

**Welcome to the MEGA End of Year issue of ...**

# Deeper With DAN



*Welcome to our Mega End of Year Issue of Deeper with DAN. We have crammed this issue with lots of real-life incidents, favourite dive stories, great photos and much more! So dive straight in and enjoy! We would also like to send a huge thank you to all our members who have contributed content for this issue and to all the members who took the time to send us such great positive feedback for Issue 2, your support is greatly appreciated.*

## Recent “Thank You” Messages from Grateful Members

*John, many thanks for everything you and DAN did to help me through my “mishap”. Your availability and advice was a great relief to both myself and my family, certainly easing the stress and concerns, and ensuring everything went smoothly and without problem.*

*I hope I never need to have to use your services again (I say this in the nicest possible way of course!!), however if I should, I am comfortable in the knowledge that I know I will be looked after and that your experience and assistance will again see us through without any issues. Andrew, Australia*

\*\*\*\*

*Dear John, once again I would like to express my true appreciation for your most professional and kind assistance while managing my diving accident in Bali. I could not imagine a better support in those difficult and scary days. My Warmest Thanks! A.S., Australia*

## “One of the best places I have dived”

I recently spent a week diving in the Maldives aboard Nautilus 1. The Maldives IMO is one of the best places I have dived and I have been diving for some 30 years. After a week of diving it was the very last dive that takes the cake!

Just off the main island of Male, there is a dive-spot called “Manta Point”. This is a spot off the outer fringing reef of the island. On our first morning dive we went down to about 18m and hung around the cleaning station. After about 5 minutes some mantas appeared! We counted 7 in all but they were just moseying along the reef - perhaps feeding - so they didn’t stay around for more than a few minutes each time.

On the second morning dive, we hung on the bottom at the cleaning station (there was quite a current so we had to hang on tightly) and after a few minutes a school of 12 mantas appeared! To be accurate they were mobulas rather than mantas but for 50 minutes we just hung there watching them loop around the cleaning bommie. As a bonus when we were doing our safety stop at 5m we could see them looping around below us! An unforgettable dive!  
Andy Redwood

*If you would like to read more about Andy’s dive trip written by a fellow diver, follow this link:*

*<http://www.divetheworld.com/forum/showthread.php?t=646>*

*This extreme close-up of one of the mantas was taken by Symon Kidson*



# Don't Wait ... Don't Assume ... Act Immediately

## Situation

The current was less than 1 knot at a maximum depth of 18 metres. There were ten of us diving and exploring a few remote islands west of Kalimantan. The diving was exciting and cameras were snapping away. After fifty minutes eight divers were picked up by an outboard dinghy and taken back to the LOB boat, however two divers were missing. Minutes passed and the mood was worrying. I scanned the probable areas where they may have ascended with binoculars but saw no trace of any surface marker.

Sixty minutes had passed after the last divers surfaced. The leader of the group ordered the captain to pull anchor. We sailed in the direction of the current, which was the open South China Sea. Fortunately, both the divers were picked up two kilometres down current.



## So What Happened?

The two divers had actually surfaced about 50 metres away from the dinghy's last pick up point. The divers could see the dinghy and waved their arms assuming they too were seen and assumed they would be picked up after the other divers were dropped off at the boat. So they waited and in the meantime they drifted further and further away with the 1-knot current, with mild waves and ripples. By the time they started to feel that something was wrong and finally deployed their surface marker they were nothing but a small shadow in the distance.

## Possible Consequences of Not Immediately Inflating the Surface Marker?

- \* If they were not diving in the open sea where the current on this occasion drifted the boat in the same direction, the divers may never have been picked up and the outcome could have been very different.
- \* If the divers did not have a surface marker on them they may not have been picked up.
- \* Of course other factors, such as drifting in the open sea in a thin wetsuit, bad weather, darkness, even the boat engine breaking down, are all factors that would have resulted in a very different outcome.

