

# SUB-AQUA ASSOCIATION NEWSLETTER

April 2018

DON'T JUST BE A DIVER, BE AN SAA DIVER

VOLUME 8 ISSUE 2



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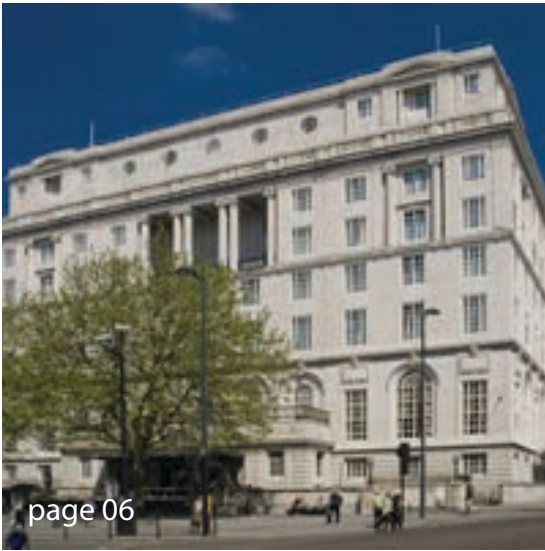
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# SAA NEWSLETTER



**CMAS**  
CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES  
WORLD UNDERWATER FEDERATION



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# WELCOME TO THE SAA NEWSLETTER

As the 2018 AGM is fast approaching I would like to take the opportunity to thank a number of people who will be stepping down from their roles serving the SAA

On the National Council and after many years of truly dedicated service it is time for us to say farewell to our long serving Treasurer, Maureen Pillinger. Gary Asson will also be stepping down as National Diving Officer and Francis Aldridge is also retiring from her position as Eastern Region Representative. I would like to thank you all for your service and say that the SAA is a better place for your contributions.

To fill these vacated roles I would like to welcome John Gough back as Treasurer, a role he has held before. Our National Coach, Steve Orange, is stepping up to become our new National Diving Officer and Graham Ashby to the role of Eastern Region Representative. Welcome and good luck with your roles.

I look forward to meeting many of you this weekend

Dennis Tammadge, Chair

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**NDO NEWS**

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**NDO News**

As I will be stepping down from my position as NDO I would like to thank you all for making my tenure enjoyable. I have met a lot of you and would like to thank you all for your support. I would also like to thank the Regional Representatives, who work tirelessly within their regions, and who have supported me as NDO. This is obviously extended to the SAA's Executive.

We as an Association are moving things along. We will be announcing new courses very soon. The first of many changes is described below with the introduction of a new, more inclusive method of examining Regional Instructors. This will be followed by an optional Regional Instructor Course, and preparation sessions for both Regional Instructor, and National Diver.

We have also had a lot of success in assisting some of our most advanced divers in realising their potential.

I have had a good time as NDO. However, it is now time to handover the reigns to Steve Orange. Steve has been my National Coach for the last 3 years. He has worked tirelessly and with dedication throughout this time. He has a lot of ideas as to how we move forward. I hope you will join me in assisting him as much as you can.

**HSE Safety Alert – Aluminium Cylinders (HE30/AA6082 & AA6351)**

The HSE has issued a safety alert re Aluminium Cylinders, click [here](#) for further information

Anyone using aluminium cylinders are advised to read this alert and follow the safety advise given.

Gary Asson, NDO

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**VICE-CHAIR'S NEWS**

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Unfortunately, it is with regret that I will not be attending this year's AGM due to a pre-arranged dive trip to a far sunnier climate than Liverpool. I must stress though that this would be my first ever non-attendance at an AGM whilst I have been an official for the Association whether as a member of the National Council or the Executive. In truth I will miss the event and the catching up with members new and old who all have the same desire to see the SAA flourish in such a current volatile environment. The support I received at last year's AGM when I re-joined the Executive was truly amazing and definitely made me feel that my decision to come back was right and justified.

Mark Berrill, Vice-Chair

The SAA 2018 AGM will take place at the Britannia Adelphi Hotel, Ranelagh Street, Liverpool, L3 5UL on Saturday 21st April. Registration will open at 09.30 with the meeting commencing at 10.30, or when a quorum has been reached, whichever is the latest. Entry to the AGM is strictly by presentation of a current SAA membership card. We look forward to seeing many of you there

All paperwork in respect of Agenda, minutes, reports etc. have been sent to club secretaries for distribution to club members. Copies of these can be found in the members area

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## REDUCE YOUR RISK OF DECOMPRESSION ILLNESS

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A couple of weeks ago I met up with an old friend who, because his heart condition and hypertension, no longer dives. The conversation turned to his medication – sildenafil (Viagra), which started me thinking; because this medication has the effect of increasing blood flow (perfusion): not good for diving

### **Viagra and the Diver!**

Researchers have concluded that the use of sildenafil (Viagra) and other drugs which cause a similar effect (ie PDE5-inhibitors), which can promote the onset of decompression illness (DCI) and increase the severity of neurological decompression illness! It dilates (widens) blood vessels to promote an increase in blood-flow (perfusion) to provide certain beneficial effects not associated with diving. The increased risk of DCI is due to the extra blood-flow (perfusion) caused by these drugs. Wider blood vessels allow more inert gas (N<sub>2</sub>) to be taken up by your body via this additional perfusion, which may exceed the design limits of your personal decompression computer (PDC) or Tables: thus increasing the risk of DCI!

### **When Should You Stop taking Viagra?**

There was no clear message given by the research regarding when to stop taking the drug and diving. However, the half-life of Sildenafil (Viagra) is 4 hours, Vardenafil (Levitra) is 4-6 hours and Tadalafil (Cialis) is 17.5 hours. Which means that the strength of the drug reduces to half by the period shown. To completely clear these drugs from your system takes six half-lives: Sildenafil (Viagra): 24 hours, Vardenafil (Levitra): 36 hours and Tadalafil (Cialis): 105 hours.

