

ULSAC Easter Training Trip 2010

Logistics

Date	1 th - 11 th April 2010	Springs and Neaps																																																																																														
Venue	Plymouth – New England Quarry and Fort Bovisand																																																																																															
Marshal	Jeremy Davey																																																																																															
Overseer	Martin Greaves																																																																																															
Number of People	45																																																																																															
List of attendees with Diver Grade	<table border="1"> <thead> <tr> <th>Member name</th> <th>Diving grade</th> <th>Member name</th> <th>Diving grade</th> </tr> </thead> <tbody> <tr><td>Ali Gaudion</td><td>DL</td><td>Kamila-Anna Tomaszewska</td><td>SD</td></tr> <tr><td>Alyn Morgan</td><td>DL</td><td>Kat Sizer</td><td>DL</td></tr> <tr><td>Anjali Shah</td><td>DL</td><td>Loc Ngo</td><td>Novice</td></tr> <tr><td>Anna Frykfors von Hekkel</td><td>Non BSAC</td><td>Marcus Allen</td><td>AD</td></tr> <tr><td>Anthony Chaddock</td><td>DL</td><td>Mark Bell</td><td>AD</td></tr> <tr><td>Becky Snarey</td><td>SD</td><td>Martin Greaves</td><td>AD</td></tr> <tr><td>Benjamin Frowein</td><td>Novice</td><td>Megan Creese-Smith</td><td>Novice</td></tr> <tr><td>Bonnie Morgan</td><td>AD</td><td>Michal Chalmovsky</td><td>SD</td></tr> <tr><td>Chris Higgins</td><td>AD</td><td>Nathan Long</td><td>AD</td></tr> <tr><td>Clare Davies</td><td>SD</td><td>Pretesh Shah</td><td>Novice</td></tr> <tr><td>Dave Pearce</td><td>SD</td><td>Richard Rowley</td><td>DL</td></tr> <tr><td>Elizabeth Smith</td><td>OD</td><td>Ross McLeod</td><td>DL</td></tr> <tr><td>Eric Lucas</td><td>DL</td><td>Shalini Goel</td><td>SD</td></tr> <tr><td>Erik Rijkhorst</td><td>OD</td><td>Simon Wilkinson</td><td>OD</td></tr> <tr><td>Fadi Waked</td><td>Non BSAC</td><td>Siobhan Broadbent</td><td>SD</td></tr> <tr><td>George Gladstone</td><td>Novice</td><td>Steve Salvatore</td><td>SD</td></tr> <tr><td>Gloria Jaconelli</td><td>SD</td><td>Susannah Fisher</td><td>DL</td></tr> <tr><td>Graham Hunter Mackenzie</td><td>Non BSAC</td><td>Vanessa Woolhead</td><td>SD</td></tr> <tr><td>Hazem Samara</td><td>Novice</td><td>Vicki Lees</td><td>DL</td></tr> <tr><td>Helen Cripps</td><td>SD</td><td>Will Reece</td><td>AD</td></tr> <tr><td>Ian Wright</td><td>Novice</td><td>Yvonne Braun</td><td>SD</td></tr> <tr><td>Jeremy Davey</td><td>DL</td><td>Zoe Wardley</td><td>AD</td></tr> </tbody> </table>	Member name	Diving grade	Member name	Diving grade	Ali Gaudion	DL	Kamila-Anna Tomaszewska	SD	Alyn Morgan	DL	Kat Sizer	DL	Anjali Shah	DL	Loc Ngo	Novice	Anna Frykfors von Hekkel	Non BSAC	Marcus Allen	AD	Anthony Chaddock	DL	Mark Bell	AD	Becky Snarey	SD	Martin Greaves	AD	Benjamin Frowein	Novice	Megan Creese-Smith	Novice	Bonnie Morgan	AD	Michal Chalmovsky	SD	Chris Higgins	AD	Nathan Long	AD	Clare Davies	SD	Pretesh Shah	Novice	Dave Pearce	SD	Richard Rowley	DL	Elizabeth Smith	OD	Ross McLeod	DL	Eric Lucas	DL	Shalini Goel	SD	Erik Rijkhorst	OD	Simon Wilkinson	OD	Fadi Waked	Non BSAC	Siobhan Broadbent	SD	George Gladstone	Novice	Steve Salvatore	SD	Gloria Jaconelli	SD	Susannah Fisher	DL	Graham Hunter Mackenzie	Non BSAC	Vanessa Woolhead	SD	Hazem Samara	Novice	Vicki Lees	DL	Helen Cripps	SD	Will Reece	AD	Ian Wright	Novice	Yvonne Braun	SD	Jeremy Davey	DL	Zoe Wardley	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 £20 per person per night as an overflow location (following some solid negotiations by Laura W)																																																																																															
Notes	<p>In the hostel we had a total of 38 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 • 3 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>We had a potential issue with bed bugs at the hostel, which was spotted by a number of attendees getting bitten. The hostel brought in a professional to clean the hostel and spray clothes in affected rooms. The professional observed no evidence of bed bugs however precautions were taken by trip members to ensure they were eradicated from any clothing that was taken on the trip.</p> <p>The Kynance B&B provided a very good overflow and were very generous with the pricings they gave us. We had a single and double room.</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) - £300</p>																																																																																															

