



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

April 2006

Volume 36, Number 4

## April's Club Meeting

**Date:** Tuesday, April 11th  
**Time:** 7:30-PM Dinner Meeting  
 Social at 7:00  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** DVD on Bonaire or Roatan

## President's Message



The March meeting was attended by over 35 members and guests one of our largest non food function meetings.

We had I believe 4 new members this month and several guests at the meeting. This is due in large part to the cooperation between Neil at New Horizons and the BGDC. I hope that you avoid the lure of the internet and purchases with local shops.



Members attending the meeting in March with 5 guest

April's meeting will feature a dinner provided by the staff of the Racquet Club and we hope to have some images from Bonaire and Turks Island that we could not show due to AV problems.

So far over 30 have signed up for the dinner so please let us know right away so we can inform the staff on the amount of food to prepare.

I know that 40 of you will have some great diving in Roatan this month be prepared to share some stories and images at the next couple of dive club meetings.

Good luck and see you at the meeting. □

*Mark*

## The Editor's Notes

By John Geddes



The pics of the month will come from this pass meeting. Next Month pics, just take a guess. Ok, with this newsletter to bed, I'm going back to packing for the Roatan trip. □

## Safety Corner

By Rick Stephan



**Note:** This month's article is a follow-on to the February Safety Corner column. It is based on a set of web articles on the website of an individual, a Jeff Bevis, who is from Virginia Tech.

Most of the information here is basic dive rescue and accident management. You should review your training manuals and continue your education. CPR training, First Aid classes, and advanced dive certification are all courses to consider.

We've been very fortunate as a group to not have accidents during our many dive trips. If a problem ever does arise, we'd like to make sure our members are ready to react.

## Safety Corner Cont.

Read on then, and review steps to take when rescuing a diver, assessing their condition, and taking initial resuscitation measures.



*Remember, safe diving is fun!*

### Scuba Rescue Plans (Part 2)

Remember, in any emergency, to:

- Stop
- Breathe
- Think
- Act

Okay, you've heard that a scuba diver is in possible trouble or danger, what is the problem?

#### A Diver is in Trouble Under Water

*What is the diver's problem under water?*

#### Unconscious Diver

- Surfacing the Unconscious, Nonbreathing Diver

Upon discovering the victim, make a number of mental notes about the situation: where was he, was the regulator in his mouth, is there air in the tank, etc.

If the regulator is in the victim's mouth, it should be left in place and held in place during the ascent.

The victim should be held near the head and maintained in an upright, normal anatomical position throughout the ascent.

The rescuer maintains buoyancy control through his or her own equipment. Begin the ascent to the surface maintaining proper buoyancy.

*Who is this behind the chicken wing?*



*the answer, later in the Newsletter*

Visualize the sequence of events that needs to take place upon surfacing and upon approaching the surface, plane the victim out preparing for transport to the exit area.

The most important thing to do is get the victim to the surface. Although all the steps are important, do not be overly concerned if it is not possible to follow some of them. As a last resort option, you can make the victim positively buoyant by discarding his weightbelt.

#### The next step is to deal with the Unconscious Victim at the Surface

1. Get the person's face out of the water.
2. Make the person buoyant.
3. Check for breathing and perform artificial respiration if necessary.
4. Transport the victim and prepare for exit.

#### The next thing to do is Exit with the Unconscious Diver

There are many different methods possible for getting the victim out of the water depending on if the exit is to the:

- Shore
- Dock
- Boat

Your basic open water class covered these with you. Pull out your old training manual and review. Remember to assess the victim for potential internal injuries, particularly broken bones, bleeding, or head or body trauma, that might be made worse through some of the exits. Try to protect the victim as much as possible from unnecessary movement or jostling.

#### Now that the diver is out of the water, the next step is to render First Aid.

Primary Assessment deals with an immediate life threatening situation using the *Circle of Care*. Repeat the circle until the victim is no longer under your care.

1. Arousal

Tap on the shoulder and shout, "Are you okay?" This step is to help determine the consciousness level and responsiveness of the patient.

2. Establish an Airway

If there is no response to the tap and shout, establish an open airway using either the jaw-thrust or the head-tilt/chin-lift.

3. Check for Breathing

Look, listen, and feel for breathing. If the victim is not breathing, initiate mouth-to-mouth respiration.

## Safety Corner Cont.

### 4. Check for Pulse

Check the carotid pulse to determine if the patient has a heartbeat. If there is no pulse, a combination of artificial circulation and mouth-to-mouth respiration must be performed. Full CPR should be continued as long as necessary giving victim two full breaths every 15 chest compressions.

