



# BRANCHLINES

## Running For RNLI



ALL I CAN say is that it was a cold, wet, windy day in the winter of 2007 when, during our lunch break between dives, Catherine and I got to chatting about our plans for the following year. We both would reach the magical age where, apparently, life begins. Goodness only knows what we've been doing so far – but that's another story!

For some reason we both thought (out loud apparently and in front of witnesses) that it would be a good idea to get places on the Great North Run and raise funds for the RNLI as part of the process. For those of you unfamiliar with the event (where have you been?) it's probably the most popular half-marathon around.

Catherine and I made a pact that we would both apply as soon as possible and waited out the Christmas period doing the usual winter training that any serious athlete/diver

would do. Yes that's correct – too much of everything and shrunken dry-suits to prove it.

The general ballot for places opened in January and we both eagerly applied and spent several weeks in nervous contemplation of getting a place. Catherine got the first call and instantly rang me in excited tones – she had a place ... I unfortunately had not! Not to be deterred I applied direct to the RNLI for one of their allotted spaces. A few months later Lisa from the RNLI fundraising team phoned to ask: 'Did I still want a place?' Well, I only went and said I did – so now Catherine and I were both signed up for it.

Since then we've put in several training runs and both completed the Race for Life in respectable times. Training got more serious as the big day approached and we received loads of encouragement (or is it

bullying) from friends, family and work colleagues to get out there and put in the miles.

Race day itself was brilliant and we both finished the course in respectable times although we were completely knackered. It was however in a great cause and ideally we would love to raise enough to fully kit out at least one crewmember (circa £1,000) in the protective gear required to do their job.

At time of going to press we had raised close on £900 so if anyone reading this would like to pledge money to this cause our sponsorship website is [www.justgiving.com/dive-in](http://www.justgiving.com/dive-in).

Alternatively you can contact us via the Carlisle Subaqua Club Secretary, c/o 20 Cammock Crescent, Carlisle, Cumbria, CA2 4PE.

**Bridget Haughan**

*Fundraisers Bridget & Catherine are pictured above*

## Award For East Lothian Divers

EAST LOTHIAN DIVERS SAC member and BAA (Edinburgh) employee Malcolm Holm has been spending the last few months raising funds for a much needed auxiliary RHIB engine. Through the BAA i-volunteer award scheme, East Lothian Divers received a donation of £400. This scheme rewards BAA employees for their efforts in volunteering for local charities and organisations and is a means for BAA to create links with their local community.

"Our club members were very grateful for the donation, and were keen to invest in something which would benefit all and have a lasting impact. We decided a back-up engine

for our club boat would be appropriate, especially as we had to be rescued by the RNLI last year due to engine failure!

"By word of mouth I'd heard about Sportsmatch and decided to put together an application to seek the additional funds required. In August we were delighted to hear that the panel awarded us £500."

Sportsmatch is an award scheme that supports grass roots sport projects that encourage participation at community level. Sportsmatch is funded by the Scottish Government and aims to match commercial business sponsorship on a pound for pound basis.

East Lothian Divers would like to thank BAA and Sportsmatch for their sponsorship and are looking forward to sea trials soon!



*East Lothian Divers in the club RHIB*

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# SCOTSAC TRAINING SYLLABUS REVIEW

## SAM PASKE – TRAINING REVIEW PROJECT MANAGER

IN EARLY 2007 the National Diving Council (NDC) was tasked by the ScotSAC Board to review the full training syllabus for all diver grades and for all core awards. The aim is to review all aspects of the current syllabus and propose amendments where required in order to bring training up to date, whilst retaining the safe and thorough dive practices that ScotSAC divers are familiar with. The review will also be an opportunity to revamp the format of the dive awards to make them more accessible and branch friendly.

The NDC has to date reviewed the swimming/snorkel assessments, the Sport Diver award, and is in the process of reviewing the content of the Master Diver award. The review is very much in the early stages with the proposals so far having been discussed at a high 'concept' level to ensure that they are fit for purpose.

The NDC and Board have so far agreed in principle with the proposed changes, therefore the next stage in the review is to communicate the proposed changes (at a high level) to the ScotSAC membership to gauge the response of these proposals and the impact that they will make at branch level.

