

ULSAC Trip Report Form

Please include on this form any details you think will help organise another trip to this area. Please include details of any problems encountered, or any particularly good things/places in the area, such as good or awful restaurants and pubs.

Logistics

Date	3 rd - 13 th April 2009	Springs and Neaps																																																																																																																								
Venue	Plymouth – predominantly from Fort Bovisand																																																																																																																									
Marshal	Jeremy Davey																																																																																																																									
Overseer	Michelle Kim																																																																																																																									
Number of People	60																																																																																																																									
List of attendees with Diver Grade in brackets (e.g SD, DL etc)	<table border="1"> <tr><td>Jer Davey</td><td>DL</td><td>LUCIA SUMMERS</td><td>Non BSAC</td></tr> <tr><td>Eric Lucas</td><td>SD</td><td>Maartje Ament</td><td>Non BSAC</td></tr> <tr><td>Anjali Shah</td><td>DL</td><td>Ivan Djordjevic</td><td>DL</td></tr> <tr><td>Nathan Long</td><td>AD</td><td>Paul Marchant</td><td>1CD</td></tr> <tr><td>Ali gaudion</td><td>DL</td><td>Tomoko Ishibashi</td><td>Novice</td></tr> <tr><td>Rebecca Snarey</td><td>SD</td><td>Anna Yeates</td><td>OD</td></tr> <tr><td>Belly</td><td>AD</td><td>Andrew Curtis</td><td>Novice</td></tr> <tr><td>Kaisa Piipari</td><td>Novice</td><td>Robert Goodman</td><td>Non BSAC</td></tr> <tr><td>Siobhan Broadbent</td><td>Novice</td><td>Rashed Sheikh</td><td>Novice</td></tr> <tr><td>Clare Davies</td><td>Non BSAC</td><td>Yvonne Braun</td><td>OD</td></tr> <tr><td>Vanessa Woolhead</td><td>Novice</td><td>Martin Bimrose</td><td>Non BSAC</td></tr> <tr><td>Holly Judge</td><td>Novice</td><td>Alain Dejardin</td><td>SD</td></tr> <tr><td>Hannah Morgan</td><td>SD</td><td>Chris Higgins</td><td>SD</td></tr> <tr><td>Steve Salvatore</td><td>SD</td><td>Kat Sizer</td><td>DL</td></tr> <tr><td>Adam Sheperdigian</td><td>Novice</td><td>Bonnie Webster / Morgan</td><td>AD</td></tr> <tr><td>Fionn Latooj</td><td>SD</td><td>Al Morgan</td><td>DL</td></tr> <tr><td>Sarah Hamilton</td><td>OD</td><td>Richard Rowley</td><td>DL</td></tr> <tr><td>Ross McLeod</td><td>SD</td><td>Luke Foster</td><td>Novice</td></tr> <tr><td>Shalini Goel</td><td>SD</td><td>Amar Winayak</td><td>Novice</td></tr> <tr><td>Melanie Hezzell</td><td>Non BSAC</td><td>William Osborne</td><td>Novice</td></tr> <tr><td>Michelle Kim</td><td>AD</td><td>Elizabeth Smith</td><td>Novice</td></tr> <tr><td>Thomas Elwes</td><td>OD</td><td>Siobhan Cox</td><td>Novice</td></tr> <tr><td>Corinna Washbrook</td><td>OD</td><td>Marcus Allen</td><td>AD</td></tr> <tr><td>Victoria Lees</td><td>DL</td><td>Zoe Wardley</td><td>AD</td></tr> <tr><td>Anthony Chaddock</td><td>DL</td><td>Alex Mombro</td><td>Non BSAC</td></tr> <tr><td>Dave Pearce</td><td>SD</td><td>Sarah Cant</td><td>DL</td></tr> <tr><td>Helen Cripps</td><td>SD</td><td>Tom L-W</td><td>DL</td></tr> <tr><td>Jane Larbi</td><td>OD</td><td>Andy May</td><td>AD</td></tr> <tr><td>Simon Wilkinson</td><td>Novice</td><td>Susannah Williams</td><td>DL</td></tr> <tr><td>Laura Williams</td><td>AD</td><td>Will Reece</td><td>AD</td></tr> </table>		Jer Davey	DL	LUCIA SUMMERS	Non BSAC	Eric Lucas	SD	Maartje Ament	Non BSAC	Anjali Shah	DL	Ivan Djordjevic	DL	Nathan Long	AD	Paul Marchant	1CD	Ali gaudion	DL	Tomoko Ishibashi	Novice	Rebecca Snarey	SD	Anna Yeates	OD	Belly	AD	Andrew Curtis	Novice	Kaisa Piipari	Novice	Robert Goodman	Non BSAC	Siobhan Broadbent	Novice	Rashed Sheikh	Novice	Clare Davies	Non BSAC	Yvonne Braun	OD	Vanessa Woolhead	Novice	Martin Bimrose	Non BSAC	Holly Judge	Novice	Alain Dejardin	SD	Hannah Morgan	SD	Chris Higgins	SD	Steve Salvatore	SD	Kat Sizer	DL	Adam Sheperdigian	Novice	Bonnie Webster / Morgan	AD	Fionn Latooj	SD	Al Morgan	DL	Sarah Hamilton	OD	Richard Rowley	DL	Ross McLeod	SD	Luke Foster	Novice	Shalini Goel	SD	Amar Winayak	Novice	Melanie Hezzell	Non BSAC	William Osborne	Novice	Michelle Kim	AD	Elizabeth Smith	Novice	Thomas Elwes	OD	Siobhan Cox	Novice	Corinna Washbrook	OD	Marcus Allen	AD	Victoria Lees	DL	Zoe Wardley	AD	Anthony Chaddock	DL	Alex Mombro	Non BSAC	Dave Pearce	SD	Sarah Cant	DL	Helen Cripps	SD	Tom L-W	DL	Jane Larbi	OD	Andy May	AD	Simon Wilkinson	Novice	Susannah Williams	DL	Laura Williams	AD	Will Reece	AD
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Accommodation	Globe Backpackers and Kynance B&B																																																																																																																									
Address	172 and 105 Citadel Road (respectively) Plymouth PL1 3BD																																																																																																																									
Telephone No.	01752225158 http://exeterbackpackers.co.uk/plymouth/																																																																																																																									
Cost per night/per tent/per person or as appropriate	Globe Hostel cost £13 per person per night Kynance B&B cost £18 per person per night as an overspill location (following some solid negotiations by Laura W)																																																																																																																									
Notes	<p>In the hostel we had a total of 36 beds, which consisted of:</p> <ul style="list-style-type: none"> • 2 x eight bed dorms • 2 x six bed dorms • 1 x four bed dorm • 2 x double rooms <p>Note – the showers on the ground floor are often warm when the upper floors have much less hot water!</p> <p>The Kynance B&B provided a very good overflow and were very generous with the pricings they gave us. We had a mixture of single, double and family rooms.</p>																																																																																																																									

