

The Surface Times

Volume 2 Issue 1
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Stamina and Projects

Part IV

Last month we discussed the Knowledge Development portion of the Divemaster course. You should be well on your way and either have developed or are developing a very strong knowledge base for professional level diving. Your checklist is starting to look full now!

This month we'll discuss the next module: Stamina and Projects. You will be required to accomplish some specific swim evaluations, a rescue assessment, develop demonstration quality skills, complete a mapping project, exchange your equipment underwater with another diver, and finally conduct one of the programs Divemasters are allowed to present.

The first part of this is the one most candidates worry about, but don't! It's really not that hard to get through: Swim Evaluations. You are required to do 4 individual swim tests, and you must score at least 12 points in total (all 4 swims together) in order to be successful. You earn anywhere from 1 to 5 points on each swim, depending on your performance. The first is the 400 yard swim. Simply swim 400 yards, using any stroke you wish, or combination of strokes, without stopping and without any swimming aids. This is just swimming laps in the pool, or a designated distance in open water. Swim hard, swim slow, alternate between the two or however you like, but finish before 10 minutes and earn a 3. The next evaluation is a 15 minute tread. In any water too deep to stand in, tread water for 15 minutes, with your hands out of the water for the last 2. Do this, and it's an easy 5! Remember, it's just "hands" out of the water for the last 2 minutes so don't make it harder than it has to be. The 800 yard snorkel swim is next. You will probably do this on open water unless you have easy access to an Olympic size pool for laps. You use your mask, fins, and snorkel. The key to this one is a great snorkel. A large bore without any restrictions will serve you well. Finish this swim in less than 17 minutes and you have another 3. The final evaluation is a Tired Diver Tow. Pick a small diver and use your choice of tows: pull or push. The push is for most the fastest way to go. Go 100 yards in less than 4 minutes and you've got another 3. For all of these swims, the faster you go the better your score and you can earn 4 or 5 points in each if you're in good enough shape, but what I've listed above is an average and will get you the required 12 points you need.

The Rescue Assessment is a repeat of the full blown rescue you did during the Rescue Diver course. It serves 3 purposes:



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We B Divin'*The Ultimate Dive Shop!*

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Evaluates effectiveness (you can save someone), improves your skills to role model quality, and finally, it forms the foundation for demonstration quality skills you'll need in the IDC/IE should you go beyond Divemaster. You'll be required to surface an unresponsive diver, establish buoyancy, check for breathing, initiate emergency ventilations, and tow the diver to shore while removing your gear and the victim's gear. You'll do this without assistance (except for equipment handlers) until you get to shore where you can get help getting them out of the water if you need it due to physical characteristics and logistics, but try to do it all on your own if you can. There is no time limit for this exercise, so don't rush and wear yourself out! Also, this is a development exercise, so you might have to do it more than once. It's tough, but it's fun. Review your Rescue Diver Manual and DVD to refresh your memory before you attempt it, and do not forget your pocket mask!

Demonstration Quality Skills is something you've probably heard of already, and you've most certainly seen it in action. This is probably the most important developmental item you'll do in the Divemaster course. Take a look at Divemaster Slate 4, side one for a listing of the 20 basic skills. You'll recognize these skills as those you learned in your Open Water class. Now, you will learn how to demonstrate these skills for students. Just being able to do the skill isn't nearly good enough. You have to do them slowly, with exaggerated movements that emphasize the Critical Attributes of the skill. Keep in mind you're showing students, who have only seen the Instructor do it once, how to do the skill. You can't just blow through it! Schedule some pool time with your Instructor to work on this. It will probably take more than one session to get through all 20, as your Instructor will show you how to demonstrate each skill, then evaluate you and give you feedback. You earn from 1 to 5 points depending on your performance with each one. Start with the Mask Remove/Replace skill first, because you must earn at least a 4 on this BEFORE you can proceed with the other skills for evaluation. Get this one out of the way and all your hard work on the other skills will count. You must earn a total of 68 points, so getting a 3 on all of them won't cut it. You'll need to get some 4's or better on some skills. Do your very best with this one. I said above that this is probably the most important developmental item you'll do, and it is because this is the heart of teaching scuba: demonstrating the skills. This is one of those things that separates a good Instructor from a great Instructor.

Continued on page 3

Creature Feature

From last month:

Moorish Idol

Superficially, this species resembles butterflyfishes. The body is strongly compressed and disc-like, the snout is



tubular, and the mouth is small, with many elongated, bristle-like

teeth. Larvae are distinguished by a third spine that is elongate and more than twice the length of the larva's body, which develops into the "streamer" of adults. Also has a spine positioned prominently above the corner of the mouth. Body size is large, up to about 3" in length, at metamorphosis from postlarvae to juveniles. Adults grow to at least 6".

