



# UNDERCURRENTS

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

July 2026

Volume 56, Number 07

## This Month's Meeting

Meeting: Thursday July 9, 2026  
Time: Social 7:00PM, Meeting 7:30 EDT  
Place: Roosters on Richmond Rd.  
Program: Stop the Bleed!

## President's Message

*By Kathryn Bowers*



### Happy Birthday America!

As you may gather when you read Alex's article, we are in Milford Ohio celebrating the fourth with friends.

We started our visit touring the New Riff bourbon distillery. Seriously, what better way for Kentuckian's to celebrate the nations 250th anniversary, then sipping some delightful bourbon.

I highly recommend New Riff! I had not ever tried their bourbon before and had thought "they're just an up start, one of the countless "New Labels" or new imaginations of older defunct labels, but to my surprise, it was very good and they have the awards to prove it. Their master distiller started his career as a Brewer. Obviously that's a pretty good place to start.

Our next event was dinner with our friends and then a walk up to the local park for fireworks! The display was perfect. A really good band and just the right amount of

boom! The pacing was also perfectly to my taste. It might not have been a huge display, but everything went off smoothly and was really well choreographed. They did not use traditional patriotic songs, but you could tell a lot of thought went into the selection of music. Modern music that celebrates how much Americans really really love their country. Because Milford has their fireworks on Friday (who knows why but they always do) the actual 4th was a bit anticlimactic for us. I could hear plenty of other people firing things off but I could see nothing but a few flashes between the tree tops and low clouds. I hope everyone had as wonderful a 250th Independence Day celebration. 🇺🇸



## The Editor's Notes

By Scott Newby



So I've been poking around the archives again, What better way to see a path forward than to look to the past and find out where we've been

July 2010 issue of the newsletter

The club had divers returning from trips to Pennyroyal and the BVI. Several club trips were in the works, Key West, Bonaire, Eleuthera, Grenada And a sold out trip to Fiji.

As a bonus, I did find a few photo gems!



Find The Archive here! 

## Trip Director Report

By Priscilla Mellott



Hi everyone!

August is fast approaching and our 2 dive trips in August are booked. Cayman Brac and Turks & Caicos. If you haven't given us your flight information please do so asap. We need to setup airport transfers to the resort and need the arrival airline, flight # and arrival time.

We have 2 trips on the calendar this fall...October 24-31 Cozumel and October 31-November 7 is Playa del Carmen. The deadline to be signed up AND paid in full is August 10th. Please get signed up if you're interested. If no one signs up these trips will be cancelled. 😬

We are working on trips for 2027. Hopefully I will have more information soon!

Our BIG trip for 2028 is Fiji. June 3-10th. We reserved 36 spots. I am happy to say we already have 24 people signed up! It's going fast, so please don't wait too long. The deposit is just \$150.00 per person. No other payment due until November of 2027. Remember, airfare is included roundtrip from Los Angeles to Nadi, Fiji.

We are planning a trip to Pennyroyal in September 2026. The date will be announced soon!

As always suggestions are welcome! Send to [tripdirector@bluegrassdiveclub.com](mailto:tripdirector@bluegrassdiveclub.com).

Priscilla 

## From the Treasurer

By Dan Miller



Student with ID, New Diver, First Year **\$10.00**

### **2025 Membership Renewal** **\$20.00**

Student with ID  
Single & Family (1 diver)  
Family (non divers)  
Family (2 or more divers)

**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 Gunpowder 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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**Webmaster**

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By Alex Fassas



## **Tales From The Watery Web**

### **Happy 250<sup>th</sup> Birthday To The USA**

I write this having just watched the never boring spectacle of a fireworks display from Riverside Park in Milford, Ohio with friends. It never gets old, neither the fireworks or the sense of communal pride in the words of our Declaration Of Independence manifest in our people and society in these United States of America. I read this morning that the constitution of the United States of America is the oldest of any country. Other countries have torn theirs up and written new ones to meet the changing winds of their leadership. Ours stands firm and is only changed by the nuance of a well vetted Constitutional Amendment when the need to correct our nations course occurs.