Launch Site (inc. cost)	<p>We launched the boats at Queen Anne's Battery Marina and then kept them moored there for the entire trip. Tel: 01752671142 Cost: Launching - £36 Berthing (for 7 nights) - £242</p>
Coastguard	<p>Brixham Coastguard Tel: 01803882704</p>
Nearest chamber	<p>Diving Diseases Research Centre (DDRC) http://www.ddrc.org/ Hyperbaric Medical Centre, Tamar Science Park Plymouth Devon UK PL6 8BU +44 (0)1752 209999</p> <p>IMPORTANT: IN CASE OF SUSPECTED DIVING RELATED EMERGENCIES WHEN DIVING IN PLYMOUTH, CONTACT DDRC DIRECTLY RATHER THAN THE AMBULANCE OR DIVING EMERGENCY HELPLINES.</p>
Air Shop	<p>Discovery Divers Situated at Fort Bovisand 01752492722, Danny: 07739567752</p> <p>Nitrox was available this year, which was enjoyed by many! Total gas bill cost £2270</p>
Van Hire (inc. notes, did you breakdown, AA cover, tow bar etc.)	<p>H&H Van hire 107 Bartholomew Road Kentish Town London (020) 7916 6616. 2x Long wheel base vans (one LDV one Ford Transit). Only one had a tow bar.</p> <p>The Ford Transit had issues with the back doors, as the left hand door seal broke so that the right hand door got caught in a half-closed position and the vehicle refused to lock. To compound matters the battery in the van was a car battery and so failed to start at times.</p> <p>H&H were very helpful (and they always answer the phones over Bank Holiday weekends apparently) and fixed us up with the A&A who very promptly resolved the situation.</p>

