



UNDERCURRENTS

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

February 2017

Volume 47, Number 02

February Club Meeting

Date: Tuesday, February 14th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Cayman Brac

President's Message

By Tracey Combs



Happy Valentine's Day.
Love is in the air, but Diving is in our Blood!

We have a great group heading to Dominica on February 4th. I wish them wonderful diving and safe travels. There are a few upcoming trips that look fabulous on the schedule. Sign up on our Future Trips page and join us for diving and fun in the sun.

I hope to see everyone at our regular meeting on February 14th at the Racquet Club. If you have ideas regarding future trips or want to share information regarding one of your past trips, please contact Doug Geddes or a member of the Dive Committee. The Dive Committee will be meeting February 21st at 6:00 pm. Anyone can attend, please contact a Board Member for more details. 🚩



The Editor's Notes

By Steve Gahafer



I hope everybody has made it through the mild winter we have had so far and looking forward to going to some place warm. As I am writing this we have club members either in the Dominica or on their way. Let's hope everybody has a great time on the trip and makes it back home safe and sound. If anyone has pictures that they would like published in the newsletter just email them to me and I will try my best to get them in. The more about the pictures you tell me the better and I can add captions on them. This month's pictures are mine from several different places place's I have been over the years and a couple from my current trip in Playa Del Carmen, Mexico. 🚩

2016 BGDC Officer's

Tracey Combs, President	621-4066
John Geddes, Vice President	223-7926
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Kim Hudson, Webmaster	614-937-1955
Khudson4974@yahoo.com	
Steve Gahafer, Newsletter Editor	229-9408
sagahafer@gmail.com	

Vice President's Report

By John Geddes



For this month's

Program we will have our very own Dan Miller presenting a short summary and visional on his trip to Cayman Brac during the holidays.

I know the meeting for February might be a tough one to attend, but heads up for this!! I am shaking up and doing something a little different this year with the door prizes, so this month we will have a "Tuck-away" card from the Outback Steakhouse. This will have a value of \$30.00 and cannot be used towards alcohol, tax or gratuity.

Something else on my mind - This month we are having a Dive Committee meeting on the 21st. As always, we would like to have your input, so just pull us off to the side at the meeting or give us a call. We are listed in the Newsletter.

Hope to see you at the meeting on the 14th and if I don't, Happy Valentine's Day. 🇵🇸



Trip Director's Report

By Doug Geddes



DOMINICA 2017

Sorry you are too late for this trip; we have divers there now enjoying some great warm weather and great diving. I few hiccups as this trip got started, but I think all is OK now. I have seen some awesome pictures on Facebook and can't wait to see the final program. Not sure if we as a club will venture there again, but you really need to dive there once before you end your diving career. Beautiful island and great diving as good as it gets in the Caribbean.

BELIZE 2017

We are starting to get some reservations for the club fall trip in September. Go check it out at our website [Belize 2017](#) for more details. This is a great trip to get away and have some awesome diving on the 2nd largest barrier reef. Still have a few rooms left. Go make your reservation today.

DIVE COMMITTEE MEETING

We will be having a dive committee meeting later this month. If you have a place that is of interest to you and no one has presented it before, then pass it along to one of the members so we can check into it for you, or you can come and present it yourself.

AFRICA: DIVE AND SAFARI 2018

We have 12 people that have reserved the 2017 prices and rooms that have made available to us. Very soon, we will have to release the extra rooms that we don't have deposits for. If you are seriously considering this trip, check out the website [Africa 2018](#) then now is the time to sign up. If not, you take a chance of no rooms at the resorts. The safari portion is the most stringent with limited rooms available. If you miss this sign

up period, it doesn't mean you're out of the trip, it just means a room might not be available and it also means the 2017 pricing might not be held. I know several people are waiting on work schedules to clear because this is a year or more out, but as soon as you find out, please feel out the reservation, so we can rebook you a room. This will probably be a once in a club time trip of this magnitude, so if you are wanting to go with our group, this is the one to book onto. Don't miss out, if will be a trip of a lifetime. 🚩