Happy 250<sup>th</sup> birthday to our USA. We may be a country of nearly 100% immigrants, but we voluntarily declare it as OUR country. Let me have my moment here and let us not hate on those fleeing their homelands for our shores and borders in this moment. Not judging right or wrong, only that on our countries birthday let's keep the birthday candles and cake as the main event.

#### **Which Insurance Dive, Trip, or Travel?**

Disclaimer: I am not an insurance expert or agent and have never played one on TV.

If you have heard that it is a really good idea or that it is required to have Dive Accident or Trip Insurance and are now trying to figure out what

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**Webmaster Cont.**

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these insurance product even are? Here is a quick primer on the differences. Big things to look for in the insurance contract plan details are: covered period, covered activities and excluded activities, where or what destination(s) the coverage is provided for, the coverage amounts for each type of claim.

### *Dive Accident Insurance*

Coverage for the immediate medical and necessary transportation costs related to a sports diving related accident. The costs for hyperbaric chamber treatment of decompression illness can be atmospheric and cause your credit card company to want to offer you an increased credit limit. Always be sure to ask questions and read the plan details before making a purchase. These plans usually are for a one year period of coverage.

### *Trip Insurance*

Trip Insurance is coverage for a specific short term duration of a particular destination travel. You specify the travel dates, destination, and trip coverage dollar amount. Should you have a covered issue that prevents you from going on the trip or causes you to have to cut your trip short or be unable to participate in a covered activity, then the policy may pay you back based upon your claim and the insurance contracts terms. Most dive oriented Trip Insurance (Dive Assure and DAN) also provide coverage for medical and transportation costs related to a sports diving or listed water sport activity (read this to say that it duplicates much of Dive Accident Insurance). Of course, the particular insurance plan documents should be reviewed for specific coverages.

### *Travel or Annual Travel Insurance*

Very similar to Trip Insurance except the period of coverage is for one year and for any covered trip during the policy period. Important note: Dive Assure only provides coverage for international trips, domestic travel is NOT

covered. DAN only provides coverage for trip destinations that are more than 100 miles from your primary or secondary residence.

### *Dive Accident & Travel Insurance*

Your club is an affiliate partner with Divers Alert Network (DAN) and with Dive Assure. You must use our hyperlinks to begin your online purchase or renewal to benefit your club, at no additional cost to you. More information about the club's partners and links at <https://bluegrassdiveclub.com/dive-travel-insurance/>.

### *Do you have news or a program to share?*

Your dive club has a fabulous email list with which to share news and information that would be of interest to its members and friends. If you have something to share forward it along to [webmaster@bluegrassdiveclub.com](mailto:webmaster@bluegrassdiveclub.com) or use the [Contact Us](#) web form. 🚩

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## **Safety Information Director**

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*By Bill "doc" McGrady*

### *"When you hear fireworks....."*



This is a short, simple article that is more of a safety system I learned in military a long time ago. It quite simply is a reminder system when you hear fireworks, to change the batteries in your smoke detectors!!!! So when do we hear fireworks?? Well, at 4th of July as well as New Year's Eve!!! So that is a simple, yet powerful 6 month reminder system. So there you go!! When you hear fireworks, change batteries in your smoke detector!!!!

Also, over the years, I have added different "semi annual" checks to this..... Fireworks is time to check the tire tread on your tires. IF you didn't pre-season your dive gear, now the weekend to pull it out and see if

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## **Safety Information Cont.**

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the rubber seals have cracked, is your mask still supple? New Year's Eve is also a good 6 month check of changing air filters and the week to get oil changes in cars, tractors, lawnmowers. OF course the weekend is celebration....but the following week after the 4th and after the new year is a great week to catch all these 6 months tasks.....

See if this works for you? Start with smoke detectors batteries..... Easy, simple, powerful!!!! You won't regret having those smoke detectors working!!

And of course, enjoy the 250th!!!!