## What Should Have Been Done?

*The divers should have deployed their SMB as soon as they ascended in a location that was different to the location of the pick-up vessel or boat. They should not have waited.*

## What Divers Should Do?

- \* Every diver must ensure they have a SMB as part of their kit.
- \* During your pre-dive equipment check you must ensure that all your equipment, including your SMB, is in working order.
- \* Divers who have not dived for a while and have kept their SMB rolled up, must ensure that it can be inflated without problem.
- \* Get a good quality SMB as they can be your lifesaver.
- \* Carry a small mirror as they can be used to catch sunlight and attract further attention.
- \* Carry a torch, even on a day dive. The small glows in the dark could prove to be a lifesaver.
- \* Ensure you wear a wetsuit that will protect you from hypothermia in case you get into a situation like this.

*It is important that divers are educated about what to do in such a situation, as it could very easily be the difference between a fright and the loss of life. So take the time to learn all you can about being prepared, and in summary:*

**Don't Wait. Don't Assume You Have Been Seen.  
Deploy Your SMB Immediately.**

*Thank you to Octane in Singapore for sharing the above real-life incident with us.*

# \*\*\*\* DAN Asia-Pacific Auction: November 23-30 \*\*\*\*

## Don't miss this opportunity to secure yourself a Painting by Renowned Underwater Artist Ron "Rogest" Steven

*DAN Asia-Pacific's Auction of Rogest's beautiful artwork "Seahorse at Scripps" would make the perfect Christmas gift for a friend or loved one with a passion for the underwater world. And as a bonus Ron will personally sign a card for the winning bidder adding to the overall value of the artwork.*



**Auction Period:** November 23rd – November 30th 2007.  
Bidding closes at 12.00pm on Friday November 30.

### **Rogest's Inspiration for Seahorse at Scripps**

The inspiration was taken from the waters of Papua New Guinea. It is truly one of my most favorite critter's to paint. Rogest

### **More About the Artwork**

The printing process used to reproduce the painting is called Giclee, the art industries benchmark for gallery quality reproductions. The exacting control of this process contributes to the Giclee's superiority in its ability to honour the original art. The artwork (Size is 18" x 24" or 450mm x 600mm) was recreated on ultra stable 100% cotton canvas and mounted on a wood frame.

### **How to Register Your Auction Bid: Fax & Email Only**

Bids must include the following information:

- \* Bid with the amount provided in Australian Dollars
- \* Your full name, full street address, contact phone numbers (Home, Work and Mobile) & email address
- \* Credit Card Details (Number, Name on Card, Expiry Date, Authorised Amount) must be supplied in order for your bid to be registered. **(Only Visa, Mastercard or Amex cards accepted)**

Send bids to Mel via: Fax: +61-3-9886 9155 or  
Email: [marketing@danasiapacific.org](mailto:marketing@danasiapacific.org)

### **Auction Notes**

- \* All registered bids will receive a return email or fax from DAN confirming your bid. If you do not receive an email or fax please contact the DAN Asia-Pacific Office or re-submit your bid. Unless this confirmation is received your bid has not been registered.
- \* Bids cannot be accepted over the phone.
- \* The authorised amount will only be processed if yours is the winning bid as determined by John Lippmann on the 30th November 2007.
- \* The bid amount does not include local taxes and duties outside of Australia, if applicable.
- \* All bids registered by DAN Asia-Pacific are binding unless a confirmed withdrawal is received within 24-hours of lodging your bid.
- \* Postage is not included.
- \* **Bidding Range: AUD\$200-AUD\$400+**

### **More About the Artist ...Ron "Rogest" Steven - Painter, Author, Environmentalist**

Ron Steven, better known as Rogest, is one of the most recognised painters in Marine Dot Art today. He has perfected a dotalistic style of painting and is a true pioneer of modern day bright dot art. Through his art, words and teachings, Rogest combines his passion for diving and the oceans, sharing its beauty and fragility. For the past decade, Rogest has made it his personal and business mission to educate and help save the environment one dot and one brushstroke at a time. Rogest has been an avid supporter of DAN for many years and his artwork has appeared on several Alert Diver covers, the latest being the April-June 07 issue.