Dive Committee Members

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



Bull Shark Playa Del Carmen 2017

From the Treasurer

By Dan Miller



2017 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

**Tuesday, January 10, 2017
General Meeting**

- I. CALL TO ORDER 7:40 PM
 - a. There are 16 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of November 30, 2016.
 - ii. The Grand Cayman trip has been closed-out and trip refunds distributed or added to On Account for members.
 - iii. Treasurer Report as of December 31, 2016.
 - b. VICE PRESIDENT JOHN GEDDES
 - i. New members Dale Anderson, Kathryn Bowers, and Kristin Bowers are added to the membership roster.
 - ii. Door prizes this month were won by Ralph Covington and Bart Bertetto.
 - iii. A travelogue video shown by Noel Hall of Saba in the 1930s-40s was enjoyed by all.
 - c. SECRETARY SULLIVAN
 - i. No Comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Dominica trip has 21 people currently signed-up.

- ii. The Africa trip for June 2018 is on the website. A down payment is due February 10, 2017 to lock-in the 2016 rates.
- iii. A trip to Belize is planned for 23-30 September 2017. The balance due in June 2017. Seven people have signed-up and there are only 6 rooms available so they are on a first-come, first-serve basis.

- e. WEBMASTER HUDSON
 - i. Absent
- f. NEWSLETTER EDITOR GAHAFAER
 - i. Send pictures to be included in the newsletter.
- g. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. This months article is about checking-out and servicing your dive gear before making a dive trip.
- h. PRESIDENT COMBS
 - i. The annual Club Budget meeting will be held at Mike McCann's house on Sunday, January 15, 2017 at 4:30 P.M.

ADJOURNMENT 8:40 PM

Board of Directors Meeting Minutes

**Tuesday, January 31, 2017
MEETING MINUTES**

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:42 PM
- II. APPROVAL OF AGENDA J GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Absent
 - b. VICE PRESIDENT J GEDDES
 - i. January – Roatan video

- ii. February – Cayman Brac video
 - iii. March – Saba/St. Kitts video
 - iv. April – Dominica video
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR D GEDDES
 - i. The Dominica trip has 21 people signed-up.
 - ii. The Club trip to Belize in the September of 2017.
 - iii. Africa trip in 2018 currently has 12 people that have paid the required deposit.
 - e. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. Article this month is about emergency ascent
 - f. NEWSLETTER GAHAFFER
 - i. Articles are due Friday.
 - g. WEBMASTER HUDSON
 - i. Kim is currently working on the new Club website, but it is not yet ready to migrate from the current website to the new website.
- IV. NEW BUSINESS COMBS
- i. The Board will meet February 28, 2017.
 - ii. The Dive Committee will meet February 21, 2017 at 6:00 PM at Doug Geddes office.

MEETING ADJOURNED AT 8:38 PM 🚩



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: If you talk with many divers, you will eventually hear a horror story – “I was at depth, got excited chasing a turtle (or manta, or blenny, etc.) and suddenly I was out of air.” As a diver who has run low a few times – thankfully never completely out of air – I can well imagine the panic that would set in. You look around quickly for your “buddy” who is now 30 yards away chasing the turtle with his video camera. What do you do?

Hopefully, this article, from about.com, will help remind you of the options. Buddy breathing, which was probably the second choice back when I was certified, has been eliminated. I do remember the difficulties in buddy breathing the length of the pool at the Y (since doing it while ascending from the depth wouldn't have lasted more than a couple of seconds). Although I passed the skill, my confidence for doing it in a panic situation, in open water, with someone that I hadn't been practicing it with, was very low.

So, learning lessons – everyone should have a secondary regulator (octopus or AirII), but you should make you're your buddy knows what you have and how to access it. By the time you know you're out of air – or your reg fails – you have already used the oxygen from your last breath. I was always told to give the out of air buddy your primary, since you should be okay (and not panicked). Then, you pull your secondary and breathe through that until all is calm and you start the ascent to the surface.

Learning lesson #2: make sure your gauge/computer is working properly, and check it often. My computer allows me to set alarms when air pressure reaches two levels of my choosing, so hopefully I will notice those even if I forget to check the numbers.

Review these priorities, then, so you are aware, and work hard to make sure you don't have to use them. Remember, safe diving is fun!

