

The Surface Times

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Grand Cayman Diving By Angela Garret, MSDT

Anyone heading to Grand Cayman for Diving, should stay on the East End at Compass Point. The diving is great and Ocean Frontiers (<http://www.oceanfrontiers.com>) is a premier Diving Center. They have three dive boats with sufficient room on all. The crew is very helpful and friendly. You might find yourself on a full boat or you might only have six or so divers with you. Even with a full boat the experience is great. Most dives sites are anywhere from 5 minutes to 20 minutes from the dock. They give great dive briefings with drawings of each dive site with depths, coral formations, and swim throughs all indicated on the map. The dive boat is moored while you dive, so there is a bit of navigation required to return to the boat, but the briefings make it simple. If you want a guided dive, the crew will provide that for every



dive as well. And for those of you who want no hassle diving (duh, isn't that all of us?) they have a solution for you, after your first day of diving is over, put your dive gear in a crate and it will get rinsed, hung, and brought back to the boat for your next diving day. No more carrying it to and from the boat, or having to hang it to dry in the shower or on the balcony!

One of the best top side adventures I have experienced in Cayman is a charter with Double Trouble Charters. Your boat cruise is on a 40-foot boat called "Double Trouble" out of the Kaibo Yacht Club, piloted by Captain Daniel and his brother Allan. I have always opted for the afternoon pick up, which is at 1 pm and you see the sunset from the water. The trip included snorkeling, fishing, Sting Ray sandbar, and enjoying the water. During lobster season you may even catch dinner for the evening.



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Check out our trip to Grand Cayman May 28 to June 01.



Training Specials

WBD Season Pass

Take any or all of the 38 PADI/DAN specialties offered at We B Divin' in a 12 month period. Crewpacks not included.

Get your **PADI Master Scuba Diver** and your **DAN Diving Emergency Specialist**.

\$749 — **Unbelievable!**

Learn to Dive Package

A whale of a deal, tell your friends.

Group Class Tuition, Student Materials, Personal Gear (Mask, Snorkel, Fins, Boots, Bag) chosen from a wide variety of options, and a shorty wet suit. Upgrades are available should you desire.

\$725

eLearning

Don't have time to spend in classroom but want to get certified?

Sign up for on-line learning. Do all of the classroom on your time at your location on your PC.

Then spend 8-12 hours with us in the pool and 4 dives in open water.

Same gear package included. \$660 Plus \$120 eLearning enrollment.

Regulator Retrieval: A Skill That Will Save Your Life

By David Crocker, OWSI

In the process of becoming a certified diver you learned many skills. Some skills, such as mask clearing are skills you sometimes do frequently. But one of the skills that is often overlooked is regulator recovery.

For instance, you're in Cozumel and just completed your back roll off the boat with the rest of your group. All of a sudden as you near the reef some 'know-it-all diver' coming down rear end first drops on top of you and in the ensuing tangle of limbs and gear knocks your regulator out of your mouth then swims off. The first thing you want to do is panic or use your 'dive tool' on the aforementioned 'know-it-all'. Don't. While it's unusual to lose your regulator unexpectedly while diving, it can and does happen. Whether through your own or another's carelessness, you've lost your regulator and now you must recover it in order to continue and enjoy your dive.

Regulator recovery is a basic scuba skill that should not be taken for granted. It's a skill that should be practiced and mastered in a pool, if available, and practiced again at the start of your recreational dive.

If you're practicing regulator recovery in a shallow pool the easiest way to practice is from a kneeling position with the knees far enough apart to be stable. If you're in a deep pool or deep open body of water it can be done from a vertical position or even swimming. After taking a couple of calming breaths, remove the regulator from your mouth with your

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Creature Feature



Have you ever seen one of these little guys? They look so funny swimming with their pectoral fins. I can only describe them as a dice or is the singular die? They can't be more than a inch square! Literally post-larval. That is a serious juvenile. They are in a category called 'odd shaped swimmers'. Boy is that an understatement. This one is a juvenile boxfish. The juvenile Honeycomb Cowfish is colored very similar, but it has horns while the juvenile Trunkfish has a hump on its back. The juvenile Smooth Trunkfish has reverse colorings, that is, they are black with gold spots. What they all have in common is the general shape of a cube powered by to translucent pectoral fins and a vertical tail fin.