-Doc 'Grady

PS: This month, we'll learn about tourniquets for first aid!!!! Quick & easy, stop the Bleed 🚑

***All current dues paid BGDC members and their guest are invited to come to the Bluegrass Dive Club Pig Roast. You can [pay your dues online](#) now!***

***Saturday, August 15, 2026***

***From 4:00PM to 8:00PM***

***At the home of John Schimoeller & Teri Bearish***

***Address: 2017 Lakeside Dr. Lexington KY 40502***

***What to bring: Yourself & Spouse/Date/Significant Other/etc. . .***

***Dish of choice to serve approximately 10 people***

***A snack, finger food, munchies, desert, etc. (something to compliment the smoked BBQ pulled pork)***

***BYOB (OR 6-PACK) if you want something special.***

***Club will provide:***

***Smoked BBQ pulled pork***

***Chips & Condiments***

***Soft drinks***

***Cost: No Charge***

## 2026 Calendar

### July

9, Thursday Dive Club Meeting  
23, Thursday E.C. Meeting

### August

1-8 Cayman Brac Trip  
13, Thursday Dive Club Meeting  
**15, Saturday Club Pig Roast**  
22-29 Turks & Caicos Aggressor II  
27, Thursday E.C. Meeting

### September

10, Thursday Dive Club Meeting  
24, Thursday E.C. Meeting

### October

15 Thursday Dive Club Meeting  
24-31 Cozumel Trip  
29 Thursday E.C. Meeting  
31-7Nov Playa Del Carmen Trip

### November

12 Thursday Club Meeting (Elections)  
26 Thursday E.C. Meeting

### December

**??, Saturday Christmas Party**

## 2026 BGDC Officer's

|                                  |              |
|----------------------------------|--------------|
| Kathryn Bowers, President        | 859 619-0166 |
| Butch Mellott, Vice President    | 859 621-5160 |
| David Carr, Secretary            | 859 585-5105 |
| Dan Miller, Treasurer            | 859 948-5133 |
| Priscilla Mellott, Trip Director | 859 553-0739 |
| Bill McGrady, Safety Info Dir.   | 713 259-9701 |
| Alex Fassas, Webmaster           | 859 582-1600 |
| Scott Newby, Newsletter          | 859 559-5105 |

## Bluegrass Dive Club

### BGDC TRIP SCHEDULE/STATUS

| Trip Destination & Travel Dates                       | # Travelers & Rooms Reserved  | # Registered On Trip   | Room Release Date            | Trip Page Cancel/Refund Date                 | Trip Page Final Payment Date                      |
|-------------------------------------------------------|-------------------------------|------------------------|------------------------------|----------------------------------------------|---------------------------------------------------|
| Cayman Brac, 1-8 Aug 2026                             | 26 travelers, 13 rooms        | 13 travelers, 7 rooms  | 15-May-26                    | 1 May 2026, 0% Penalty                       | 1-May-26                                          |
| Turks & Caicos Aggressor II, 22-29 Aug 2026           | Sold from Aggressor inventory | 5 travelers, 3 rooms   | None, no room block reserved | 23 May 2026, 20% Penalty, After 100% Penalty | 10-May-26                                         |
| Cozumel, Mexico, 24-31 Oct 2026                       | 24 travelers, 12 rooms        | 0 travelers, 0 rooms   | 10-Aug-26                    | 31 Jul 2026, 0% Penalty,                     | 31-Jul-26                                         |
| Play Del Carmen, Mexico, 31 Oct – 7 Nov 2026          | 24 travelers, 12 rooms        | 0 travelers, 0 rooms   | 17-Aug-26                    | 7 Aug 2026, 0% Penalty                       | 7-Aug-26                                          |
| Bega Lagoon, Fiji, 1-10 June 2028, 7 nights at resort | 36 travelers, 18 rooms        | 24 travelers, 14 rooms | 16-Nov-27                    | All deposits and final payments 100% Penalty | 2 <sup>nd</sup> Dep. 6 Nov 2027, Final 6 Mar 2028 |

## 10 Things You Should Never Do Immediately After Diving

Scuba diving can be a fun, revitalizing activity, but it also has potential health risks. As certified scuba divers, we've been taught what we should be doing before and after scuba diving, but it's just as important to remember what we *shouldn't* be doing after diving. In fact, this is not just for new divers, as many seasoned divers don't know or remember these facts.