### **Need More Information?**

Contact Mel on +61-3-9886 9166 or email [marketing@danasiapacific.org](mailto:marketing@danasiapacific.org) for more information and/or to determine the cost of postage to your location.

# Is Your Tank Safe?

Robert (NSW) sent us the following incident report after a dangerous tank experience.



I would like to bring to your attention a serious incident, which occurred with a 12-litre FABER scuba cylinder, rated at 230 Bar and purchased from a licensed diving business in NSW.

I inspected the aforementioned tank on Sunday 19th August. It appeared to be in very good condition with all the relevant testing stamps clearly visible and the scuba yoke valve appeared to be in good working order.

I decided to purchase the tank and I witnessed it being air filled to 230-bar by the diving shop manager. There appeared to be no leaks anywhere from the tank or from the valve connection. I was therefore satisfied that the tank was safe and in good working order.

On Monday 20th August 2007, I had just come home from work and was seated at the kitchen table when suddenly we all heard a very loud hissing sound. My family and I were in a state of shock and it took me a few moments to realise that this loud noise was coming from the scuba bottle I had purchased the day before.

I became alarmed when I saw the blast of high-pressure air coming out between the bottleneck and the base of the yoke valve. The valve was starting to ice up, so I grabbed a rag and threw it over the valve and quickly moved the cylinder into my backyard to let it expel its contents. I then contacted the dive shop where I purchased the cylinder. The person I spoke to did not appear to be at all concerned when I told him of the problem. He informed me to return the cylinder and they would replace the yoke valve seat o-ring connected to the bottleneck.

I was not satisfied with this solution. As an avid advanced scuba diver I was alarmed by the prospect of this pressure equipment failing at 30-metres underwater. The force of high-pressure air to the back of my neck could have caused a serious accident. Running out of air at 30-metres deep could be a catastrophic incident unless an appropriate alternate air source was available. If this tank had gone off in my car or on a dive boat it would have been extremely dangerous. I believe that this faulty tank could have caused serious injury and considerable damage to property.

## Final word from DAN

When a tank is tested the o-ring between the neck and the valve is normally replaced, however, this may not always be done and sometimes a new o-ring can be faulty. Any problem will usually show up quickly. The tank valve needs to be tightened sufficiently. In this case it appears this was not done and led to the problem.

It should generally not cause a major problem on land but could cause loss of gas supply underwater. Divers are advised to visually inspect the valve-cylinder interface and top of the cylinder to ensure that the o-ring is not visible. If it is the cylinder should be returned immediately.

## DAN's Christmas Gift Ideas

### Gift of Safety

If you've got a friend or loved one with a passion for diving then why not give them DAN's Gift of Safety this Christmas? It's the perfect gift for someone who loves diving and exploring the underwater world. Do them a favour and complete their dive kit with a DAN AP Membership. *Follow the link from the Membership & Insurance section on the DAN AP website for ordering information.*



### ScubaOpoly

Get in quick as this game has sold out after appearing in the past two issues of Deeper With DAN. It's an ideal gift for all lovers of the underwater world. What a great way to spend a lazy day over the holiday season ... enjoying the underwater world from your very own lounge room! Only AUD\$39.00 (excl. GST & Postage). To place an order, email your request to Scott via: [sales@danasiapacific.org](mailto:sales@danasiapacific.org).

# Grey Reef Sharks at Chumphon Pinnacle (Thailand) are a Load of Bull!

As many of our Members have dived and many more plan to dive in Thailand, you are likely to find this article very interesting. Thank you to Robin and Richard for taking the time to share their experience and findings with us.