Dives

Trip day	Real world day	Site	Approx Depth
1	Saturday	Bovisand Harbour	2-6m
1	Saturday	Bovisand Harbour	2-6m
2	Sunday	The Amelia - south of the Breakwater	12m
2	Sunday	Bovisand Harbour	2-6m
3	Monday	Breakwater Fort	12m
3	Monday	Bovisand Harbour	2-6m
4	Tuesday	Breakwater Fort	12m
4	Tuesday	Bovisand Harbour	2-6m
5	Wednesday	Cawsands Reef	14m
5	Wednesday	Bovisand Harbour	2-6m
6	Thursday	Rescue Day - New England Quarry	15m
7	Friday	Drills - New England Quarry	15m
8	Saturday	Scylla	24m
8	Saturday	Glen of Strathallen	15m
9	Sunday	James Eagan Layne	23m
9	Sunday	Bovisand Harbour	2-6m

Dive site 1	
Site:	Bovisand Harbour
Max depth:	6m
Brief description:	Good old Bovi harbour! Great for drills- especially distance line in 20cm visibility!

Dive site 2	
Site:	The Amelia - south of the Breakwater
Max depth:	12-13m
Brief description:	Boilers near the outer wall of the Breakwater- if you can find them! Nice dive with lots of 'trippy' kelp forests to hover over. Sightings of dog fish, cuttlefish and banded pipefish.

Dive site 3	
Site:	Breakwater Fort
Max depth:	13m
Brief description:	The Fort is a circular building with vertical walls that go down to the seabed, north of the breakwater. It has been used for many years as a training area for commercial divers and hence there are a lot of structures underwater that have been using for underwater cutting, welding and lifting. These include a fishing boat, a decompression chamber and a massive tubular framework. Lots of dogfish and scallops around here not to mention the usual life that can be seen in Plymouth Sound. It's also a good dive to watch people get lost, which is surprising given that the wall is circular!

Dive site 4	
Site:	Cawsands Reef
Max depth:	14m
Location:	Just in front of the old Coastguard cottage on the West side of the Sound
Brief description:	Swell made this site very unpleasant. Sandy bottom with outcroppings of rock. Might be a nice scenic dive in better conditions.

Dive site 5	
Site:	New England Quarry (Yealmpton)
Max depth:	15m
Location:	Directions from Citadel Road (hostel): 1. Head east on Citadel Rd toward Leigham St 387 ft 2. Turn left at Athenaeum St 3. Turn right at B3240/Notte St Continue to follow B3240 4. Turn right at A374/Exeter St 5. At the roundabout, take the 2nd exit onto A379/Embankment Rd Continue to follow A379

	<p>6. Slight right at A379/Laira Bridge Rd, Continue to follow A379, Go through 4 roundabouts until you reach Yealmpton</p> <p>7. Take a left onto Yealmsbury Hill (heading uphill)</p> <p>8. Continue on this road, taking right hand fork when necessary.</p> <p>9. Turn right on to New England Road then take a further right (currently by construction site entrance to enter quarry site).</p>
Brief description:	A really useful site to use when blown out of sea diving. The site contains a Sea Rescue helicopter, a gnome garden and a 6m training platform. Please contact Jeremy Davey for details.

Dive site 6	
Site:	Scylla
Max depth:	24m
Brief description:	Recommend reading the wreck tour: http://www.divernetextra.com/wrecks/wtour640604.shtml

Dive site 6	
Site:	Glen of Strathallen
Max depth:	15m
Location:	South of Shag Rock. Transits: Locate the two wind turbines on the hill above Bovisand- place an imaginary third to the right of the second at equidistance from the first. Then line up the left hand edge of Shag Rock with that imaginary wind turbine then drop the shot when you reach 15m. Confusing? You will be when you get there!
Brief description:	This is a great dive as a 15m depth progression as there is a lot to see laid out over the seabed, without the danger of any superstructure to loose divers in. The main parts left are the huge boilers which are home to many fish (remember to take your torch to see in!) The rest of the wreck is scattered around the boilers laying flat on the seabed. Even if you fail to see the wreck the surrounding area has a lot of kelp growth which attracts a lot of life, sightings of some large groups of fish and in particular dog fish, which makes it a great dive site.