### 5. Check for Bleeding.

Once the heart is pumping blood, either naturally or artificially, the victim must be checked for serious bleeding. Both visually scan and feel the body for indications of heavy blood. Any serious bleeding must be controlled or the victim will bleed to death.

### 6. Shock Management.

Signs and symptoms of shock may include:

- Shallow breathing, labored gasping, noisy inhalation exhalation.
- Pale tissue color.
- Moist, clammy skin.
- Rapid, weak pulse.
- Restlessness and anxiety.
- Nausea, vomiting and thirst.
- Mental confusion.

Treatment for Shock:

- Maintain body temperature, but do not overheat.
- Keep patient lying down.
- Elevate legs 8-12 inches unless other conditions indicate otherwise.
- Give nothing by mouth
- Seek professional medical help by activating an Emergency Medical Service.

Maintaining or restoring life is the next goal.

- Call for help
- Position the victim
- Open airway using chin-lift or jaw-thrust

*As Mark and George look on*



*Laine Geddes pulls out another winning ticket*

**Once all areas in the Circle of Care are satisfactory, we move to Secondary Assessment.**

The secondary assessment helps identify and treat visible or unseen illnesses and injuries. The following is a general procedure for conducting a secondary assessment.

1. Call for help if needed.
2. If there is a possible severe injury, keep the victim in the position in which he was found.
3. Examine the victim from head to toe using the Sixty Second Check. Look for and ask about tenderness or pain, deformity, fluid, and moisture.
4. Begin treatment for any found injuries after the entire assessment has been performed.
5. Record any abnormalities found for reporting to other emergency personnel.
6. Monitor the patient closely and continue treatment for shock.

Maintain the patient until emergency medical personnel arrive and supply them with Continued Care instructions when they arrive.

- Maintain open airway -- prevent aspiration of vomitus.
- Initiate CPR if necessary
- If conscious and breathing independently, administer oxygen (100% ideal)
- Have patient lie on left side, head supported.
- Advise patient not to sit up during first aid or transport.
- If convulsion occurs, do not restrain -- support head and neck.
- Evacuate to appropriate medical facility.
- **DO NOT DISCONTINUE THESE FIRST AID PROCEDURES EVEN IF PATIENT SHOULD SHOW SIGNS OF IMPROVEMENT** except by qualified medical personnel

### Sixty Second Check

The Sixty Second Check is used to determine physical injuries to the victim. While performing the check, look for, and ask the patient about:

- Pain
- Tenderness
- Numbness
- Tingling
- Deformity
- Fluids (clear, blood, or others)
- Unexplained Rigidity

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## Safety Corner Cont.

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Perform the check using the list below starting at the top and working down the list one item at a time.

### Neck - Spinal Injury

Do not move head or neck. Feel back with fingertips. *Discontinue check if patient complains of pain or discomfort*, and immobilize the head and neck - continue circle of care until help arrives.

### Head - Cuts, bruises, skull fracture

Light feel entire head with fingertips.

### Eyes - Neurological damage

Have patient follow finger moving only the eyes.

### Ears and Nose - Head injury, ruptured eardrum, damaged middle or inner ear.

Look at outside of ears and nose

### Shoulder Blades - Dislocated or broken shoulder

Place a hand under each shoulder blade one at a time and feel carefully with fingertips.

### Shoulders - Broken or bruised shoulder bones

Gently squeeze shoulders together.

### Collar Bones - Broken or bruised collar bones

With two fingers gently feel entire length of collar bones.

### Arms - Broken or bruised arm, spinal cord or neurological damage

Grasp the top of the patient's arm with one hand. Slide the other hand slowly and firmly down the arm to the hand. Have patient move fingers and raise arm slightly.

### Ribs - Broken or bruised ribs, lung expansion injury, or other chest injury

Gently push rib cage together from each side using both hands.

### Abdomen - Internal organ damage

Gently push down on each side of the abdomen just below the rib cage.

### Spine - Spinal injury

Gently slide one hand under the patient and feel the spine with fingertips without moving the patient.

### Pelvis - Broken or bruised pelvis

Gently push the pelvis down and together using both hands.

### Legs - Broken or bruised leg, spinal cord or neurological damage

Grasp the top of each leg one at a time near the pelvis with one hand, with other hand slide slowly and firmly down the leg to the ankle. Have patient wiggle toes, move feet, and lift leg and knee slightly.

### Ankles - Broken, bruised or sprained ankle

Have patient rotate ankle. □

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## From the Treasurer

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By Kit Hudson



### April Meeting

Everyone.....if you don't already know, this month **April** the regular club meeting on Tuesday, April 11th will feature **DINNER**.