Bull Shark on Chumphon Pinnacle (2007)



Grey Reef Shark



Robin & Richard (2007)

***‘Thousands of people have been diving with young bull sharks at Chumphon Pinnacle, thinking they were grey reef sharks’ claim Robin Nagy and Richard Campbell. However, two top shark experts have independently confirmed that these are not grey reef sharks.***

If you asked almost any dive professional on Koh Tao (the island closest to Thailand’s Chumphon pinnacle) they would tell you that the shark you were most likely to see on this sea mount (apart from the elusive whale shark) was the grey reef shark. However, over the four years we dived the site, Robin and I became convinced that the sharks on Chumphon were in fact young bull sharks. In order to prove that virtually all the sightings of grey reef sharks on Chumphon Pinnacle were misidentified, we had to get some good photos for a positive ID to convince the skeptics.

We chartered a rib from DJL Divers on Koh Tao and timed our dives to be out of sync with the hundreds of divers who frequent the site from the large diving schools, so as to maximize our chance of getting up close to the sharks for some good photos. We were not disappointed, counting up to 15 sharks at a time and getting close enough for some good photo opportunities. The sharks appeared inquisitive and confident but never aggressive.

Back in Bangkok, we studied our photographs and compared them with others taken at Chumphon which we found on the internet – they all appeared to be the same species. We also compared them with photos we had taken of grey reef sharks in the Maldives and found them to be strikingly different. After researching various species of shark in the genus *Carcharhinus*, we became more convinced than ever that we were looking at young bull sharks.

Two world authorities on shark species confirmed our findings. Mr. Jeremy Cliff, the head of research at the Natal Sharks Board, South Africa ruled out the grey reef shark straight away. He attached two photographs of grey reef sharks from South Africa and said:

*“Notice the different shape of the first dorsal fin and the small second dorsal. [Your photographs] are clearly not grey reef. They certainly look like Zambezi [bull sharks]. ... I don’t think that there is anything else that [your sharks] could be.”*

Another expert, Neil Hammerschlag, of the South Florida Student Shark Program, University of Miami, was also in no doubt that they were of bull sharks.

There are very few places on earth where you can easily dive with bull sharks and thousands of people have dived this site, safely and without any shark incident to date. So look at those photos you took of “grey reef sharks” again and keep an eye out for a load of bull!

To read the full article visit [www.bigpinkshark.com](http://www.bigpinkshark.com)

Article by Richard Campbell and Robin Nagy. All Photographs ©Robin Nagy 2007.

*Richard Campbell and Robin Nagy are civil partners with over thirty years of diving experience between them and a particular interest in sharks. Robin is a secondary school teacher, Divemaster and underwater photographer and Richard is a solicitor (hence no fear of other sharks!). They have dived with sharks in the Caribbean, Indonesia, the Red Sea, the UK, Australia, Malaysia, the Maldives, Thailand and South Africa.*

# Decompression Sickness When You Least Expect It



My diving career has spanned 30 years, many hundreds of dives and many interesting and remote dive sites. The fact that my son (now 21 years old) and his best mate joined me when they turned 16 and obtained their open water certification was a huge bonus to an already fulfilling and stimulating hobby. Our little dive group planned and treated ourselves to an exotic dive experience every year and filled in the gaps throughout the year with local NSW& QLD coastal dives.

*Above: Dive buddy, Bob's son, Bob & their Instructor at Nelson Bay Pro Dive after completing a PADI Specialist Course.*

## Road trip to dive the Yongala and the HMAS Brisbane

We planned a recent road trip up to Ayr (Alva Beach) to dive on the Yongala and had a fantastic 3 days diving on the 100 year old wreck. We dived the old wreck 6 times over three days and never tired of the magnificent variation of marine life, not to mention the incredible size of the individual fish species living on & around the wreck. The depths varied between 28m and 16m with the vis at around 12-15m and varying current strengths, none of which were too severe.

From here we spent the next two days traveling to Mooloolaba. Upon arriving we confirmed our booking for the following mornings dive on the HMAS Brisbane. At 8.00am we received a comprehensive briefing on the dive and procedures and headed out to the dive site.

