

<p><b>Minutes of the Meeting of Free Flow Divers British Club 23 March 2006</b></p>	
	<p><b>ACTION</b></p>
<p><b>WELCOME</b></p> <p>Paul Blackburn opened the meeting by welcoming everyone, especially the new members:</p> <p><b>Section Guests</b> Anita Ingham John Smart Melissa Freudstein</p> <p><b>British Club</b> Chris Grieves</p> <p><b>Overseas</b> Ashley Mills Vernon and Noni Heritage</p>	
<p><b>NEWS</b></p> <p><b>Successful Assault on Mount Kinabalu</b> 3 FFD members – Sheila Blackburn, Brenda Marshall and Alison Wilson - succeeded in climbing Mt K and raised over \$1000 from FFD members for the British Club charities (the BC members donated \$40!).</p>	
<p><b>ADEX/Celebrate the Seas</b></p> <p>This dive show is on at Suntec City 21-23 April. There is a Master Pass available for \$50 which will allow entry to both Celebrate the Seas and ADEX. Book through Paul.</p>	<p><b>PB</b></p>
<p><b>Simple Minds Concert – 30 April</b></p> <p>To be held at Fort Canning. Over 20 FFD members going – if interested contact Sheila Blackburn.</p>	<p><b>SB</b></p>

## Summer Party 2005 – Photo Competition

The photos from the comp will be on the website.,

## Next Meeting

19 April (Wednesday) to be held aboard *Black Manta*, and hosted by Vincent Chew. Details to follow.

## SHORT TRIPS (Angela Sausman)

### Saturday 11 March – Underwater World Sentosa Aquarium Dive:

Successful dive for 4 FFD members. Underwater World has agreed to give FFD a discount of \$15, and will consider blocking out ½ day per month for a Club dive. If interested discuss with Paul or Angela.

### Pulau Hantu :

On Saturday 18 March there was 4 metre viz!

Can either be dived from a local bumboat, or hire the *Seaborne* but would need a minimum of 10 divers.

9 April – Michael Sausman taking out rescue divers for qualifying dives – can join for \$75 per diver, including tanks. Contact Angela.

### *Black Manta*:

Long weekends, cost to FFD would be \$711 instead of \$790: The boat will leave at 5.45pm from Tanah Merah, clearing customs there, returning on Sunday at around 8pm.

28 April – 1 May – *Seven Skies*

15 May long weekend dive on the *Igara* (not able to do this much longer as the wreck has been sold for salvage).

### Samudera Quest:

Any new trips to be organised by Paul – Angela will be away for most of April and May.

## TRAINING (Angela Sausman)

Jo Brown is training to become a Dive Master.

John and Gwen Gillies, Bill Kerr, and Alicia Hendy are training to be Rescue Divers. They have completed their EFR (Emergency First Responder) course.

Adrian Smith and Andrea Gillmeister will complete their Advanced Open Water training on the *Samudera Quest* trip to Tioman 24-26 March.

Lorraine Bamrah has started Open Water training.

Ruth Read is doing a refresher course.

Angela cannot take on any new students before June as she is travelling.

<p><b>27 May – Discover SCUBA</b> British club pool.</p> <p><b>28 May – Pulau Hantu</b></p>	
<p><b>WEBSITE (John Gillies)</b> The website was officially launched by webmaster John Gillies. Address: <a href="http://www.freeflowdivers.com">www.freeflowdivers.com</a></p> <p>The web is easy to navigate – same header and footer on each page. Three-level menu which is the same across all pages.</p> <p>The site is registered with Google and Yahoo – it will go up the ratings ladder by having more hits. So the Club members must use the website to keep it ‘alive’ – so need trips updates/new photos etc. Use the template (it’s on the web), send the article to John and he will insert it.</p> <p>Trip reports should contain details of where the trip took place/how many FFD members/advice on what to take etc. Any photos should be supplied to John on CD, clearly labelled with date, where taken and subject (if known). The photos will be reformatted so that they can’t be downloaded for repro.</p> <p>By mid-March there had been 21 513 hits on the website!</p> <p>Many thanks to John for all his hard work!</p>	
<p><b>QUIZ (set by Angela and Michael Sausman)</b></p> <p>Quiz was won by Gen James with Elenor Jones second.</p>	
<p><b>DR ROGER PANG</b></p> <p>The guest speaker, Dr Pang, gave a talk on dive related medical problems. As a medical advisor to the Singaporean Navy, he brings considerable knowledge and experience to the recreational diving world. The main points of his talk follow:</p> <p><b>I. Possible Medical Problems (Dive Related)</b></p> <p><b>Exposure to Cold &amp; Immersion</b> <i>Features</i></p> <ul style="list-style-type: none"> <li>• Numbness, pallor, blueness of extremities</li> </ul>	