PADI's Order of Priority for Low-on-Air/ Out of Air Emergency Procedures

During the PADI Open Water Course, one question causes student divers to tear their hair out in confusion. Students are asked during the knowledge review questions and again during the open water certification quizzes and final exam to “Arrange the four out-of-air and low-on-air procedures in order of priority from one through four.” Even if they manage to locate the correct answer in open water manual, many students do not understand the reason for the order. Here is the explanation I give to my students of the ranking of the four emergency ascent procedures for Low-on-Air/Out-of-Air situations.

What Are the Four Emergency Ascent Procedures Recognized by PADI?

PADI recognizes four emergency ascent procedures for low-on-air/out-of-air situations:

- **Normal Ascent** – The diver ascends at a normal ascent rate breathing from his own regulator.
- **Alternate Air Source Ascent** – The diver ascends at a normal ascent rate breathing from the alternate air source regulator of his buddy.
- **Emergency Swimming Ascent** – The diver ascends on his own by swimming to the nearby surface without a working regulator.
- **Buoyancy Emergency Ascent** – The diver ascends alone by dropping his weights and floating to the surface. He usually exceeds a safe ascent rate.
- **Buddy Breathing Ascent** - PADI has eliminated the optional buddy breathing from the updated open water course standards. In the past, buddy breathing was taught as an optional skill. In buddy breathing, the diver ascends with his buddy sharing only one working regulator between two people by passing it back and forth between them.

What Is the Preferred Order for Emergency Ascent Procedures?

1. Normal Ascent:

This is where the confusion starts for most students. How can a diver make a normal ascent when he is out-of-air? Remember, the question deals with out-of-air *and* low-on-air situations. If a diver is merely "low-on-air", but not completely out of air, he needn't panic, drop his weights, and fly to the surface. In most situations, a diver who is merely low on air can alert his buddy, make the hand signal for “end the dive/ ascend” and make a normal ascent to the surface. As I understand it, this option is included in the question to remind students that running low-on-air is not immediately a cause for panic, and should be dealt with in a calm and controlled manner by ending the dive and making an immediate, but controlled, ascent.

2. Alternate Air Source Ascent:

The alternate air source ascent is the second best option for emergency ascent procedures because it allows divers to maintain a normal ascent rate and buddy contact. The out-of-air diver signals “out-of-air” to his buddy, secures his buddy's alternate air source, and breathes normally from the alternate air source while the two divers make an immediate, controlled ascent to the surface. This option has several advantages in comparison with the remaining options. Each diver keeps a regulator in his mouth during the ascent and can breathe normally through the entire trip to the surface. The divers have sufficient air to maintain a safe ascent rate which reduces the risk of decompression illness. They stay together as a buddy team, so the diver donating air can calm the out-of-air diver and help him to ascend slowly and safely.

3. Emergency Swimming Ascent:

The Emergency Swimming Ascent is ranked third because when performed correctly, it allows an out-of-air diver to ascend without putting his buddy at risk. In an Emergency Swimming Ascent, a diver releases air from his buoyancy compensator (BCD) to avoid exceeding a safe ascent rate, and breathes out

slowly to avoid a lung over-expansion injury. Although no air remains in the diver's tank, he leaves his regulator in his mouth to avoid accidentally inhaling water, so there is no risk of drowning. In addition, he may be able to get a few additional breaths from the tank as he ascends to a shallower depth.

This is the point at which most open water certification students get confused. The Emergency Swimming Ascent is performed when a diver is completely out-of-air and does not have an alternate air source regulator available (either because he cannot contact his buddy, or because his buddy's alternate air source regulator has failed).

4. Buoyant Emergency Ascent:

A Buoyant Emergency Ascent is basically the worst thing that you can do short of drowning. A diver who is out-of-air, unable to contact his buddy, and too deep to perform an Emergency Swimming Ascent can make a Buoyant Emergency Ascent by dropping his weights and rocketing to the surface. The air in his buoyancy compensator will expand according to Boyle's Law as the diver ascends, and he will fly upwards at a continuously accelerating rate until he reaches the surface. The diver should attempt to open his airways by exhaling as he ascends and may extend his arms and legs to try to slow his ascent, but chances are that he will reach the surface in bad shape. The diver exceeds the maximum safe ascent rate and risks decompression illness and pulmonary barotrauma. Because he is ascending in an uncontrolled fashion, he also risks injury from boat traffic. A diver who monitors his air supply consistently and maintains close buddy contact should be able to avoid this option.