The Brisbane sits up right on the bottom at 27m bottom depth, bow pointing East and stern to the West. We dropped onto the front gun turret of the wreck, partnered up with our buddies and had a leisurely swim from the bow to the stern on the starboard side at an average depth of 22 m. We swam down to the bottom at the stern and found an absolute bottom at 28m. We ascended to halfway up the hull and swam up the Port side of the wreck at approximately 16m. We reached the end of the dive back at the front gun turret and I commenced my ascent to the 10m mark where I completed a 2 minute stop and up to the 5m mark where my computer went into safety stop count down with 50 bar in my tank. After the mandatory three minutes I poked off and swam under the boat to the ladder. I touched up my BCD to give me a little surface buoyancy, as I was still over-weighted due to the Yongala conditions. Overall dive time was 40 minutes.

## Then things got a little weird .....

It is just about here where everything went weird. As I slipped up to the surface I felt a crushing sensation on my whole body, excruciating pain in my right ankle and lower right back and I realised that I could not move. The sensation was akin to having quick set cement injected into my back and my system basically locked up. Life went into suspended animation and I was looking out into a world surrounded by a mask. I could hear myself breathing and told myself not to stop. I knew I was in trouble and tried to wave my arm – I only flopped it 6 inches out of the water and tried to wave it. I was telling myself to kick but nothing was happening. I felt as though I was sandwiched between two sheets of plywood with an elephant sitting on top of the lot! My breathing was shallow and I was fast becoming confused.

I remember the dive masters both working on getting me out of the water and then providing oxygen and reassuring me. Apparently my son tells me I was cramping and having violent spasms. I am a big bloke (180cm/110kg), fit and in good health. A couple of the other divers were kindly trying to comfort and restrain me – a job even the biggest bloke found difficult. From my perspective I knew I was in trouble, but that I was in good hands and that I was on my way to help. That was an enormous comfort. There is little doubt that I owe both my life and quick recovery to the frontline reaction of the Scuba World dive team. The importance of applying immediate emergency first aid, keeping a "DCI" victim horizontal, providing consistent oxygen provision and constant reassurance minimized the long-term damage of the AGE (arterial gas embolism) I sustained. The Scuba World boys did everything they could. It was my job to stay alive.

I am not clear about what went on whilst on the express boat trip back to land. I do recall being loaded into the ambulance at Mooloolaba jetty. On the way to Nambor Hospital I recall the ambulance officer asking me my name, date of birth etc. She asked me to move my left foot and the right one went off and vice-versa. According to the consulting neurologist, that didn't make any sense.

The weirdest sensation occurred with my right hand feeling my stomach. I asked the ambo if they could take my wet suit off. What I didn't realise was that my wetsuit has already been cut-off when I was still on the boat. My skin felt completely removed from my body. It was some time until I was convinced that my skin was actually attached to me. At about 1030hrs we got into Nambor Hospital and the casualty staff worked on stabilising me. The young casualty doctor checked me for everything and I had enough communication ability to ask her to ring either DAN or the nearest Hyperbaric Centre. She would not accept that I was suffering from DCI as I was recovering quickly and all my vital bits were coming back on line. I explained that DCI needed immediate attention by a specialist and the quicker the better. She had no real understanding of DCI so she referred to notes and conceded to finally order a transfer. Within an hour the paramedics had me in another ambulance and on the way to The Wesley Center for Hyperbaric Medicine.

By 2pm on the Friday afternoon I was wheeled into the chamber for my first treatment. At that stage I was in a sorry state. My legs were not moving, but my upper body was recovering and I had full consciousness and communication facilities and not too much pain. I had regular uncontrollable spasms in both my legs, causing them to bang against the bed rails making a fearful racket ever couple of minutes. My lower back and right ankle were aching but not too bad. I was sweating profusely and shivering uncontrollably, but my vital signs were reasonably stable considering everything that was going on.

The Hyperbaric Specialist Dr Bob Long was most concerned and attentive regarding my response to treatment, my daily progress, my personal well being, my family and my psychological approach to the whole thing. Throughout the process he communicated well and changed his tactics as I responded to the treatments and hurdles. He is an all round good bloke.