Following receipt of feedback from the membership (due to complete mid December), we may submit an initial proposal to the 2009 AGM to have the high level concepts for the training schedules ratified. Once the high level concepts of the proposed training plan are supported, additional detailed work will continue on the syllabus, with full detailed proposals being available in quarter 3 of 2009. These detailed changes will be presented at the 2010 AGM and if accepted by the membership, the changes will come into effect sometime later that year.

This is an ambitious and long term review of the training schedule, but it cannot proceed or be successful without input, discussion and support from members. It is only with feedback from the membership that the NDC and Board will be aware of what is required for our training syllabus, and so incorporate these comments and ensure that the training meets the organisation's requirements.

The high level concept is that the Diver training syllabus be split into three main awards – a Branch Diver award, a Sport Diver award and a Master Diver Award. It is anticipated that splitting the syllabus

into three distinct awards will;

- Encourage existing experienced Sport Divers to get involved with lesser experienced divers;
- Reduce branch 'bottlenecks' by allowing Sport Divers to become involved in the progression of Branch Divers into Sport Divers;
- Increase Sport Diver knowledge by incorporating Diver Leadership and Risk Assessment skills to the core award;
- Reduce some elements of the Master Diver award to make it less 'daunting' but ensure that it remains a meaningful and advanced qualification

The outcome of the review, if fully implemented will have wide reaching impacts – for example the SSAC dive rules and regulations will need to be amended, as will logbooks, qualification books and all training materials.

The NDC would therefore like to invite all members to comment on the following proposal which has been summarised in the following table. If you have any comments on the table then please send your feedback to [review@scotsac.com](mailto:review@scotsac.com) or contact Sam Paske via HQ.

	BRANCH DIVER	SPORT DIVER	MASTER DIVER
<b>Depth / Dive Restrictions</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Recommended depth limit is 15m unless diving with a Branch Instructor (BI), Regional Instructor (RI) or Examiner – in which case the recommended depth limit is 20m.</li> <li><input type="checkbox"/> Must dive with a Branch Instructor, Regional Instructor or Examiner until qualified</li> <li><input type="checkbox"/> Once qualified the Branch Diver can dive with suitably experienced Sport Divers (as defined by the BDO) to a max. recommended depth of 15m.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Recommended depth limit is 20m until qualified</li> <li><input type="checkbox"/> Can dive with a suitably experienced Sport Diver (as defined by the BDO) until qualified.</li> <li><input type="checkbox"/> Skill assessments can only take place in the presence of a BI, RI or Examiner.</li> <li><input type="checkbox"/> Recommended depth limit of 30m once qualified unless diving with a Master Diver Instructor at which point the recommendation is 40m</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Recommended depth limit is 40m unless diving with another MD (or higher) and the permission of the BDO – at which point the recommendation is 50m</li> </ul>
<b>Qualification Requirements</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Minimum of 6 dives</li> <li><input type="checkbox"/> Minimum of 180 minutes underwater</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Minimum of 20 dives</li> <li><input type="checkbox"/> Minimum of 10 hours underwater</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Minimum of 100 dives</li> <li><input type="checkbox"/> Minimum of 40 hours u'water</li> </ul>
<b>Pool Skills</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aqualung equipment, buddy checks, basic signals</li> <li><input type="checkbox"/> Buoyancy Skills</li> <li><input type="checkbox"/> Mask clearing</li> <li><input type="checkbox"/> Regulator removal, retrieve and refit</li> <li><input type="checkbox"/> Use of an Alternative Air source</li> <li><input type="checkbox"/> Entry/Exit into water</li> <li><input type="checkbox"/> Controlled Buoyant Lift</li> <li><input type="checkbox"/> Exposure suit skills</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mask remove and refit</li> <li><input type="checkbox"/> Swim without a mask/blacked out mask</li> <li><input type="checkbox"/> Compass skills and basic navigation</li> <li><input type="checkbox"/> DSMB deployment</li> <li><input type="checkbox"/> Rescue skills</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> N/a</li> </ul>
<b>Open Water Skills</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Entry/Exit into water</li> <li><input type="checkbox"/> Buoyancy Skills and Mobility in water</li> <li><input type="checkbox"/> Mask Clearing</li> <li><input type="checkbox"/> Regulator skills</li> <li><input type="checkbox"/> Controlled ascents from 10m (independent of buddy/shot line)</li> <li><input type="checkbox"/> Use of an alternative air source (not on an ascent)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mask remove and refit</li> <li><input type="checkbox"/> Compass course</li> <li><input type="checkbox"/> DSMB deployment</li> <li><input type="checkbox"/> 15m Assisted ascents as donor and recipient</li> <li><input type="checkbox"/> 10m rescue</li> <li><input type="checkbox"/> Dive leadership (4 dives) and risk assessments</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Organise one open water expedition in accordance with ScotSAC diving rules and procedures</li> <li><input type="checkbox"/> All other skills as per existing MD syllabus</li> </ul>
<b>Lectures</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Basic Equipment and Maintenance.</li> <li><input type="checkbox"/> Signals and surfacing drills</li> <li><input type="checkbox"/> Air endurance and buoyancy control</li> <li><input type="checkbox"/> Burst lung and ascents in emergencies</li> <li><input type="checkbox"/> Principles of the aqualung</li> <li><input type="checkbox"/> Open water diving procedures (to include risk assessments)</li> <li><input type="checkbox"/> ScotSAC structure</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Respiration, hyperventilation, anoxia and hypoxia</li> <li><input type="checkbox"/> Exhaustion, protective clothing and hypothermia</li> <li><input type="checkbox"/> Rescue and lifesaving</li> <li><input type="checkbox"/> Compass and diving accessories</li> <li><input type="checkbox"/> Decompression hazards and avoidance</li> <li><input type="checkbox"/> Dive leadership</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> As per existing Master Diver syllabus</li> </ul>
<b>Exams</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Multiple choice covering all Branch diver lectures</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Multiple choice covering all Branch and Sport diver lectures</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Multiple choice covering all Branch, Sport and Master diver lectures</li> </ul>