Eliminated: Buddy Breathing Ascent:

The Buddy Breathing Ascent was ranked fourth in the past, but has been eliminated due from PADI's current list of emergency ascent procedures because of the risk and difficulty involved in the skill. Buddy Breathing Ascents require two divers to share a single regulator between them. A diver breathes two breaths and then passes the regulator off to his buddy, who breathes two breaths and hands it back.

For PADI, and most other agencies, Buddy Breathing is no longer a required certification skill, but some students may encounter divers who have learned to Buddy Breathe during a diving course in the past. As alternate air source regulators are required diving gear, Buddy Breathing is only necessary when a diver's alternate air source regulator has failed. A Buddy Breathing Ascent seems like it should be safer than an Emergency Swimming Ascent, but in reality Buddy Breathing is a complicated procedure requiring good co-ordination and stress management between team members. Consider the series of events leading up to a situation in which a Buddy Breathing Ascent is necessary and the reason that it is no longer a recommended ascent technique becomes clear:

A diver runs out of air. In general, a diver discovers that he is out-of-air after exhaling his final breath and attempting to inhale against an empty tank. He is already starved for air as he alerts his buddy and attempts to secure his buddy's alternate air source. When alerted to the emergency, his buddy may stare at him in wide-eyed disbelief for a few moments before helping. Out-of-air situations are rare and surprising. The out-of-air diver then reaches for the buddy's alternate air source, puts it in his mouth, and attempts to inhale a much-needed breath. The alternate air source doesn't work. How likely is it that when the buddy hands the out-of-air diver his own primary regulator, the out-of-air diver will calmly take two breaths and hand it right back. The diver who is out of air must keep his air way while the other diver is breathing because they are ascending and to hold his breath would risk a lung barotrauma. In a panic situation correct execution of this skill is pretty unlikely for the casual recreational diver.

A Buddy Breathing Ascent not only requires each diver to remove the regulator repeatedly – putting each diver at risk of drowning – it requires the divers to do so while ascending together in a coordinated manner while maintaining a safe ascent rate. Buddy breathing works best when performed with a familiar buddy with whom it has been practiced to the point that it is automatic.

The Take Home-Message About Emergency Ascent Procedures:

In an out-of-air/low-on-air situation, a diver must choose the appropriate emergency ascent procedure for the circumstances of his dive. Understanding the differences among the standard emergency ascent procedures and the risks involved with each one will help a diver to react correctly in the unlikely event of an emergency. 🚩



Bluegrass Dive Club 2017 Calendar

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|------------------------|--------------------|
| ▪ January 10 | General Meeting |
| ▪ January 31 | Board Meeting |
| ▪ February 2-11 | Dominica |
| ▪ February 14 | General Meeting |
| ▪ February 28 | Board Meeting |
| ▪ March 14 | General Meeting |
| ▪ March 28 | Board Meeting |
| ▪ April 11 | General Meeting |
| ▪ April 25 | Board Meeting |
| ▪ May 6 | Derby Party |
| ▪ May 9 | General Meeting |
| ▪ May 30 | Board Meeting |
| ▪ June 13 | General Meeting |
| ▪ June 27 | Board Meeting |

- | | |
|--------------------------|-------------------------|
| ▪ July 11 | General Meeting |
| ▪ July 25 | Board Meeting |
| ▪ August 8 | General Meeting |
| ▪ August 12 | Annual Pig Roast |
| ▪ August 29 | Board Meeting |
| ▪ September 12 | General Meeting |
| ▪ September 23-30 | Belize |
| ▪ September 26 | Board Meeting |
| ▪ October 10 | General Meeting |
| ▪ October 31 | Board Meeting |
| ▪ November 14 | General Meeting |
| ▪ November 28 | Board Meeting |
| ▪ December TBD | Christmas Party |
| ▪ June 2018 10-23 | Africa |

Dive Committee Members

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



Frog Fish St. Lucia