## **A run down of the treatments I received over the next week**

### **Day 1 - Friday 2pm**

I was "taken" back down to 30m and run through the "Comex 30" treatment profile table. For the first 2.5 hours I was on a 50/50 heliox mix and over the next 6 hours brought progressively "up" to 24m, 18m and 12m then on the last 30 minutes brought up to the "surface". I sweated, endured spasms, shivered and sucked on the aviator mask for all I was worth. Half way through the treatment I had a catheter inserted and unloaded 1000ml of urine. At about midnight I was rolled into my ward and slept fitfully.

### **Day 2 – Saturday 8.30am**

The morning saw a fair bit of improvement with my right leg moving on command, but the left leg remained inert. My involuntary spasms had migrated from my knees to my thigh area. I went back into the chamber for another 5 hours and run through the "RN 62" treatment profile.

### **Day 3 – Sunday 8.30am**

My left leg showed signs of more activity and the right leg was moving much better as well. The spasms moved further up my legs and I still had no bladder control. I had another 5 hour run in the chamber and a repeat of the RN 62 treatment profile.

### **Days 4 – Monday to Day 7 - Friday**

I spent 1 hour 39 minutes in the chamber each day and each day I felt considerable improvement in my legs. My bladder started operating on Wednesday after I learned to successfully self catheterize! A Molotov cocktail kick started my bowels on Wednesday afternoon. The spasms worked their way up to my pelvis and into my lower back by Wednesday night (which made sleeping interesting!!). On a positive note, by Thursday I was walking with only a walking stick.

On Friday afternoon I was discharged and we headed home for a rehab program and a desire to get back to my pre-DCI physical state.

## So What Went Wrong?

I assumed I must have made a mistake. I recall the ambo asking me “how do you feel” and I remember clearly answering “very pissed off” which just about summarizes my feelings entirely. I noted the following when reviewing my experience to try to determine exactly what went wrong:

- \* I was an experienced recreational diver with proper training and a healthy respect for my safety and that of my buddies
- \* We only dived to recreational limits
- \* No decompression stops were required
- \* I am fit and regularly work out
- \* I take an annual comprehensive executive stress test
- \* I am fatter than I ought to be (110kg / 180cm)
- \* We had 48 hours between dives
- \* I ate an apple, banana, and drank two cups of coffee for breakfast (unusually healthy for me) – could it be lack of bacon and eggs for breakfast that causes DCI??
- \* The weather was warm: water 23°C and calm
- \* The dive was relatively tame, max depth 28m, average depth 16m, NDCL>11
- \* Safety stop 10m x 2 mins & 5m x 3 mins; 50 bar air in tank residual
- \* I replayed dive computer at 3 min intervals and there were no anomalies in the profile
- \* *I may have inadvertently held my breath for a 5m ascent from the sand to deck height whilst I was fiddling with an integrated weight that had come loose but I doubt this was the case*
- \* My CT scan revealed a possible small cyst in my lung which was not the cause, but another one may have occurred to cause the AGE and closed up. If so why didn't this happen on one of my deeper more strenuous dives? (This is pure assumption)

After reviewing all these facts what happened to me is still a bit of a mystery.

On the bright side my incident occurred in almost ideal circumstances. I dived with a well trained and professional dive charter; we were not far from medical assistance and professional specialist services.

I am sure all of us would wonder how we would go if such an incident occurred to one of us on our more out of the way dives.

Dr Bob tells me the only thing I did wrong was go diving that day. Hmmm.

I would like to personally thank Dr Bob Long and his great crew at the Wesley Center for Hyperbaric Medicine, the nurses who cared for me and spent up to 8-hours at a time with me, the ambos and paramedic teams, the nurses and physiotherapists at ward 4b at the Wesley Hospital, Ian and his team at Scuba World, John Lippman from DAN, my family and all my friends and work associates for their gifts, cards, calls, care and support. It's great to know one has good friends around if you need them.

