

ULSAC Easter Training 2011

Logistics

Date	15 th – 25 th April 2011	Springs and Neaps																																																																																						
Venue	Plymouth – Fort Bovisand																																																																																							
Marshal	Ali Gaudion																																																																																							
Overseer	Martin Greaves																																																																																							
Number of People	39																																																																																							
List of attendees with Diver Grade in brackets (e.g SD, DL etc)	<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>Alyn Morgan</td><td>AD</td><td>Marcus Allen</td><td>FCD</td></tr> <tr><td>Ali Bradley</td><td>SD</td><td>Mark Bell</td><td>AD</td></tr> <tr><td>Ali Gaudion</td><td>DL</td><td>Mark Lewis</td><td>Non-BSAC</td></tr> <tr><td>Anais Claessens</td><td>Novice</td><td>Martin Greaves</td><td>AD</td></tr> <tr><td>Andrew Fox-Lewis</td><td>Novice</td><td>Michelle Kim</td><td>AD</td></tr> <tr><td>Anthony Chaddock</td><td>DL</td><td>Mubarak Dirie</td><td>Novice</td></tr> <tr><td>Bonnie Morgan</td><td>AD</td><td>Nathalie Hanley</td><td>Non-BSAC</td></tr> <tr><td>Chris Higgins</td><td>AD</td><td>Nathan Long</td><td>AD</td></tr> <tr><td>Dasol Lee</td><td>Novice</td><td>Peter Kilbride</td><td>Novice</td></tr> <tr><td>Dave Pearce</td><td>DL</td><td>Richard Rowley</td><td>DL</td></tr> <tr><td>Elizabeth Bennett</td><td>Novice</td><td>Ross McLeod</td><td>DL</td></tr> <tr><td>Erik Rijkhorst</td><td>SD</td><td>Soh Kah Loke</td><td>Novice</td></tr> <tr><td>Eunsook Park</td><td>Novice</td><td>Suz Fisher</td><td>DL</td></tr> <tr><td>Frances Rose</td><td>Novice</td><td>Tay Jian Hua (Nigel)</td><td>Novice</td></tr> <tr><td>George Gladstone</td><td>Novice</td><td>Thalita Calvi</td><td>Novice</td></tr> <tr><td>Helen Stevenson</td><td>Non-BSAC</td><td>Thidarat Udomritkul</td><td>Novice</td></tr> <tr><td>Jeremy Davey</td><td>AD</td><td>Vanessa Woolhead</td><td>DL</td></tr> <tr><td>Ken Obbard</td><td>Non-BSAC</td><td>Will Reece</td><td>AD</td></tr> <tr><td>Laura Reece</td><td>AD</td><td>Mike Shepherd</td><td>DL</td></tr> <tr><td>Liam McArdle</td><td>Novice</td><td></td><td></td></tr> </tbody> </table>	Member Name	Diving Grade	Member Name	Diving Grade	Alyn Morgan	AD	Marcus Allen	FCD	Ali Bradley	SD	Mark Bell	AD	Ali Gaudion	DL	Mark Lewis	Non-BSAC	Anais Claessens	Novice	Martin Greaves	AD	Andrew Fox-Lewis	Novice	Michelle Kim	AD	Anthony Chaddock	DL	Mubarak Dirie	Novice	Bonnie Morgan	AD	Nathalie Hanley	Non-BSAC	Chris Higgins	AD	Nathan Long	AD	Dasol Lee	Novice	Peter Kilbride	Novice	Dave Pearce	DL	Richard Rowley	DL	Elizabeth Bennett	Novice	Ross McLeod	DL	Erik Rijkhorst	SD	Soh Kah Loke	Novice	Eunsook Park	Novice	Suz Fisher	DL	Frances Rose	Novice	Tay Jian Hua (Nigel)	Novice	George Gladstone	Novice	Thalita Calvi	Novice	Helen Stevenson	Non-BSAC	Thidarat Udomritkul	Novice	Jeremy Davey	AD	Vanessa Woolhead	DL	Ken Obbard	Non-BSAC	Will Reece	AD	Laura Reece	AD	Mike Shepherd	DL	Liam McArdle	Novice					
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Accommodation	Globe Backpackers																																																																																							
Address	172 Citadel Road Plymouth PL1 3BD																																																																																							
Telephone No.	01752 225158 http://exeterbackpackers.co.uk/plymouth/																																																																																							
Cost per night/per tent/per person or as appropriate	Globe Hostel worked out at £16.20 per person per night. If all beds had been full all of the time the cost would have been £14 per person per night.																																																																																							
Notes	<p>In the hostel we had a total of 28 beds, which consisted of:</p> <ul style="list-style-type: none"> • 2 x eight bed dorms • 1 x six bed dorms • 3 x double rooms <p>Note – the showers on the ground floor are often warm when the upper floors have much less hot water! Generally speaking nobody should be having showers lasting more than 5mins and certainly not stretching to 15mins as this results in people getting cold showers!</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.</p> <p>Queen Anne Battery Plymouth PL4 0LP http://www.mdlmarinas.co.uk/mdl-queen-annes-battery/ Tel: 01752 671142 Cost: £285.16 for 8 nights berthing and 2 nights dry storage (first Friday and last Sunday)</p>																																																																																							
Coastguard	<p>Brixham Coastguard Tel: 01803 882704 VHF Channel: 16</p>																																																																																							
Nearest chamber	<p>Diving Diseases Research Centre (DDRC) http://www.ddrc.org/ Hyperbaric Medical Centre, Tamar Science Park Plymouth Devon UK</p>																																																																																							

