▪ March 8             | General Meeting           |
| ▪ <b>March 13-20</b>  | <b>Bonaire Trip</b>       |
| ▪ March 29            | Board Meeting             |
| ▪ April 12            | General Meeting           |
| ▪ April 26            | Board Meeting             |
| ▪ <b>May 7</b>        | <b>Annual Derby Party</b> |
| ▪ May 10              | General Meeting           |
| ▪ May 31              | Board Meeting             |
| ▪ June 14             | General Meeting           |
| ▪ <b>June 11-18</b>   | <b>St. Lucia Trip</b>     |
| ▪ June 28             | Board Meeting             |
| ▪ July 12             | General Meeting           |
| ▪ July 16-17          | Lake Dive                 |
| ▪ July 26             | Board Meeting             |
| ▪ August 9            | General Meeting           |
| ▪ <b>August 13</b>    | <b>Annual Pig Roast</b>   |
| ▪ August 30           | Board Meeting             |
| ▪                     |                           |
| ▪ September 13        | General Meeting           |
| ▪ September 27        | Board Meeting             |
| ▪ October 11          | General Meeting           |
| ▪ October 25          | Board Meeting             |
| ▪ November 8          | General Meeting           |
| ▪ <b>Nov 12-19</b>    | <b>Grand Cayman Trip</b>  |
| ▪ November 29         | Board Meeting             |

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## **Dive Committee Members**

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Doug Geddes – Chairman	621-3178
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
Gordon Green	C@Meeting
Ed Sullivan	C@Meeting
John Geddes	223-7926
Corrine Mulberry	913-0892