## Diving Again??

I would not hesitate to go back as soon as I am able to, as I love it. Firstly I will concentrate on my rehab and if I can't dive again due to medical reasons then so be it. Bob, Australia.

## Comment from DAN

*It is possible that a cyst burst in Bob's lung when he had a small breathhold during ascent. This can cause air to enter the bloodstream and disrupt the blood supply to part of the spinal cord. The presence of a lesion as indicated by the CT is certainly a contraindication for Bob to continue diving.*

*The dive crew certainly did the right thing by positioning Bob flat, providing high concentration oxygen and activating the ambulance promptly.*

*We wish Bob a full and speedy recovery.*

# First Aid Following a Dive Accident

As the above case highlights, having the skills to be able to act immediately in the event of a diving accident is hugely important in terms of the outcome of a diving accident. As passionate divers who spend money on kit and undertaking dive trips both locally and internationally, should we not all take the time and make what is a token investment to learn these life-saving skills? After all it could be a friend or loved one that finds them self in need of help.

DAN Asia-Pacific offers a full range of courses that will equip you with the skills and knowledge that will enable you to make a difference in an emergency situation. Visit the Training section on the DAN Asia-Pacific for the full range of courses. Following is a brief overview of one such DAN course relevant to divers.

## DAN Oxygen Provision in Dive Accidents

This course consists of one unit of competency, *Provide Oxygen in Dive Accidents*, which consists of two elements of competency, being *Resuscitation* and *Oxygen Provider*.

Most injured divers are breathing and require supplemental oxygen. The Oxygen Provision in Dive Accidents component is designed to teach you the skills needed to perform this task safely and effectively. Topics covered include diving accident recognition, the benefits of oxygen provision, precautions and safety procedures, and oxygen provision to both responsive and unresponsive victims. Participants are certified in the use of the DAN Oxygen Unit, or an equivalent system.

The Resuscitation component is designed to train participants in the management of the unresponsive victim and cardiopulmonary resuscitation (CPR).

See the DAN website for the Oxygen Provision in Dive Accidents Course Requirements.

If you have made the decision to learn these vital skills send an email to Scott at [training@danasiapacific.org](mailto:training@danasiapacific.org) to locate a trainer in your area.

## Will You Be Prepared in the Event of a Diving Accident?



**DEEP Indonesia 2008**  
Indonesia's 2nd International  
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& Water Sports Exhibition  
28 - 30 March 2008, Hall A Jakarta Convention Center  
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# Safe Diving Tips

## Simple Reminders for the Start of the Holiday Season

*While many of you will consider these very basic and obvious tips, we still recommend that you take the time to review these tips, particularly if you are re-entering the water after several months on dry land.*

- \* *Ensure you are adequately fit and healthy for diving.* If you have health concerns, discuss these with a doctor who is trained in dive medicine.
- \* *Thoroughly prepare and check your gear prior to diving.* You rely totally on your equipment while underwater.
- \* *Choose dives that match your training, experience and confidence.* Dive within your comfort zone on all dives.
- \* *Listen to your inner voice.* If you do not feel right while underwater, or you feel that you have exceeded your comfort level, abort the dive.
- \* *When you first reach the bottom, establish neutral buoyancy, ensure your ears are OK, check your air status and your depth, tighten your weightbelt, and then signal your buddy that you are OK.* Make these actions a standard part of ALL dives.
- \* *Watch your ascent rate on all dives.* You should never exceed an ascent rate of 10m/minute when diving shallower than about 30m. An ascent rate of 5-6 metres per minute is recommended in the last 10m of ascent.
- \* *Complete safety stops on all dives that exceed a depth of 10m.* Safety stops assist with reduction of excess nitrogen, which reduces the risk of DCI. They also slow your ascent rate, by forcing you to stop for a period of time. The rule of thumb is 3-5 minutes at 5-6 metres. An additional deeper stop of 2-3 minutes at 10-15m may be beneficial after deeper dives.
- \* *Always dive with a buddy.* Being with a companion while underwater will enhance your safety and overall enjoyment.
- \* *Plan your dive.* You and your buddy should agree on depth, time, air cut-off, and safety stops.
- \* *Plan your dive so you surface with a minimum of 50bar.* Don't look at it as wasted air, but as insurance against the possibility of some emergency that causes your air consumption to increase.
- \* *If you have had a layoff from diving, or you have been unwell, do some easier dives to regain your confidence and skill.*
- \* *Revise your skills regularly.* Practice such survival skills as mask clearing, regulator removal, and air-sharing regularly.
- \* *Log your dives.* A record of your diving history may come in very handy should you ever seek higher levels of training.
- \* ***Finally, enjoy your diving!***