Scuba Equipment Sins

By Michael Turner, AI

The majority of problems are equipment related and most are the result of diver error. Simple precautions can prevent them and help insure a fun diving experience. The following are seven of the *most common dive equipment errors*.

Not wetting your Buoyancy Control Device (BCD) strap.

If your BCD is fairly new or has not been used in a while you should wet the strap prior to putting it on a cylinder. This allows a new strap to stretch prior to tightening and softens an old strap making it easier to tighten properly.

Not turning your air off and purging the line after your initial check.

When you board a dive boat or prior to a shore dive it is customary to assemble your equipment, turn on the air and check to make sure everything is functioning properly. Since there is often a delay prior to getting into the water it is important to turn the air off and purge the line during this wait. Failure to do so allows the heat to increase the pressure in the line often resulting in a blown 1st stage seat prior to the dive or even worse for the seat to dislodge during the dive.

Not opening the valve all the way and back ¼ turn.

When getting ready to dive you need to make sure that your air is turned all the way on. A scuba cylinder valve only partially opened will breathe normally during testing but at depth will often become very hard or impossible to breathe from.

Since a tight valve is often hard to open when trying to turn your air on – you may think it is already open. By closing it only ¼ turn it is still open all the way but will move slightly letting you know that it is open.

Not looking at your gauges while checking your air.

Look at your scuba gauges or computer as you either breathe from the regulator or press on the purge, if the valve is not opened or not functioning properly you will see the SPG needle move during this test.

Not doing a buddy check prior to the dive.

A pre-dive buddy check is one of the first things we are taught as beginners and is often neglected. There have been numerous accidents where a diver entered the water without turning on his/her air. A simple buddy check will prevent this from happening. Yes, you should do a Buddy Check even when diving on a Dive Boat while on your scuba diving vacation.

Using high pressure air to clean your dust cap.

Everyone does it, but never use the cylinder air to clean or dry your dust cap. It pushes moisture in past the 1st stage filter into the regulator, causing flooding. Either wipe or orally blow on the dust cap to clean it prior to replacing it.

Not having your regulator and BCD serviced annually.

Your scuba regulator and BCD need to be serviced at least annually. This is the recommended interval from the manufacturer and is necessary to not only maintain your warranty but for safety. Even if not used rubber o-rings and diaphragms can dry rot or get out of tune. Annual service is designed to prevent equipment problems during the dive.

Follow these simple rules and you will prevent the most common dive equipment problems. For more information on SCUBA diving equipment care check out the [PADI Encyclopedia of Recreational Diving](#) or take the PADI Equipment Specialist course.



Travel 2011

Cozumel

May 27-30 \$972_{DVR} \$768_{NDVR}
 July 01-04 \$907_{DVR} \$832_{NDVR}

Ladies Only! Aug 05-08 \$896_{DVR} \$692_{NDVR}

All taxes / fees included, Hotel Cozumel, 3 days 2 Tank boat dives, transportation to / from hotel / airport, round trip airfare

Grand Cayman

May 28—June 01 \$699_{DVR}

All taxes/fees included, Compass Point Resort, 3 days 2 Tank boat dives, rental car for each four people, airfare not inc

Curacao

July 23-30 \$1199_{DVR}

Lions Dive, Breakfast,
 Free entrance to the Curacao Sea Aquarium,
 6 Days 2-Tank boat dives,
 Unlimited beach diving 24 hrs per day

2 Spots Left

Truk

November 27 — December 04

\$3280 plus airfare, double occ
 Est airfare DFW to Tkk is \$1800
 (unless you have miles (-;)

1 night in a hotel in Chuk, est \$75

2 Spots Left



Regulator Retrieval: A Skill That Will Save Your Life

By David Crocker, OWSI

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right hand and hold the mouthpiece face down to prevent it from free flowing. Stretch the arm holding the regulator out to your side, release it and let it fall. Once the regulator is out of your mouth don't forget to release a continuous stream of small bubbles so you don't inadvertently change depths holding your breath.