Hint: This is too pretty to be an adult.



Specialty of the Month

January: Enriched Air

Diving with enriched air nitrox lets you safely extend your no stop time beyond the no decompression limits for air. Diving with enriched air means more time underwater – but you need to be certified as an Enriched Air Diver to get enriched air fills.

February: Boat Diver

This course can benefit almost every diver because different boats in different parts of the world do things differently. The course familiarizes you with the various ways you stow gear, enter and exit the water, use surface lines and more, depending upon the type boat and the location.

March: Dive Propulsion Diver**These things are a blast to ride!**

DPV's offer a thrilling way to see a lot of underwater territory in a brief amount of time. They scoot you through the water without kicking. Want to visit that offshore reef from the beach? A DPV may be the way to go.



Growing Number of Divers

Advanced OW

Krista Sullivan, Coz

Specialties

Scott Williams, Fish ID, Naturalist

Kent Johnson, PPB



Stamina Continued from Page 2

The next item is the Mapping Project. You will be assigned a dive site to survey and make a map of. This map can be as simple or complex as you like, but remember, the more complex it is the harder it will be to get done. Keep this in mind: An adequate map is one that is complete enough to be useful for navigation by someone who has never been at the site before. You don't have to get all your information in one dive. Feel free to make multiple dives or even multiple trips to your assigned site. Try to be as accurate as possible with headings and depths of attractions. Your map must include: underwater relief, important points of interest, entry/exit points and local facilities and hazards. Hopefully you've seen maps of local dive sites. You usually get those the first time you visit so you know where stuff is. Who did those maps? You guessed it, most likely a Divemaster Candidate.

The next task is the most fun. The Equipment Exchange is a problem solving evaluation, and the key here is to go slow! There is no time limit so don't rush through it. Take plenty of breaks and if you start to get tired or out of breath, just stop and rest before continuing on. You and a buddy will start at the shallow end of the pool, swimming to the deep end. Once there, you will begin Buddy Breathing, so remember to take 2 breaths and pass the regulator. Do your tasks while your buddy has the regulator and your buddy will do their tasks while you have the regulator. Take it in small steps rather than trying to do too much at once. Stay close to each other! Remove your scuba units first, and when you both are ready hand them to each other at the same time. At this point the donor/receiver role will change. Once you're both dressed, exchange your fins. Save your masks for last, then Buddy Breathe while swimming back to the shallow end. I can't stress enough: go slow! Take your time and relax. Stop and rest if you need to. There's no need to rush because there's no time limit on this exercise.

The final task we'll talk about today is the Divemaster Conducted Program. Your Instructor will assign you one of the following: Discover Snorkeling, Scuba Review, Discover Local Diving, Discover Scuba (confined water) or PADI Skin Diver. These are all programs that you will be able to independently conduct as a PADI Divemaster, so you will be evaluated on how well you do it. Once you get your assignment, review the appropriate section in the Instructor Manual for Key Standards and conduct, then put together your program just as you would if you were teaching it as a Divemaster. This exercise may be with real students or as a simulated exercise with other Candidates acting as students, but in either case your Instructor will be directly supervising the activity and evaluating your performance. This is an excellent opportunity to get candid feedback from your Instructor and greatly improve your ability to deliver these programs as a certified dive professional. Prepare well, be very familiar with the subject matter and everything else will fall into place. Think of teachers that have made the most impact on you in your life and try to emulate what they did and how they did it. Always remember that diving is fun and is our recreational sport, so make your presentation fun, engaging, and one that the students will go away from feeling that they had a great time, learned a lot and that they got good value for the money.

That's it for this month's topic. There sure is quite a bit to this Divemaster course! Well, it is after all, the first step on the professional path so there's quite a bit to get through. Next month we'll talk about the final part, the Internship. This is where you start working with actual students and start to learn what a Divemaster really is, and what a Divemaster really does. The Internship is the best part of the course and there's a lot of diving involved. There's so much to it, next month we'll focus on just the Intern

This five part series of articles on becoming a PADI Divemaster and breaking into the professional diving ranks is being written by Scott Williams. Scott, an Assistant Instructor, is a valuable asset to We B Divin' in many ways and his joy in diving and learning about diving is infectious to all who know him. Come by and visit with him sometime. When he is not exploring swim throughs he is frequently in the shop!



A Word from Our Sponsors

Unlike anything on the market, the Slingshot offers increased power and propulsion, as well as unparalleled comfort and easy-to-adjust settings that determine the thrust of each kick. Its pioneering technology will help propel divers with little effort – saving energy and lengthening underwater stay.