Coastguard	Brixham Coastguard Tel: 01803882704
Nearest chamber	Diving Diseases Research Centre (DDRC) http://www.ddrc.org/ Hyperbaric Medical Centre, Tamar Science Park Plymouth Devon UK PL6 8BU +44 (0)1752 209999 IMPORTANT: IN CASE OF SUSPECTED DIVING RELATED EMERGENCIES WHEN DIVING IN PLYMOUTH, CONTACT DDRC DIRECTLY RATHER THAN THE AMBULANCE OR DIVING EMERGENCY HELPLINES.
Air Shop	Discovery Divers Situated at Fort Bovisand, PL9 0AB 01752492722, Danny: 07739567752 Nitrox was available this year, which was enjoyed by many! Total gas bill cost £1228
Van Hire (inc. notes, did you breakdown, AA cover, tow bar etc.)	H&H Van hire 107 Bartholomew Road Kentish Town London (020) 7916 6616. 2x Long wheel base vans (Ford Transits). Both had tow bars and were new to H&H.

Dives

Trip day	Real world day	Site	Approx Depth
1	Friday	New England Quarry	6m
2	Saturday	New England Quarry	10m
3	Sunday	New England Quarry	10m
4	Monday	Rescue Day – New England Quarry	12m
5	Tuesday	New England Quarry - Helicopter	14m
7	Wednesday	Great Mewstone	14m
7	Wednesday	Aberlard	2-6m
8	Thursday	HMS Scylla	24m
8	Thursday	Glen of Strathallen	6m
9	Friday	James Eagan Layne	24m
9	Friday	Drills – Bovi Harbour	15m
9	Saturday	Eddystone Lighthouse	6-30m

Dive site 1	
Site:	Bovisand Harbour – PL9 0AB
Max depth:	6m
Brief description:	Good old Bovi harbour! Great for drills- especially distance line in 20cm visibility!

Dive site 2	
Site:	The Aberlard - 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. NOTE – see figure 1 below for transits.