The first step after dropping the regulator is to lean to the right so the regulator and hose will hang straight down and away from your body. With your arm out straight in front of your body make a sweeping motion bringing the arm down with your hand brushing the side of your leg. Continue the motion back until your hand passes the tank. Bring the hand up to shoulder height then out to the right and then to the front of the body, in so doing you should have hooked the hose between your shoulder and elbow.

It is possible the regulator is just hanging in front of your body and you could miss it if you do not begin the sweep far enough forward. It is important to complete the skill step by step and work through the skill. Don't just grab the regulator and put it in your mouth if you can see it because then you won't learn the skill properly.

Sometimes leaning to the right doesn't accomplish your goal of easily retrieving your regulator. Another method of retrieval is the 'reach back' method. On 'most' first stages the primary regulator is the top hose. You'll need to check your configuration to see where the hose for your primary is located. In this method you reach up over your shoulder and

Click here to watch video!

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A Word from Our Sponsors

We have just restocked with the Scuba Do Rag line of products.

Big Oh!	ScubaGoodHood	Scuba TubeSocks	Scuba TubeSocks Super Size
\$27	\$29	\$19	\$28

Lots of colors and designs in all the products.



A six inch wide headband that is joined with a high quality ponytail holder. This makes for less bulk at the nape of your neck and



Scuba Tube Socks promote HappyFeet and coordinate to easily identify your gear. Not needed for warmth, but for ease in performing the Wetsuit-Dance and for unifying rebel toes into a sleek unit that glide easily into your wetsuit, booties or fins and they help avert blisters. Topside they look fantastic with clogs, slides and chucks.

ScubaGoodHood



Gives high visibility and sun protection. Use them for a neoprene hood liner, relief from your mask strap, to keep your hair out of your face or simply as a fashion statement.



Scuba Tube Socks on Steroids! A full six to seven inches longer and a smidge wider. Easier to don the wetsuit and saves your now Happy Feet from blisters.

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grasp the top hose, which should be your primary. Grab the hose with your right hand. Bring your hand forward as the hose slides through it until you find your regulator. If you're unable to reach the hose you may need to lift the tank with your left hand on the bottom of the tank in order to reach the hose with your right.

Once you've retrieved your regulator, put it back in your mouth. Clear the regulator either by blowing through it or by placing your tongue at the roof of your mouth and then tapping the purge button. If you have breathed out nearly all your air during the skill, use the purge method then take a cautious first breath in case any water remains in the regulator.

It's important to remember you do have a secondary air source that you can use if you have difficulty finding your primary. This secondary air source (sometimes called an octopus) should be attached to your BCD in the triangle formed by your breast bone and your rib cage. Practice regulator retrieval in different positions until you are comfortable with the skill and it becomes second nature. Regulator recovery is a skill that is easily lost over time. Refreshing your regulator recovery skill will ensure your safety in the event of an actual emergency.

We B Divin'

The Ultimate Dive Shop!

The Surface Times

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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.

We're on the web!
www.we-b-divin.com

Divers Alert Network

DAN Travel Insurance

This is Dan's newest product. I am sure that I have not reviewed every Trip Cancellation and Interruption policy available out there on the market, but this one is very competitive in benefits as well as cost. Also, of course, when we use this

product we are supporting DAN which is always a plus.

Travel insurance is good for those who want to plan a trip but have pending concerns like the health of a loved one. It is very valuable when planning a BIG trip like Truk Lagoon. Many times trips like this must be planned far in the future

and we simply cannot know what life will put on our plate in the interim. So this type of insurance protects us from a total loss.

Check the details from our web site by clicking here

[DAN Dive Insurance](#)

Divers Alert Network

Membership

DAN is the only organization I am aware of that is actively pursuing medical dive research. They provide assistance to all divers (regardless of membership status) through 800 phone numbers and will accept collect calls from anywhere in the world. This alone is

worth our support with membership fees of \$35 per year. The included subscription to Alert Diver is just a bonus.

Dive Insurance

This is the best option for Medical Dive Accident Coverage that I have reviewed. There are three plans from \$25 to \$70 per year covering not only

medical coverage for a dive accident but extra transportation, extra accommodation, lost diving equipment and much more.

I cannot stress enough how valuable it is to have this coverage. Check the details from our web site by clicking here

[DAN Dive Insurance](#)