	<p>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, PL9 0AB 01752 492722/Danny: 07739 567752/Dave: 07973 266401</p> <p>The guys were helpful as ever and looked after us well by making sure our tanks got filled quickly and serving up many Diver Burgers.</p> <p>Total gas bill cost £1,552</p>
Van Hire (inc. notes, did you breakdown, AA cover, tow bar etc.)	<p>A1 Holloway Car & Van Rental 615 Holloway Rd, London N19 4DJ Nearest tube – Archway (5 min walk)</p> <p>Total cost = £1,170.08 We went with A1 after they quoted significantly lower than H&H Van Hire (who quoted £708 per van inclusive VAT) who we usually use. We got 2 long-wheel based Ford Transit vans, 1 had a tow bar (registration 56 and 06). They were in OK condition, a few dents on the side but back and side doors worked and locked and they started with no problems every time.</p>

Dives

Trip day	Real world day	Site	Approx Depth
1	Saturday	Bovisand Harbour	6m
1	Saturday	Bovisand Harbour - Drills	6m
2	Sunday	Aberlard	10m
2	Sunday	Bovisand Harbour - Drills	6m
3	Monday	Great Mewstone	15m
3	Monday	Bovisand Harbour - Drills	6m
4	Tuesday	HMS Scylla	24m
4	Tuesday	Bovisand Harbour - Drills	6m
5	Wednesday	Rescue Day - Bovisand Harbour	6m
6	Thursday	Eddystone Lighthouse	6-40m+
6	Thursday	Bovisand Harbour - Drills/Shag Rock	6m
7	Friday	James Egan Layne	24m
7	Friday	Bovisand Harbour - Drills/Mewstone	6m/12m
8	Saturday	James Egan Layne/HMS Scylla	24m/24m
8	Saturday	Bovisand Harbour - Drills/Shag Rock	6m/10m
9	Sunday	James Egan Layne/HMS Scylla	24m/24m
9	Sunday	Bovisand Harbour	6m

Dive 1	
Site:	Bovisand Harbour - PL9 OAB
Max depth:	6m easily on high Spring tide. Quite a swim to find depth at low tide.
Brief description:	Great for drills. Perfect visibility this year which made all drills very easy apart from lack of tie-off points for distance line drills.

Dive 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, great viz with a big boiler and lots of boulders/kelp forests to swim through. Sightings of dog fish, cuttlefish and banded pipefish. NOTE - see figure 1 below for transits which drop bang on the boiler



Figure 1: Transits for the Aberlard

Dive 3	
Site:	Great Mewstone
Max depth:	We dived 15m but you can get deeper
GPS Marks:	Out of Bovi harbour and turn left past Shag Rock. It's the next large rock along.
Brief description:	We dived a 15m area south of the great Mewstone. Fab viz and lots of crabs, sea cucumbers and gullies to explore. Sightings of dogfish and cuttlefish and a conger!!

Dive 4	
Site:	Scylla
Max depth:	24m
Brief description:	Recommend reading the wreck tour: http://www.divernetextra.com/wrecks/wtour640604.shtml The hull is pretty much covered with dead mens fingers coral now. Congers spotted including a free-swimming one!

Dive 5	
Site:	Eddystone Lighthouse
Max depth:	0 to 40m+
GPS Marks:	12 miles south of Bovisand harbour on bearing 310 degrees
Brief description:	During the trip we were lucky enough to be able to dive the seldom visited Eddystone Lighthouse. Due to the Spring tide we were only able to dive this site during the slack water window (+/- 3 hrs HW Devonport) so we chartered Discovery Divers hardboat "Red Alert" and took our 2 ribs thus getting all ET personnel out to the site in one big wave! Underwater was a real treat with vast amounts of sea life including crabs (edible and spider), urchins, starfish, wrasse, scorpionfish and conger eels. 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!

Dive 6	
Site:	James Eagan Layne
Max depth:	23m
Brief description:	Recommend reading the wreck tour: http://www.divernetextra.com/wrecks/wtour620404.shtml Such a timeless classic! Wonderful again especially with the viz. Congers galore under the plates on the starboard side near the bow. Some lucky divers even got to see the famous John Dory that lives near the stern (before the broken off bit).