- Shivering, difficulty with co-ordination
- Confusion, apathy, & weakness
- Loss of consciousness
- Weak pulse, cessation of heart beat & breathing

*Treatment*

- Remove diver from cold water and wet clothing
- CPR if necessary
- Re-warm in water bath at 36°C warming to 40°C in 10 mins
- Or re-warm by body heat of other divers
- Give warm drinks ( Never alcohol unless homicide is intended!!)

*Prevention*

- Adequate insulation with wet or dry suit

**Near Drowning**

*Features*

- Shortness of breath, gasping, rapid breathing
- Pain behind breast-bone when breathing
- Blood stained or pink frothy sputum
- Blue lips & tongue, pallor, cold skin
- Unconsciousness
- Weak or absent pulse, no breathing

*Treatment*

- Remove from water
- Start resuscitation ABC
- **A**irway – clear mouth, throat
- **B**reathing – start mouth to mouth or Oxy-viva etc. (15 breaths/min)
- **C**irculation – start external heart massage (60 compressions/min)
- Oxygen supply if available

**DON'T** give up – above treatment can keep patient alive for some hours!!

**Salt Water Aspiration Syndrome**

*May occur in*

- Free ascent
- Buddy Breathing
- Faulty demand valves
- Poor mouth piece seals or many other causes

*Features*

- Within 1 to 2 hours there will be
- Shortness of breath, cough and pain behind breastbone
- Uncontrollable shivering
- Hot & cold flushes, feverishness
- Nausea, vomiting

*Treatment*

- Keep warm, rest, breathe pure Oxygen by mask if available
- Pain killers, anti-nausea drugs (e.g. sea sickness)

- Consult doctor to confirm diagnosis
- Condition will improve within 24 hours without treatment

## **Dangerous Marine Animals**

Sharks

Jelly Fish

Sea urchins

Sea snakes

### *Features*

- Symptoms may appear 20 mins to few hrs after bite
- Stiffness of limbs, muscle cramps, weakness
- Muscle paralysis ascends up limbs to body, breathing difficulty
- Panic, irrational behaviour

### *Treatment*

- Apply compression bandage between body & bitten part of limb
- Flush wound to remove surface venom
- Local incision to promote bleeding (?value)
- Rest, reassurance
- Antivenes used only under medical; supervision

### *Prevention*

- Most sea snakes have short fangs so less likely to penetrate wet suit

## **Hypoxia in Diving**

Failure of Oxygen supply to the tissues

- Inadequate O<sub>2</sub> conc in breathing gas
- O<sub>2</sub> unable to reach lungs e.g. drowning
- O<sub>2</sub> unable to pass from lungs to blood e.g. drowning
- O<sub>2</sub> unable to pass from blood to tissues e.g. air embolism

*Causes:*

Breathhold Diving

- Hyperventilation before a dive

Diving Equipment

- Exhaustion of air supply
- Equipment failure

*Features*

- Rapid fall – sudden loss of consciousness
- Gradual fall – poor co-ordination, sluggish, apathy, headache, blue lips & tongues, headache

*Treatment*

- **Airway**
- **Breath** pure O<sub>2</sub>, mouth to mouth if necessary
- **Circulation** – restore with cardiac massage if necessary

## **Disorientation under Water**

*Common causes*

**A. Poor Visibility**

**B. Vertigo**

1. Unequal stimulation of balancing organs

- Wax in 1 ear
- Outer ear infection
- Ruptured ear drum
- Middle ear barotrauma
- Decompression sickness