Planning a dive requires a great deal of preparation, along with numerous safety checks that you must complete beforehand. This process is explained and practiced many times during the PADI Open Water Diver certification. However, the safety considerations *after* your dive are not

presented as a checklist, and many divers may not remember what not to do after scuba diving.

In this article, we explore some key points on what to avoid after diving. **Read on for 10 things you shouldn't do immediately after your next underwater adventure!**

### 1. Flying After Diving

frequently in the diving world, because divers want to take full advantage of their vacations and also Flying after scuba diving is one of the more widely known risks to divers. This issue comes up get the most diving time in while they can.



The main reason divers should avoid flying immediately after diving is the pressure inside the airplane's cabin. The air pressure inside the cabin lessens as you reach altitude. When you're flying in a plane right after diving, the increase in altitude results in a drop in pressure which is similar to a fast ascent while diving.

The longer and deeper you dive, the more nitrogen is absorbed into your blood and tissues. Upon returning to the surface, the ambient pressure reduces, and the nitrogen reverts to gas bubbles, which can be very dangerous when inside the body.

Decompression needs to be done slowly, so the nitrogen can safely pass back out through your lungs. If you ascend too quickly, the nitrogen can form bubbles in your blood or tissues, which can be painful and possibly fatal. The resulting condition is known as decompression sickness (or 'the bends').

Waiting the correct amount of time before flying will reduce the nitrogen in your body. **As a general recommendation, leave a 24-hour surface interval before flying** after doing any type of diving. This

rule covers all types of dives and adds extra time as a safeguard for peace of mind.

## Flying After Diving Guidelines from Divers Alert Network (DAN)

The following DAN guidelines apply to air dives followed by flights at cabin altitudes of 2,000 to 8,000 feet (610 to 2,438 meters) for divers who do not have symptoms of decompression sickness (DCS):

- For a single no-decompression dive, wait at least 12 hours before flying
- For multiple dives per day or multiple days of diving, wait at least 18 hours before flying
- For dives requiring decompression stops, wait at least 24 hours before flying

In addition, you should wait longer if directed by the no-fly time indicated on your dive computer. To err on the side of safety, **many divers plan a 24-hour surface interval before flying after any type of diving** and spend this time resting or exploring topside attractions. However, keep reading to be aware of some other activities you should avoid doing straight after scuba diving.

## 2. Mountain Climbing or Driving

It may surprise you to discover that driving or hiking to the top of a 10,000-foot (3,048-meter) mountain puts you at the same risk

for decompression sickness (DCS) as flying in an airplane. Cabin pressure in an average commercial jet is equivalent to being at 6,000 to 8,000 feet (1,800 to 2,400 meters) above sea level. If simulated altitude puts you at risk for DCS, being at altitude is also high risk. That said, people do dive at altitude and there are special dive tables to follow. This type of diving is called altitude diving.

**You should avoid mountain climbing in the first 24 hours after a dive.** If you are planning to combine mountain climbing and scuba diving on the same trip, go mountain climbing first to minimize any potential decompression sickness risk. It is better to go climbing before a dive, and this is an easy solution to reduce risk from a DCS perspective. Just be mindful of other factors that could affect your fitness to dive, such as exertion and fatigue so be sure to rest and hydrate after your climb or hike and before you go diving.

In the same way, if your journey home involves driving to altitude after diving, you should allow a sufficient surface interval to reduce the risk of decompression sickness (ideally 24 hours)—or choose an alternative route.

### 3. Ziplining After Diving

Ziplining as an activity is fine. Again, the concern is going to altitude after diving. It is recommended to confirm the altitude of your ziplining destination before you book.

**Ziplining usually occurs on a mountain or elevated area and should be avoided for 24**

**hours after a dive due to the altitude.** This helps reduce the risk of decompression sickness (DCS) and enjoy your ziplining worry-free.

### Other High-Altitude Activities to Avoid for 24+ Hours After Diving

1. Parachute jumping or skydiving
2. Paragliding
3. Parasailing
4. Skiing or snowboarding
5. Air ballooning

We always recommend reaching out to an individual who has more information about the destination and its altitude. The best thing to do is contact a local PADI Dive Shop and ask them about other activities that you can do safely after diving—such as local food, relaxation, or events.

