



DIVER PROFILE



This time round **SCOTTISH DIVER** spoke to Jan Crawford, newly appointed **Child & Vulnerable Adult Protection Officer of ScotSAC ...**



■ **WHERE DID YOU LEARN TO DIVE?**

● I first experienced diving in January 2001 when I was introduced to this fascinating sport at a try-dive night at my local Dunoon branch. The instructors were brilliant and I was hooked!

My first open water experience ended with a feet first ascent from three metres, however I think I can safely say I have improved my technique since then.

■ **WHAT TYPE OF DIVER ARE YOU?**

● I suppose you would just call me an enthusiastic recreational diver, although I am involved in training at the moment and so I could also be called an educational diver! I get a real kick out of seeing people's reactions first time they go beneath the waves. Technically speaking I am a Master Diver, Branch Instructor and currently the BDO for Dunoon branch.

■ **WHAT'S YOUR FAVOURITE PIECE OF KIT?**

● My favourite piece of kit absolutely has to be my Buddy Commando. I decided to purchase it last year after years of ill-fitting second hand equipment and it has totally transformed my diving experiences.

■ **DIVE BUDDY - WHO DO YOU ENJOY DIVING WITH MOST?**

● This is something that is really hard for me to answer - there are so many people that I love to dive with. One person that really sticks out though is Andy Lancaster, who was my main instructor when I was learning to dive and is someone who I feel completely at ease with under the water.

■ **FAVOURITE DIVE SITE?**

● I wouldn't say I had a favourite dive site - I just love being in the water. However, when diving with some new recruits off Eigg at the weekend we found the most wonderful cliff dive, where even at just four metres there was the most abundant sea life. Perhaps it will become a new fave of mine!

■ **BEST COUNTRY VISITED?**

● I have only dived in Rhodes other than Scotland and I am going to Egypt next year, but I have to say that Scotland is the best country for me!

■ **WHAT MOTIVATES YOU TO GO DIVING?**

● All I can say is that diving has become a part of me, everyday I wake up and think about where and when I can dive next. Diving really is something I have to do now, it thrills me that while others can sit on a beach looking at the view - I can take it a step further and explore a completely different view beneath the sea. I also love diving with trainees and the feeling it gives me - seeing their faces on their first open water dive keeps the beginners excitement alive in me.

■ **DREAM DIVE BUDDY?**

● I don't have any great wish to dive with a favourite star or famous underwater explorer - a dream dive buddy is to me someone who can read my mind and has the same principles for safe and happy diving.

■ **DREAM DIVE DESTINATION?**

● Somewhere I have always wanted to dive is Egypt and the Red Sea - and as I mentioned I will get to fulfill this ambition next year.

■ **BEST DIVE BOOK EVER READ?**

● I have just read a book called Shipwrecks of the Clyde and it was fascinating to see how many wrecks are out there - you look at the Clyde and you would never know. I also found The Collins Pocket Guide to the Undersea World (1956) in a second hand bookshop - it is great fun to look at the equipment people used to use and how times have changed so that we can go down with much less fuss.

■ **WHAT BUGS YOU MOST ABOUT DIVING?**

● In a word - Politics! In an ideal world there would be no need, but sadly there is a need and even more sadly some people get more into it than others causing all sorts of upset, I try to stay out of it.

■ **HOW WOULD YOU DESCRIBE DIVING TO NON-DIVERS?**

● It is a brand new world to explore and it is literally on your doorstep - so get out and give it a try!

As the CVA Protection Officer, Jan would like to hear from anyone in ScotSAC who wants more information about the laws that affect working with children and vulnerable adults. Sometimes all the new laws can be hard to keep up with and are difficult to make sense of - Jan is more than happy for you to contact her with any questions and she will do her best to explain any queries you may have in simple terms.

She is also keen to hear from people who would like to see courses supporting those who are already working with children and vulnerable adults or would like to find out more.

Jan can be contacted by email:
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