The cost is \$12.00 (includes tax and gratuity) payable at the dinner. The club will subsidize the remainder. The anticipated menu can be found on our website

([http://www.bluegrassdiveclub.com/dinner\\_meeting.htm](http://www.bluegrassdiveclub.com/dinner_meeting.htm)). AND since the Honduras trip group of 40 will be returning on the weekend before, some in attendance at the dinner meeting might have some very interesting information and stories to tell. For those having participated in that trip, you might want to consider attending the dinner meeting in order to protect your own innocence. You know how stories can spread!!!!

**IMPORTANT**.....so we can give The Racquet Club an accurate count of how many to prepare for, we will have a [signup sheet](#) at the next club meeting on Tuesday, March 14th. However, if for some reason you cannot attend the March 14th meeting to be able to sign up, please either email me ([kithuds@iglou.com](mailto:kithuds@iglou.com)) or hit the "Email" icon beside "Reservation" on the aforementioned website and I will place your name on the list.

For the Galapagos trip, final payment is due not later than May 1<sup>st</sup> AND membership dues for 2006 are still being accepted. □



John Benson, another happy door prize winner

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## From The Secretary

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By George Fleischmann



### General Meeting Minutes

The 7:30 regular meeting was held on 2/14/06 and attended by 35 folks. This is a record attendance in recent years for a non-dinner meeting. The treasurer's report was presented and approved. Dan Miller provided information on the upcoming dive trip to North Carolina. Doug provided an update on the upcoming dive trip to Honduras and handed out trip tee shirts to those who ordered them.

#### EC Meeting 3/21/06

The 7:30pm meeting was attended by Mark, Dan, Kit, Doug, Rick, John, Mike and myself. Dan called the meeting to order. Kit presented the treasurer's report. The report was approved.

Doug reported that all planning details for the Honduras trip are complete. Airline and resort costs have been paid. Doug also reported that the Galapagos trip is proceeding with no open issues at this time. Dan provided an update on the North Carolina trip for 2006. The details for the trip have been posted on the web site. A motion was made and seconded to add links to information about New Horizon dive trips to the clubs calendar of activities. This motion passed.

George presented the updated draft of the work to revise the Club By-Laws from input received at the last February EC meeting. A discussion of each section followed. Several changes and corrections were identified. These changes will be made and provided to Mark for professional review. □

*Doug Geddes shows the trip T-Shirts*



*just delivered for Roatan*

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## Divemaster's Report

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By Doug Geddes



### ROATAN 2006

While you are reading this article, 40 of your fellow club members should be diving in Honduras. Hopefully, all is well. We should have plenty of pictures and videos for everyone to see at the April meeting or at a future meeting. If you missed this one, hopefully you will be able to make our next one. Keep us in your prayers as we travel.

### GALAPAGOS 2006

All is still set for this trip. All persons signed up are still on go. You can still sign up, just in case and be the first on the list. It doesn't cost any monies until someone cancels. Check out the web for more information. Final payments will be due soon for those that are going. Check your mailing Kit sent to see your balance. Please make every attempt to have your money in on time. We will need to send our payment in soon after the deadline.

### BONAIRE 2007

The date is set for next year's winter trip. We will be going the week of Jan. 27 thru Feb. 3. We will be staying at the Plaza Resort. I will be getting a DVD from them and will be showing it during our dinner meeting. The prices are going to be different for different types of rooms and arrangements. Hopefully, the price schedules are on our web site by the time this newsletter gets out. If not, they will be soon. They offer quad rooms and double rooms. I have reserved both and this resort is big enough, we can always add more. At this time we are working on the air portion also. Once I get all the pricing I will send out an email. If you are interested in signing up for this trip, fill out a reservation on our web site. There will be a \$100.00 deposit required to hold your spot. This money will be refundable per their stipulations. Don't miss this one....

### GRAND TURK 2007

We also have set up a trip for spring break 2007. The dates for this trip are March 31 thru April 7.

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## Divemaster's Report Cont.

