

# Meet Lenny Lomo

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AT THE recent ScotSAC Universities Training Weekend held at Loch Fyne Tearooms I had the opportunity to try some rescues with the new ScotSAC training mannequin. The mannequin was, in the absence of any better name, nicknamed Lenny Lomo.

Lenny, a life-size mannequin with working lungs for resuscitation, was kitted out with a full length wetsuit, 10l cylinder, medium BCD, regulator, fins mask etc to simulate a real life casualty in a controlled situation. Initially Lenny also had a 28lb weight belt on to get him to sink. As this was his first dive nobody was quite sure what procedures should be used.

The first issue was getting Lenny into the water and ensuring he floated - this turned out to be a little tricky with two fully kitted divers manhandling a fully kitted Lenny over an uneven rocky beach. If I were doing this again I would probably get Lenny in the water and secured somewhere before kitting up myself. Once in the water he needed to be sunk - this turned out not to be too difficult given the amount of weight he was carrying. Air was dumped from the BC, a little push down to start the process and Lenny flooded and sank like a stone.

## First Attempt

Once secured to a shot line, ensuring easy location if Lenny needed to be abandoned, we were ready to attempt a rescue. He at this point was lying on his back with his feet floating above him - not an ideal position! After several attempts at manhandling Lenny to his feet (knees is not really an option as he is not particularly flexible). We were in a position to start the lift. Having filled the

jacket to capacity we were still going nowhere. I tried fining without success - Lenny was still *very* negatively buoyant. I put air into my own dry suit and jacket which proved enough with some fining to lift him. This situation was going to become tricky as I was nearer the surface as I now had three sources of buoyancy to control. I abandoned this attempt.

## Second Attempt

Back on the seabed I jettisoned Lenny's weight belt. This did not make him positively buoyant as he had flooded at the start of the dive. Lift attempt number two went reasonably well - although with buoyant feet he was not in the textbook position and would probably prove too much of a handful for the average trainee. Despite the floating feet a controlled ascent was achieved.

## Third Attempt

To try to counteract the floating feet issue two 11lb ankle weights were strapped to one of his ankles and a single 4lb block strapped to the other (it was thought that a single 11lb weight on each ankle would not be sufficient and we only had the two ankle weights spare). Unfortunately this made Lenny a little too heavy - although a successful lift was carried out - it was just very tiring and a tow was out of the question following the lift as the rescuer was just too tired!

## Fourth Attempt

This time a single 11lb ankle weight was strapped to each of both ankles. This proved to be sufficient to keep his feet down and little enough to enable a live trainee to perform a standard lift and tow. One further successful rescue was carried out by a second trainee following this attempt.

>>> Things to look out for when diving with Lenny:  
> Despite being suitably weighted for the lift with only 11lb ankle weights he was still a little cumbersome on the seabed. He wanted to lie on his back (to be



Lenny Lomo with his jutting jaw and stelly gaze was a big hit with the ladies!

expected) or his side most of the time. Anything larger or heavier than a 10l cylinder would probably prove too heavy and cumbersome. Given the opportunity I would like to try a smaller cylinder as this would make things a little easier on the seabed.

> I do not believe that carrying out a beaching is a sensible option as by the time he is back at the surface he is full of water and much heavier than at the start of the dive. A lengthy draining period is required before loading him into his body bag for the journey home.

> Lenny will probably be very positively buoyant at the surface until flooded, this could make initial submersion difficult.

> Controlling the descent could distract from looking after the trainee supposed to be rescuing Lenny so having another qualified diver to look after him or sinking him on a shot line in advance would be advisable.

> As it is advised to use the dummy attached to a shot line so that it can be easily relocated if need be, there is a potential risk of entanglement with the buddy line if the trainee attempting the rescue has a tendency to spiral during ascent. Any instructors diving with it should be prepared for this.

> Recovery to the shore is really a two person job and I would recommend that this be two un-kitted divers wherever possible to avoid having to deal with excesses of kit. The instructor's priority should always be the trainee!

Overall I would say that the advantages of diving with the dummy outweigh the added difficulties as it removes the issues of a single instructor diving with two trainees. He cannot swim away of his own accord and will always be easily located if attached to a shot line. The worst injury Lenny is likely to suffer if abandoned in an emergency situation is two burst lungs - and he comes with plenty of spares!



You're going nowhere till you buy a round, pal!