### **Reducing the Number of Micro-bubbles in your System Before you Dive**

Recent research has shown that taking a sauna and light exercise up to 20 hours before to diving may be beneficial in reducing the risk of decompression illness (DCI). It seems that this causes a release of endogenous Nitric Oxide (NO) which helps to cleanout micro-bubbles (micro-nuclei) from the inner surface of your blood vessels (the endothelium).

### **Warning!!**

However, taking heavy exercise or saunas taken within 48 hours of diving will increase the risk of DCI, this also includes snorkel diving between and after diving. This is due the increase in blood-flow (perfusion) in many of your bodily tissues, which leads to increased micro-bubble formation during the off-gassing of nitrogen and/or helium. The best move is to be like me: I'm a lounge lizard. I take to a soft chair out of direct sunlight, do as little as possible and sup a soft drink. Simple advice that my dive buddy did not take in Belize – result: a massive skin bend (bright red rings) on his stomach and he lost four days diving!

Safe Diving

Bob Cole, SAA Decompression Officer

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## DIVING AND CANCER

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Cancer survival in the UK has doubled in the last 40 years, and the average number of survival years has also increased. As a result, more and more people are resuming their work, sport, and daily lives following treatment/surgery for cancer. So, as part of DDRC Healthcare's continuing Health of Divers project, we would like to gain a better insight into cancer and diving. Research shows that physical activity may have beneficial effects for several aspects of cancer survivorship, and at DDRC Healthcare we would like to try and find out a little more about how divers who have had, or currently have, cancer view the sport of diving - has diving helped in your recovery, have you continued to dive, did you give up diving due to cancer? There is so much to find out.

Therefore, DDRC Healthcare would appreciate it very much if divers could take a little time and answer our anonymous questionnaire to the best of your ability. As in all our other surveys all the information given us will be completely untraceable to participating divers, so we would value in participations divers who have cancer in this project.

This project promises to be a very valuable and interesting contribution to diving research, and we hope it will enable us to gain a better understanding regarding this subject. There is a maximum of 40 questions in this survey, but participants will not have to answer them all; so the survey should only take about 4 to 5 minutes to complete and just please follow the on-line instructions to the end.

The link to the survey

<https://www.surveymonkey.co.uk/r/PYP2S9S>

## COURSES

If the SAA course you want is not listed simply submit a National Course Application Form to Head Office and we will pass it to the Region Rep or National Coordinator to see what can be arranged in your area

28/04/2018	1 Day	O2/EDFA	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
29/04/2018	1 Day	RNLI Diver Sea Survival Course	N WEST	Martin Burns	<a href="mailto:nwrep@saa.org.uk">nwrep@saa.org.uk</a>	07870193551
13/05/2018	1 Day	O2/EDFA Refresher	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
20/05/2018	1 Day	Rescue Diver (Assessment)	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
26/05/2018	2 Days	Basic Boat Handling	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
03/06/2018	1 Day	Open Water Instructor Theory	S East	Stefan Heathfield	<a href="mailto:serep@saa.org.uk">serep@saa.org.uk</a>	07709276374
09/06/2018	2 Days	Club Instructor	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
10/06/2018	1 Day	Open Water Instructor Practical	S East	Stefan Heathfield	<a href="mailto:serep@saa.org.uk">serep@saa.org.uk</a>	07709276374
14/07/2018	2 Days	Open Water Instructor	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
12/08/2018	1 Day	Self Reliant Diver	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
09/09/2018	1 Day	Rescue Diver Practice Day	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
16/09/2018	1 Day	Open Water Instructor Theory	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
23/09/2018	2 Days	Rescue Diver	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
23/09/2018	1 Day	Open Water Instructor Practical	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
07/10/2018	1 Day	Rescue Diver Practice Day	S East	Stefan Heathfield	<a href="mailto:serep@saa.org.uk">serep@saa.org.uk</a>	07709276374
07/10/2018	1 Day	O2/EDFA Refresher	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
13/10/2018	1 Day	Rescue Diver Assessment Day	S East	Stefan Heathfield	<a href="mailto:serep@saa.org.uk">serep@saa.org.uk</a>	07709276374
20/10/2018	1 Day	Chartwork & Navigation	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
21/10/2018	1 Day	Rescue Diver (Assessment)	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
10/11/2018	1 Day	O2/EDFA	S East	Stefan Heathfield	<a href="mailto:serep@saa.org.uk">serep@saa.org.uk</a>	07709276374
17/11/2018	2 Days	Club Instructor	S East	Stefan Heathfield	<a href="mailto:serep@saa.org.uk">serep@saa.org.uk</a>	07709276374
17/11/2018	1 Day	Club Instructor (Theory)	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
24/11/2018	1 Day	Club Instructor (Practical)	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264
24/11/2018	1 Day	Self Rescue Diver	S Wales	Ceri Jones	<a href="mailto:swalrep@saa.org.uk">swalrep@saa.org.uk</a>	07725033238
09/12/2018	1 Day	RNLI Sea Survival Workshop	Y&H	Cherie Winnard	<a href="mailto:yhrep@saa.org.uk">yhrep@saa.org.uk</a>	07808160264



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An underwater photograph showing a diver in the upper right quadrant, swimming towards the left. The water is a deep, clear blue. In the lower left, there is a vibrant coral reef with large, branching orange and red coral structures. Numerous small fish are scattered throughout the scene, some near the coral and others in the open water. The sun is visible in the upper right, creating a bright, hazy area and casting light rays through the water.

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