### 4. Deep Tissue Massage

What? *No massage?* Relax and breathe. Here's the good news – according to the Divers Alert Network (DAN): “Massage has not been confidently associated with...cases of DCS”. Experts caution against deep tissue massage, but a gentle relaxation massage is probably fine. The two main concerns with deep tissue massage are:

- Increased blood flow might lead to bubble formation
- Muscle soreness which can lead to misdiagnosis (or delayed diagnosis) of decompression sickness (DCS)

**The advice is to stay away from deep tissue massages for at least 12 hours after scuba diving.**

## **5. Relaxing in a Hot Tub or Shower**

As the body warms up and circulation improves, there is also an increased chance of bubble formation. According to the Divers Alert Network (DAN):

“Since the solubility of gas is inversely related to temperature, tissues will hold less in solution as they warm. Warming tissues with significant gas loads can promote bubble formation.”

When you jump into a hot shower or hot tub straight after a dive—especially a colder dive—the warming up of tissues happens before blood flow increases. In this case, bubbles may form faster than the circulation can remove them harmlessly, creating a higher risk of decompression sickness.

**The recommendations for reducing this risk are:**

- Wait 30 minutes before getting into a hot shower or hot tub to allow your body to warm up slowly
- Lower the temperature of your shower or hot tub so your body doesn't experience such a rapid increase in heat.

## **6. Excessive Drinking**

- As you are well aware by now, your body requires some time to revert the nitrogen that was absorbed into the blood and tissues. Anything that

interferes with the process of elimination of nitrogen from the body should be avoided. If you indulge in drinking alcohol, your body will begin to dehydrate faster—and dehydration increases the risk of decompression sickness (DCS).

- Additionally, it becomes difficult to diagnose the symptoms of decompression sickness if you've been drinking after diving and are impaired. If you don't identify symptoms quickly, DCS can be serious.
- It's best not to mix alcohol and scuba diving trips. **But if you want to drink alcohol after diving, wait a few hours and hydrate prior.**

## **7. Freediving After Scuba Diving**

Dissolved nitrogen isn't a major concern for casual snorkeling to very shallow depths. But, it is potentially a concern for freedivers who are also scuba divers. Your risk of decompression illness may increase if you freedive after scuba diving. According to the Divers Alert Network (DAN), this is for two reasons:

1. The physical exertion involved in freediving can increase bubble formation in your body
2. Bubbles already in your body from scuba diving can shrink under the water pressure and enter the arterial circulation

Depending on the depth and duration of your dives, you might want to enjoy a long surface interval before freediving after scuba diving. If you're a scuba diver *and* a freediver, many in

the freediving community recommend applying the flying after scuba diving guidelines:

- After a single no-stop dive, wait 12 hours before freediving
- After multiple no-stop dives or dives over several days, wait 18 hours
- After a dive requiring a decompression stop, wait 24 hours
- Wait longer if directed by the no-fly time of your dive computer

**As a general rule, it is recommended to wait 24 hours before freediving after doing any type of diving.** This rule covers all types of dives and adds extra time as a safeguard for peace of mind.

## 8. Exercising After Diving

Another important rule for scuba divers is to avoid exercise after diving. Physical exertion following scuba diving—particularly the kind that involves heavy use of muscles, joints, or rapid limb movement—could increase the formation of bubbles in the body, which can increase the risk of decompression sickness. Examples of exercise include:

- Hitting the gym for weight training
- Swimming or running after scuba diving
- Playing sports, like beach volleyball or soccer
- Even vigorous dancing!



According to the Divers Alert Network (DAN), **the consensus among researchers is to wait at least 4-6 hours before exercising after scuba diving.** Previously, this guidance was 24 hours, but that is now considered impractical. Of course (as with many other activities on this list), the longer the interval you leave between diving and exercising, the less risk there will be of decompression sickness.

## 9. Skipping Your Surface Interval

Scuba is undoubtedly addictive. After surfacing from a dive where you've been surrounded by bucket-list marine life, like manta rays, sharks, or playful seals, it can be tempting to jump *straight* back in for a second dive (and a third, or fourth...).