Training details
As ever the full range of BSAC diving grades were represented along with a handful of PADI crossovers continuing with BSAC SD qualification. We were blessed with the weather and were able to complete the following qualifications:- <ul style="list-style-type: none"> • 10 Ocean Divers from Novices • 4 Sports Divers from non-BSAC grades • 1 Advanced Diver from Dive Leader • 2 ULSAC Boat Handlers • 1 Diver Cox'n <p>We had a total of 14 NQIs diving on the trip with a general ratio of 2 trainees to 1 instructor throughout the trip. We had 2 DL Assistant Diving Instructors who were fully involved in teaching and diving.</p>

Food details
As ever ET catering was a mammoth operation and huge thanks has to go to Nessa for making sure everyone was fed and watered. Assisted by a team of willing trainees and Erik and Ali B meals prepared included sausage casserole, chicken in white wine with pasta, bangers and mash, their green chicken curry and spaghetti bolognese. We also had a BBQ at Bovi harbour one evening with burgers, hot dogs and chicken and veggie kebabs. Please contact Vanessa Woolhead for recipes and quantities for cooking for such large numbers. <u>Curry Night</u> Midweek curry was at the Ganges restaurant as per previous years. We had a £13 per head deal which included:-

Mixed meat starter:
Veggie samosa, onion bhaji, chicken tikka (per person)

Then between 4:
2 chicken tikka massala.
1 chicken dansak
1 lamb madras

Veggie starter:
Veggie samosa and onion bhaji

Veggie mains:
Veg balti, spinach and paneer 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

The general feeling was the food was average and the colour of some dishes was very odd (neon red!!) A suggestion would be to go to the Jaipur Palace restaurant next door (01752 252918 http://jaipurpalaceltd.com/jaipur_palace/home.html). It is award winning and we probably can get a similar deal if booking in advance.

Final Night Party

We were really desperate to find an alternative venue to the Mount Pleasant pub this year. We asked around quite a few of the pubs in the Barbican area but as we were booking for Easter Sunday they did not want to take our booking as they get very busy over the Easter weekend. We went to speak to the Mexican restaurant Arribas (opposite the Co-op) and they were very helpful and accommodating. We booked an area in their upstairs bar (separate from the restaurant downstairs) which was a good size and would have accommodated 50+ people comfortably (without it feeling too big). There were 27 of us and we were able to create a great atmosphere with everybody together playing drinking games etc. There was a wide selection of drinks and cocktails although no real ale on tap (although they did sell bottles of Tribute). The "house" beer is bottles of Desperado which is a tequila-flavoured beer. Strange but very popular on the night!!

Food was a buffet for £8.95 per head which included:-
Nachos with dips (salsa, guacamole, sour cream)(V)
Onion Rings (V)
Jalapeno Poppers (V)
Loaded Potato Skins (V)
Chicken Wings
Curly Fries (V)
Mesquite Pork Ribs
Chicken Kebabs

The food was nice and filling although there could have been a little more and ideally more vegetarian options. Suggest for next year that we speak to them well in advance and ask if we can get more of each dish and another veggie option such as vegetarian quesadillas. They said they couldn't add this dish this year due to the short notice but may be able to if we advise them early enough.

All in all a really positive experience coming here and would recommend again. After closing time we went to the club Loft over in the Barbican which was just over the road so very convenient too!

Arribas Restaurant
58 Notte Street
Plymouth. PL1 2AG
01752 603303
<http://www.arribasmexican.com/index.php>

General Details

Overall this Easter Training proved very successful. We were lucky to have such great weather which allowed us to get all the drills done and to do some absolutely quality diving. A highlight has to have been chartering 'Red Alert' and getting all trip members out to the Eddystone in one huge wave. This was

fantastic as it allowed all involved to experience a seldom visited site and for a lucky few there was the experience of the luxury of hardboat diving.

We have definitely created some wreck monsters with many of the trainees emerging from the Scylla with huge grins on their faces, matched only by that of their instructor.

The hard work of all involved was rewarded with all of the trainees being able to do a dive together in the harbour on the last day, with all of them returning to say that it was great to be able to dive without an instructor! For the instructors, their well-deserved reward was to dive with each other out on the James.

One final surprise of the trip was the appearance of a pod of dolphins in the Sound. They were playing and could clearly be seen breaching. This was a special treat for all of us.

Everyone on the trip was exceptionally hard working and huge thanks go to all of the instructors for their hard work and commitment. A big thanks also to the boat drivers, boat towers and all those who helped by organising days at ET, 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 – Clare, Chev, Erik, Simon and Liz, as well as Nessa (Food organiser extraordinaire!) and Megan – you were all stars! Thank you everybody.

Ali Gaudion

Please return completed forms to the Diving Officer asap. Thanks!