2. Unequal sensitivity of balancing organs

- Cold water
- Ear barotrauma

*Try to re-orientate by*

- Visualising bottom or surface
- Rising bubbles (seen or felt)
- Knife or weight belt hang downwards
- Position of life line
- Variation in ease of breathing when head-up or head-down
- Body at rest tends to float head-up (heavy fins, buoyant chest)

**Infections & Diving**

Fungal Infections

- Tinea
- Tinea Versicolor

Ear Infections

- Otitis Externa (Swimmer's Ear)
- Otitis Media

Coral Cuts

Swimmers Itch

Amoebic Meningitis

Leptospirosis

Pre-existing Infections

**Breathing Gas Contamination**

Common contaminants

- Carbon Monoxide
- Carbon Dioxide
- Nitrogen Dioxide
- Nitrous Oxide
- Oil & water vapour
- Solid particles (dust, pollens, dust flakes)

Air used for diving should meet following requirements:

- Contains not less than 19.5% nor more than 22% by volume of O<sub>2</sub>
- Contains not more than 11mg/m<sup>3</sup> of Carbon Monoxide
- Contains not more than 900mg/m<sup>3</sup> of Carbon Dioxide
- Contains not more than 20 mg/m<sup>3</sup> of water when sampled from a cylinder

- filled to a pressure of 12Mpa
- Contains not more than 1 mg/m<sup>3</sup> of oil (mist) when sampled from a cylinder filled to a pressure of 12 MPa

## **II. Possible Medical Problems (General)**

Cough, Cold, Congestion

Should not dive because difficult to clear ears

Take decongestants, antihistamines

Non-drowsy medications

### **Fever, Headache, Aches & Pain**

Now, why dive when you have a fever?

Differentiate aches & pain from DCS Pain

Take analgesics (pain-killers) but make sure not allergic

### **Non-penetrating Conditions**

Contusions, bruising, sprained

- Muscles, ligaments

Brachial Plexus nerve injury

Jaw disturbance

Carotid Sinus Syndrome

Sea sickness

### **Penetrating Conditions**

Cuts, lacerations, crushing

- Major
- Minor

Fractures

### **Medical Box**

- Pressure bandages
- Airways, vivas
- Alcohol
- Spirit swabs
- Local anaesthetic ointment
- Topical antibiotic ointment
- Topical steroid cream
- Local skin antiseptic solution ( Savlon)

<ul style="list-style-type: none"> <li>• Adhesive plasters</li> <li>• Scissors</li> <li>• Forceps</li> <li>• Torch light</li> <li>• Crepe bandage</li> <li>• Cotton wool</li> <li>• Gauze squares</li> <li>• Splints</li> <li>• Thermometer</li> <li>• Oral analgesics (Panadol, Aspirin)</li> <li>• Anti-diarrhoeal (Lomotil, Imodium)</li> <li>• Decongestant (Sudafed, Clarinase)</li> <li>• Antibiotic Ear drops</li> <li>• Antibiotic Eye drops</li> </ul> <p>Not in the box but useful : Oxygen cylinder (use with caution)</p> <p>Extra general tips – before any trip the dive leader should determine if any diver is allergic to anything. (Two types of antibiotics – one sulphur based, the other penicillin based.)</p> <p>If any diver needs dive-related medical attention they should consider consulting Dr Roger Pang.</p>	
<p><b>VIDEO PRESENTATIONS (Nick Jackson)</b></p> <p>Nick showed a 10-minute video titled 'Full Moon in Belize – Diving with Whale Sharks' which he has entered in a competition being run by Celebrate the Seas.</p> <p>He also presented a video of a dive at Underwater World, Sentosa, from January 2004, with FFD members Nick and Tim Jackson, and Alicia Hendy, plus a friend. Highlights showed Gracie the dugong, and the eagle rays eating cockle from the divers' palms.</p>	
<p><b>NEXT MEETING</b></p> <p>Wednesday, 19 April is the date for the next meeting, on <i>Black Manta</i>. Details to follow</p>	
<p><i>Prepared by Heather Jackson, Secretary 28 March 2006</i></p>	