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We will be staying at the Osprey Beach hotel and diving with our old buddy Cecil Ingram @ Sea Eye diving. The prices for this trip are still being worked on; the resort has different rates according to the type of room you want. Some are better than others, but you pay more for them. As with other trips, deposit dates govern picking order of the rooms if there are requests for the same rooms. There are plenty of rooms, so don't worry about rushing to Kit's house to make a deposit. Deposit won't be counted until the April meeting date. Once again, maybe Mike might have information on the web. Check it out and see. This is one of the best wall diving locations in the world. This is also the time for Whales. We saw two Humpbacks the last time we dove there. If you aren't able to do Bonaire, don't miss this one. Maybe you can do both!!! □

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## Co-Vice President's Report

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By Dan Miller and Carol Call



Report by: Dan Miller

### Visitors & New Members

First time visitor at our March meeting was Jeff Kaufmann of Lexington. Jeff is an IDC staff member, accomplished underwater photographer and co-owner of *New Horizons Diving Center*. New members joining during March include Neil McEachin and family (Michelle, Mack, Luke). Neil is co-owner of *New Horizons Diving Center* and a PADI Course Director. Also welcome new members Roy & Victoria Noble, Chris & Linda Willson, Rob & Kristine Ziemba and their son Danny Wallace, all of Lexington. We now have over 100 paid members in the club! If you know of any divers in Central KY be sure to tell them about the BGDC.

### Travel Notes

For 2006 the club has organized trips to Honduras, North Carolina, Galapagos and multiple lake dives. If you aren't able to make these trips don't feel left out. Call *New Horizons Diving Center* and sign up for their upcoming trips. They have trips planned to the Florida Springs in both April and

May and Utila in the Bay Islands of Honduras. They'll plan dive travel for individuals and groups big or small so contact Neil for assistance (859-277-1234 - [www.newhorizonsdiving.com](http://www.newhorizonsdiving.com)).

### Thank You

On March 22nd, *New Horizons Diving Center* provided 11 club members access to UK's Lancaster Aquatic Center Pool to check gear before the Roatan, Honduras trip. For those that had not dove in awhile or who recently bought new "toys" it was good to get wet and regain sea legs in a safe environment. We appreciate helpful NHDC staff members Dan and Maryanne O'Canina for "babysitting" us during this check out!



Ed Gabe, member and instructor from New Horizons

### Diver Interest Websites

[www.scubacontest.com](http://www.scubacontest.com) is a good site to win dive trips, gear, etc. In April, watch a new 6-part PBS series titled *Jean-Michel Cousteau's Ocean Adventures*. You may preview a trailer and check local listings at:

[www.pbs.org/aboutpbs/news/20050713\\_cousteau.html](http://www.pbs.org/aboutpbs/news/20050713_cousteau.html)

### North Carolina Trip Update

May 1<sup>st</sup> (or earlier if trip is sold out) is the deadline for joining this trip. Go to our website trip page to sign up or call/email for details (859-948-5133 - [ddmiller34@hotmail.com](mailto:ddmiller34@hotmail.com)). □

*It's Sharon, enjoying the wings, I think we all did!*



Thanks for being a good sport Sharon.

## Membership Form



### Bluegrass Dive Club Membership

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email  
Address \_\_\_\_\_

No. of Family Members \_\_\_\_\_

No. of Divers in Family \_\_\_\_\_

Highest Level of Certification: \_\_\_\_\_

Membership Options (check one):

\_\_\_\_ Student (with student ID) \$ 10.00

\_\_\_\_ Single / Family with 0/1 diver \$ 30.00

\_\_\_\_ Family with 2 or more divers \$ 40.00

Please fill out and mail to: **Bluegrass Dive Club**  
(With payment please) c/o Kit Hudson  
231 Stourbridge Rd.  
Versailles, KY 40383

Questions: Kit Hudson (859) 873-4974

Email: [kithuds@iglou.com](mailto:kithuds@iglou.com)

rev 1/06

## 2006 BGDC Officer's & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	948-5133
George Fleischmann, Secretary	873-9539
Kit Hudson, Treasurer	873-4974
Doug Geddes, Divemaster	224-3197
Rick Stephan, Safety Office	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Undercurrents Editor	223-7926

## Bluegrass Dive Club 2006 Calendar

[Print out and post in your favorite place](#)

### April

1, Saturday Roatan Dive Trip  
11, Tuesday Dive Club Dinner Meeting  
25, Tuesday E.C. Meeting

### May

6, Saturday Club's Derby Party  
9, Tuesday Dive Club Meeting  
30, Tuesday E.C. Meeting

### June

13, Tuesday Dive Club Meeting  
27, Tuesday E.C. Meeting

### July

11, Tuesday Dive Club Meeting  
25, Tuesday E.C. Meeting  
26, Galapagos Islands Trip

### August

8, Tuesday Dive Club Meeting  
??, Saturday Club Pig Roast  
29, Tuesday E.C. Meeting

### September

12, Tuesday Dive Club Meeting  
26, Tuesday E.C. Meeting

### October

10, Tuesday Club Dinner / Meeting  
31, Tuesday E.C. Meeting

### November

14, Tuesday Club Meeting (Elections)  
28, Tuesday E.C. Meeting

### December

??, Saturday Club Christmas Party