However, **your surface interval is non-negotiable.** After a dive, you'll still have nitrogen in your body, and it takes time for this to reduce enough for you to make another dive safely. How long you'll need to wait depends on the depth and duration of the dive you've just completed—as well as the one you plan to do next. In every case, diving without the required surface interval increases your risk of decompression sickness.

Besides, taking a surface interval is the perfect opportunity to explore topside destinations, share stories with your dive buddies, and get some all-important rest and relaxation before your next dive.

## 10. Ignoring Your Body

After diving, you should pay close attention to how you're feeling and respond accordingly. Certain signs and symptoms can indicate a serious health issue, and you shouldn't ignore them. For example, if you experience a rash, numbness, shortness of breath, or dizziness after a dive, you may have decompression sickness (DCS). If you've got ear pain after diving, this could be a sign of middle-ear barotrauma or an infection.

Some signs and symptoms of DCS can also be confused with other conditions. For example:

- A red rash can look similar to sunburn
- A headache after diving can feel like dehydration
- Nausea can be a result of seasickness
- Fatigue can be mistaken for simply feeling tired after a long day

There may well be nothing to worry about, and you just need to rest and rehydrate—but **never ignore what your body is telling you**. If something doesn't feel right, talk to your dive buddy or dive guide, and consider seeking advice from a medical professional.

## What Should You Do After Diving?

While this might seem like a long list of things *not* to do after scuba diving, **there is a whole heap of things that you can do!**

- Explore the (low altitude) region, meet people, and immerse yourself in the culture.
- Check and clean your scuba gear.
- Immerse yourself in an ocean-themed movie, book, or virtual adventure.
- Start researching your next scuba vacation.
- Log your dives.
- Take time to reflect or meditate for inner calm.
- Sort through your photos and share them on social media.
- Go shopping.
- Get hydrated and fill up on healthy foods.
- Start your next scuba course with PADI eLearning.
- Or, simply hang out with friends, kick back, and relax!

Let's take a closer look at some of the most important things to do after scuba diving.

## Hydrating After Diving

Being hydrated is so important for scuba divers both before and after a dive! **Staying hydrated can help minimize the risk of decompression sickness (DCS)**. After diving, try to drink more water than normal. Also, try to limit your coffee or soda intake, both of which can be diuretic. Eating fruits and veggies with a high-water content, such as cucumbers, watermelon, and celery, is also a great way to add hydration after a dive.

## Planning Your Next Dive

As mentioned before, having a surface interval and using that time to plan your next dive is critical. **Review your last dive, check for problems or anything notable you encountered, and plan your next dive with your buddies.** Inspect your gear. Check all your items and determine if your kit needs servicing or replacement. Whether your next dive is in a few hours or a few months, being prepared now will help to enhance your diving experience overall.

## Eating After Diving

Feeding your body the right nutrients is also key when it comes to caring for yourself after diving. **Some foods with high protein aid the fast recovery of muscles, and some complex carbohydrates can help replenish the energy required.** Omega-3-rich foods, such as kidney beans or walnuts, can help reduce inflammation. It is best to stay away from big, heavy, greasy meals, because they can lead to discomfort, especially if you plan on scuba diving more the same day.

## Engaging With the Dive Community

Another rewarding post-dive activity is researching new dive sites or interacting with your diving community. You can join dive clubs or social media groups where you can share your story, ask for diving advice, and learn more about diving in your local area. **Talking to other divers is not only a way to educate yourself; it also creates a**

**community where we can all learn and share our passion.**



## Resting and Recovering

Finally, you should make sure you get plenty of rest after your dives. While diving is mostly fun and relaxing, we do move our bodies in ways that may not be so common in our daily lives. Some dives may require you to use more energy than others, so by resting your body, you will be in much better shape for your overall health and well-being, not to mention more capable of handling any future underwater adventures. **Activities such as stretching, light yoga, or just a good night's sleep can help.**

Article by Zeynep Gözde Akbayır from the PADI blog @ [www.padi.com](http://www.padi.com)