Figure 1: Transits for the Aberlard

Dive site 3	
Site:	New England Quarry (Yealmpton) – PL7 5BA
Max depth:	14m
Location:	Directions from Citadel Road (hostel): 1. Head east on Citadel Rd toward Leigham St 387 ft

	<p>2. Turn left at Athenaeum St</p> <p>3. Turn right at B3240/Notte St Continue to follow B3240</p> <p>4. Turn right at A374/Exeter St</p> <p>5. At the roundabout, take the 2nd exit onto A379/Embankment Rd Continue to follow A379</p> <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.</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 4	
Site:	Scylla
Max depth:	24m
Brief description:	Recommend reading the wreck tour: http://www.divernetextra.com/wrecks/wtour640604.shtml

Dive site 5	
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 7	
Site:	James Eagan Layne
Max depth:	23m
Brief description:	Recommend reading the wreck tour: http://www.divernetextra.com/wrecks/wtour620404.shtml

Dive site 8	
Site:	Eddystone Lighthouse
Max depth:	55m
Brief description:	<p>During the trip we were able to dive the seldom visited Eddystone Lighthouse. This required close to zero wind and smooth sea state.</p> <p>Underwater was a real treat with vast amounts of sea life including crabs (edible and spider), urchins, starfish, wrasse, scorpionfish and conger eels.</p> <p>WGS-84 (GPS), 50°10.80'N 04°15.90'W although you should be able to see it without too much trouble as you get closer!</p>

Food details	
<p>Catering was orchestrated by a crack team of Sports Divers and everyone was very well feed. Meals included spaghetti bolognese, chilli, bangers and mash, the hottest Thai green curry this side of Bangkok and a vegetable pasta. Please contact Vanessa Woolhead, Hannah Morgan or Steve Salvatore 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 and 2009 (£13 per head).</p>	

Here's what food we got:

Mixed meat starter:

Veggie samosa, onion bhaji, chicken tikka (per person)

Then between 4:

2 chicken tikka massala.

1 chicken dansak

1 lamb Kurhai

Veggie starter:

Veggie samosa and onion bhaji

Veggie mains:

Veg balti, veg korma, okra dansak (also with a meaty one), and bombay potato

Huge amount of pilau and boiled rice, along with peshwari, garlic and plain nans for all.

Ganges Restaurant

36 Breton Side

Plymouth, PL4 0AU

01752 220907

01752 251349

On the final night we visited the Mouth Pleasant Pub for a £5 per head buffet. Food included a cold platter of scotch eggs, sandwiches, quiche and cheese and pineapple skewers. There was also a meat curry.

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:

- 6 Ocean Divers from Novices
- 1 Sports Diver from Novice
- 2 Sports Diver from Ocean Diver
- 2 Sports Divers from non-BSAC grades
- 2 Advanced Divers from Dive Leaders

We had a total of 14 NQIs on the trip but were thin on the ground during the Wednesday through Friday which put a large strain on the instructors. We were really lucky to have 4 wonderful DL Assistant Diving Instructors, whom we were able to get teaching under supervision of an NQI. This was a good opportunity to get some instructor development.

'Sports Diver Mentor Groups' were incorporated again this year however due to the small number of trainees on the trip, the operation of these was a lot more informal than last year. 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 and DLs) 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. As last year, this was believed to have been a valuable and useful exercise and should definitely be continued for future Easter Training trips.

General Details

Overall this Easter Training proved very successful, especially given how unfortunate we were with the weather. We were lucky to have access to New England Quarry and managed to get a substantial number of drills completed during the first few days of the trip. This meant that we could focus on practical diving for the later parts of the week when the weather improved. This was fantastic as it allowed people to be sufficiently skilled for the diving on the Eddystone.

Also during the trip we carried out a 'boat dive' in the quarry but inflating Hippo and using oars to move the

boat around. This gave the trainees a good introduction to boat diving in a very safe and controlled environment. It also brought much amusement to the instructors!

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. A big thanks to all instructors, boat drivers and boat towers, without whom the trip would not be possible. Similarly massive thanks go to Martin, the DO, for his support and advice throughout the year. Finally this trip was made possible by the support and hard work of the Training Team – Ali, Kamila, Sarah, Shalini and Vanessa, whom I am indebted to for such wonderful amounts of help. Thank you everybody.

Jer (Pirate Bear) Davey