## Diving Medical Issues Website

*For the answers to many common and some not-so-common questions be sure to check out the Diving Medical Issues website. This site can be reached from the DAN Asia-Pacific homepage ([www.danasiapacific.org](http://www.danasiapacific.org)).*



THE BIGGEST  
DIVE EVENT IN ASIA  
RETURNS TO SINGAPORE  
NEXT YEAR



**ADEX 2008**  
18 - 20 APRIL 2008  
SUNTEC SINGAPORE, HALLS 602 - 603  
[WWW.ASIADIVEEXPO.COM](http://WWW.ASIADIVEEXPO.COM)



SUPPORTING PUBLICATIONS: ACTION ASIA, DIVE LOG, DIVE PHOTO SLICE.COM, EMPIRE LIVING, OCEAN GEOGRAPHIC, OCTOPUS SCUBA DIVING LIFESTYLE MAGAZINE, OUT MAGAZINE, SCUBA DIVER AUSTRALASIA, SPORT DIVING MAGAZINE, SCUBA SLICE, UNDERWATER AUSTRALASIA, X-RAY MAG



*Be sure to encourage your fellow dive buddies to become DAN Members so they too can be prepared in the event of an accident and can focus on what's most important ... enjoying their diving!*

## What Are You Waiting For? GET INVOLVED!

If all the contributors to this issue (and previous issues) of Deeper With DAN have inspired you then why not drop us a line and have your story, incident and/or photo's included in the next issue. This is an open invitation to all our Members. If you have anything that you feel will benefit our members or that they will simply enjoy reading then send us an email. We look forward to hearing from you! Email Mel at [marketing@danasiapacific.org](mailto:marketing@danasiapacific.org).

## Happy Holidays from the DAN Asia-Pacific Team!

*The DAN Asia-Pacific Team would like to wish you all a wonderful holiday season. We would also like to take this opportunity to thank you for your support over the year.*

*We wish you a happy and successful 2008, filled with plenty of safe diving!*



Dive Equipment & Marketing Action Fair Taipei 2008  
09 - 11 May 2008 Taipei, Taiwan



潛水需要大未來

# Taiwan

**LOCATION TAIPEI, TAIWAN** The Asian Diving Equipment Hub for the diving community. 300,000 divers and snorkellers from across Asian Pacific, Europe, Australia, USA will be descending on Taiwan next year. **ENVIRONMENT** Great for suppliers of dive equipment & accessories, underwater photography & videography, tourism boards and training agencies along with resorts from all exotic dive destinations. **VISIBILITY** EXCELLENT Estimated 10,000 targeted trade and consumer visitors. **CURRENTS** STRONG Integrated marketing campaign to generate maximum pull. **SURFACE CONDITIONS** SMOOTH Ideal for optimum business opportunities. **EXPERIENCE LEVEL** BEGINNER New businesses breaking out in the market. **ADVANCED** Established business wishing to expand. **NUMBER OF DIVE SITES** 200 dive booths. **RECOMMENDED LENGTH OF STAY** 3 DAYS: 09-11 May 2008. **ACCESS** [www.demaasiapacific.com](http://www.demaasiapacific.com) for reservation or email [sales@demaasiapacific.com](mailto:sales@demaasiapacific.com) for further information and enquiries.

For more information, visit: [www.demaasiapacific.com](http://www.demaasiapacific.com)

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