## Congrats ...

☆ CONGRATULATIONS and well done to Cumbernauld SAC members for their latest achievements, firstly to Billy Mills for acquiring his Master Diver award earlier this year - you are a star!

Also biggin' it up in the club are our latest Sports Divers who are Guy Anderson, Stevie Smith, Kenny Campbell, Chris Fargher, Stevie'LB' Corcoran, Thomas Paton and Des 'Biscuits' Mc Crumb.

Congratulations also to Scott Shaw for becoming a Master Diver.

☆ CONGRATS from Musselburgh branch to George Carnie who has recently qualified as a Sport Diver.

☆ A BIG welcome from all at Larkhall Branch to Patrick McGuire on successfully completing his crossover from PADI to Sport Diver - happy diving, Pat.

Also congratulations to Duncan 'Seabear' Shaw on attaining the status of Sport Diver, we think his claim to achieving a score of 125% in the exam was due to having answered questions which had not been asked. Have fun Duncan.

☆ JIM FINNAN and Fraser Ewing of Larkhall Branch are also to be congratulated on obtaining their Sport Diver Qualification.

☆ CONGRATULATIONS to Martin Pike of Kelso SAC who has qualified as a Sport Diver and happy 17th birthday for October 11. Also happy 40th to Andy Wright, enjoy your diving hol to Malta in October from all at the club

☆ KILMARNOCK SAC would like to say congratulations to Neil Findlay who has completed his Sport Diver Training.

☆ Congratulations to Andrea Smith and Fiona Shipp on attaining the qualification of Sport Diver during the summer break from Carlisle Sub-aqua Club. Well done both of you and happy, safe diving.



Neil Findlay and friends

## Sport Diver Training Day

25 MEMBERS from various branches turned out for the last national training day of 2008. Held as usual at the tea-rooms on Loch Fyne the car park was busy as Aquatron had also organised a training event for the same day.

No incidents, in or out of the water, were reported apart from a few punctured dry-suits, and the weather behaved as well. A very pleasant day with ScotSAC members making new friends with fellow trainees from Aquatron.

Many dives were completed with assessments ranging from dry-suit training through the range of Sport Diver skills and even a few Master diver skills.

This is the ideal opportunity for budding branch instructors to get assessments done with so many regional instructors in attendance. Hopefully everyone enjoyed themselves and took something positive from the day.

National Diving Officer Nigel Spike and I would like to thank all who turned up to make it a successful day, especially the instructors. To all who assisted by acting as dive marshal and safety personnel, finally a big thanks to Frank and Eileen and their staff for allowing us to use their car park and making us so welcome. Hope to see some of you at the next event the conference in Oban.

Graeme Forsyth

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