The Slingshot features three innovations:
Power Bands, the Gear Shift, and the Mid-Foot Attachment Points

Power Bands

Known as power bands, these silicone straps capture all the energy of the downstroke (powerstroke) and then immediately snap back, creating powerful propulsion that's much more efficient than other fins on the market and help divers save their energy.

Gear Shift

The Gear Shift gives the diver complete control of power under any condition. The diver can shift to one of three settings in order to choose the speed-to-effort ratio, allowing him to go from cruising speed in tranquil waters, to a forceful thrust in strong currents. The Slingshot adjusts, quickly (and underwater), to the various circumstances that can occur.



Mid-Foot Attachment Points

The blade attaches to the foot further back on the foot pocket rather than at the toes, alleviating pressure on the front of the foot and reducing strain on the ankle, while allowing all the power to transmit from the leg to the fin.

The Slingshot comes in three colors: blue, black/silver, and red, and is available in sizes small, medium and large/extra-large. It retails for \$219.



Trips for 2007 and More

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dives per day. Nitrox avail-
able.

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atolls. Up to five dives per
day beginning. Nitrox avail-
able.



dan facts

Practical dive safety tips for divers.

Ear Problems? No Problem.

Pressure-related injuries to divers' ears and sinuses are the most common injuries reported to DAN each year. A little common sense will help you avoid such injuries.

Equalize

Equalize early; start on the surface with a gentle Valsalva maneuver. At the first sign of a problem, stop your descent until you have equalized. If you cannot equalize, ascend to a shallower depth and use a different equalization technique. Use frequent gentle equalizations; they are more effective than forceful equalization.

Avoiding Ear Problems

- Before entering the water or before descending, equalize.
- Descend slowly and steadily, and clear often.
- If you experience difficulty, stop your descent or do not forcefully clear. Stop your descent before you experience ear or sinus pain.
- Descend and equalize in a feet-first position.
- If you do experience pain or discomfort, ascend until you experience relief.
- Equalize early and often.

Can't equalize?

Do you have a broken nose, a deviated septum or allergies or a history of ear infections? Don't dive until you have seen a doctor, and the problem is resolved. Use nasal sprays or oral medications to shrink swollen membranes and aid equalization.

Symptoms of damage to the ears and sinuses include:

- Ringing in the ears or hearing loss
- Nausea, vomiting, dizziness or vertigo
- Blood from the nose or ears
- Unresolved pain in ears or sinuses

If any of these symptoms occur during or after a dive, consult a physician before the next dive. Proper care and medication will aid your return to diving.

DAN Medical Information Line: +1-919-684-2948 ext. 222

www.DiversAlertNetwork.org

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The Surface Times

We B Divin' is your personal resource for scuba training (PADI), equipment sales, service, and travel.


We pride ourselves on individualized training, especially for people with water related anxieties. Our rental gear includes SeaQuest weight integrated BCD's (women's and men's), computers, and regulators for state of the art training and the ultimate in safety.

Remember, enjoyment and safety are enhanced by comfort and proper fit. We will personally fit you, whether your primary interest is diving or snorkeling.

We offer both group and individual travel opportunities. Both singles and couples are welcome. Singles may ask to room share or can choose the single supplement option. Everyone is welcome - divers, snorkelers, non-divers, shoppers, etc.

Think Outside the Bowl!

There is much to learn, many places to go and much to see.



Come learn with us, go places with us and see with us.



Scuba Trivia? "Sea Hunt"

USNR Commander Francis Doug Fane and Dan Moore published a book in 1956 about the Navy Underwater Demolition Team. Titled "The Naked Warriors", the book documented the UDT during World War II and the Korean War. Metro-Goldwyn-Mayer and Ivan Tors picked up the theatrical rights and produced "The Underwater Warriors" (1958), a feature movie based on Fane's book. Dan Dailey played Commander Fane and the real Fane was the Technical Consultant on the film. During this production, Tors began framing his idea of the hero character **JASON DOUGLAS** for his concept television series that would be loosely based on Fane's military life during World War II with a post war and post military story.

One day before shooting began on the first pilot episode 1B "Mark of the Octopus" Ziv #1.4, Bridges had his first scuba lesson in Courtney Brown's swimming pool. The next morning he was swimming underwater in Silver Springs Florida playing Mike Nelson. Recounting that first morning rehearsal, Bridges said, "**Someone gave me an almost empty tank. After running out of air in a few minutes, I had to put into practice what I'd been taught about buddy breathing**".