Dive site 6	
Site:	James Eagan Layne
Max depth:	23m
Brief description:	Recommend reading the wreck tour: http://www.divernetextra.com/wrecks/wtour620404.shtml

Food details
<p>Catering was orchestrated by a crack team of Sports Divers and everyone was very well feed. Meals included spaghetti bolognaise, chilli, bangers and mash, the hottest Thai green curry this side of Bangkok and a vegetable pasta. Please contact Steve Salvatore or Shalini Goel for recipes and quantities for cooking for such large numbers.</p> <p>Midweek curry was eaten at the Ganges Restaurant with the same deal as in 2008 (£13 per head). Here's what food we got:</p> <p>Mixed meat starter: Veggie samosa, onion bhaji, chicken tikka (per person) Then between 4: 2 chicken tikka massala. 1 chicken dansak 1 lamb Kurhai</p> <p>Veggie starter: Veggie samosa, onion bhaji, mushroom bhaji and okra bhaji/aloo</p> <p>Veggie mains: Veg balti, dansak (also with a meaty one), and then the mahani.</p> <p>Huge amount of pilau and boiled rice, along with peshwari, garlic and plain nans for all.</p> <p>Plus they did us a deal on drinks..... Bangla bottles and draught pints for £2.95 and £2.50 each, £10 for a bottle of house wine and £1.20 pound on all softs!</p>

Ganges Restaurant
36 Breton Side
Plymouth, PL4 0AU
01752 220907
01752 251349

On the final night we visited the Mouth Pleasant Pub for a £6 per head buffet. Food included a cold platter of scotch eggs, sandwiches, quiche and cheese and pineapple skewers. There were also two meat curries and a vegetable sweet and sour, all with rice.

Mouth Pleasant
Millbay Rd
Plymouth, PL1
01752 257 017

Training details

On the trip we had a wide range of diving grades and with good fortune in the weather we were able to increase many people's qualifications. In particular we qualified:

- 11 Ocean Divers from Novices
- 2 Sports Diver from Ocean Diver
- 5 Sports Divers from non-BSAC grades (predominantly PADI)

We had a total of 17 NQIs on the trip but were thin on the ground during the Monday through Thursday which put a large strain on the instructors. Would possibly consider limiting the size of the trainee base in future years.

This year saw the introduction of 'Sports Diver Mentor Groups'. These groups aimed to give the OD and SD trainees the invaluable support of someone who had recently been in their position (2-3 year qualified SDs) since they can empathise with how they are feeling whether it be joy, elation and excitement or something less positive. The groups also worked as a forum where the trainees could learn first-hand from existing Sport Divers about the way that ULSAC and Easter training works. It was also an opportunity for any issues relating to wellbeing and general interaction within the trip/club environment to be raised and communicated with the instructors and trip organisers. In general, this was believed to have been a valuable and useful exercise.

General Details

Overall this Easter Training proved very successful, especially given how fortunate we were with the weather. Having said that severe south-westerly winds brought heavy swell into Whitsand Bay and the area south of the Breakwater. This limited our diving to the Breakwater Fort on a number of days, which frustrated many. However we were lucky to have the rescue day at New England Quarry which brought a refreshing (at 7degrees!) change.

Everyone on the trip was exceptionally hard working and huge thanks go to all of the instructors for all their ridiculously hard work and commitment. Similarly massive thanks go to Michelle, the DO, and Anjali, the AdvTO for their support and advice throughout the year. Finally this trip was made possible by the support and devotion of the Training Team (Team Bear) – Anna, Eric, Helen, Sarah, Shalini and Steve, whom I am indebted to for such wonderful amounts of help. Thank you everybody.

Jer (Pirate Bear) Davey