

# Paradise Dive Club

Volume 19, Issue 2

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## Presidents Log

*Fitness for Diving*

### President

*Michael Ring*

## Fitness For Diving Revisited

The past few weeks have brought some very beautiful days here in Santa Barbara, and I am sure we have all been thinking about how nice it is, or will be, to get back into the water. For some, there have been many months of not diving. For others the diving never stopped. But for all of us the issue of fitness for diving is something that should never be ignored.

We all know about keeping in good shape, whether it be by jogging at the beach, lifting weights at the club, etc. But what about the hidden matters that are not so obvious? For instance, when was the last time you had your blood pressure taken? Or checked on your cholesterol levels or you're A<sub>1c</sub> checked? Have you had a cardiac stress test ever to see how the old ticker is doing?

As we age the body responds differently to things, and we need to be aware of the changes that might present problems in the water. For instance, has your vision gotten to the point where you cannot read the output on your computer or gauges? Do you find yourself getting dehydrated easier when you do multiple dives on the trips that you take? Do you find that you are starting to feel the effects of the wave action while on a boat heading to a dive site when you did not have those problems before?

Each of us will respond differently to the various stimuli and situations that may present themselves while we are in the water. Do you know that you

personally are ready to handle whatever stressors will appear, whether it is you or your buddy who has an issue?

Various medical conditions such as colds, flu, and injuries will temporarily restrict diving. If your Eustachian tubes or sinuses are blocked you may find yourself in trouble while descending or ascending on a dive. Injuries to joints and muscles may not only reduce diving ability, but they also increase susceptibility to decompression illness.

Another area to be thoughtful of is what impact will any new medications that you are taking for some new condition have on your fitness for diving? Will it make you nauseous, or disoriented and dizzy? Do they make you sleepy or inattentive? Is there an interaction with other things that you might take during a trip that you should watch out for before you begin to dive?

As we all know, scuba diving is a wonderful sport, but it has inherent risks that can be minimized with the proper precautions. You do not want to get started with your months of hopefully wonderful diving experiences this year without taking some time to think about your current status. Whether it is a physical concern, a psychological issue, or simply a new set of facts in your life, it is worth your while to assess yourself critically and make sure that you are truly fit for diving.

## What do all those marks on your scuba tank stand for?



### Top Row Tank Markings

#### **M25 x 2**

This identifies the Thread Specification and indicates the thread type and size. It is important to ensure the correct valve is used with your cylinder.

#### **UK**

Country of manufacture

#### **Luxfer**

Cylinder manufacturer

#### **P3173V/Luxfer 1234A**

Cylinder type number and serial number. This number is recorded by the manufacturer, in this case Luxfer so that the entire manufacturing history of your scuba tank can be traced.

#### **AA6061 T6**

Alloy of Construction.

### Middle Row of Tank Markings

**11.6mm** Designed minimum wall thickness

**9.8kg** Empty weight of the cylinder kg or lbs

**7L**

Minimum water capacity in litres

#### **PW232 BAR**

Working pressure, it shows the pressure that the scuba tank should be filled to. This figure should never be exceeded.

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Working pressure, it shows the pressure that the scuba tank should be filled to. This figure should never be exceeded.

#### **PT348 BAR**

Test pressure, shows the pressure that the scuba tank should be tested to. This should also never be exceeded.

### Bottom Row of Tank markings

#### **PS287 BAR AT 60 C**

This is the service pressure and indicates the pressure which can develop inside the scuba tank at the temperature shown, don't confuse the service pressure with the working pressure.

#### **CE 0038**

Mark of conformity to the Pressure Equipment Directive 97/23/EC and notifies body identification number.

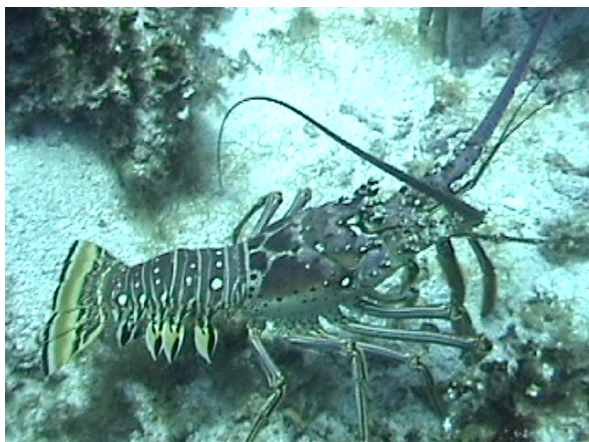
#### **2002 / 2**

Test date, shows when your cylinder was first tested, with the year followed by the month or quarter of the test year shown in a circle stamped onto the tank.



## **Lobster Cards** **“better late than never”**

**Happy New Year** means that it's time to send in your various 'report cards' that you may have with your fishing license. They are due Jan 31'st so get on it! Also note that the lobster card and abalone card go different places. The bug card goes to DF&G Lobster Report Card, 4949 Viewridge Ave, San Diego, CA 92123 and the abalone card goes to DF&G, 19160 S. Harbor Dr, Fort Bragg, CA 95437-5718. The data on these cards is used to help plan the fishery regulations, so hopefully with good data we can all be fishing for many more years!



## **SBCC Marine Tech Day**

Have you ever wanted to try diving with a full face mask? Have you ever wondered what it is like to dive with surface supplied air? How about being able to talk to your dive buddy underwater? What is it like to be compressed in a hyperbaric chamber without being bent first?

The answers to all of these question can be discovered with the help of our friends at SBCC Marine Tech. As you may know, SBCC has one of the premier commercial diving programs in the world and they have graciously offered to put on a seminar day to allow us to learn about

their program. Best of all it will be a hands on "immersive" event where we will get to play/dive with all of their toys.

The date is Saturday March 13th starting at 8:00am. We will start with an hour in the classroom learning about their program (and the ground rules), and then we will hit the water in their training tanks. Since they have to pay for staff for the day the price will be \$125/pp (about the cost of a boat trip to the islands). They won't provide lunch, but they will provide air.

## **From the Circulation Desk...**

Over the next few months we will be transitioning delivery of the monthly newsletter from paper to an electronic format. We will use the e-mail address you furnished with your last membership renewal. The newsletter will still be available in a paper format for distribution to the local dive shops and other interested parties. Copies will also be available at the monthly meetings. If you would like to change or update your e-mail address please contact the membership desk at: [membership@paradisediveclub.org](mailto:membership@paradisediveclub.org).

## **Upcoming Club Events**

Earth Day April 22- Tajiguas Beach Clean Up and dive

Platform Grace Oil Rig Dive- tba

Wrecks off Point Conception - tba

Island Packers Santa Cruz Camp Trip-tba

Kayak from Goleta Beach to Leadbetter-tba

# PDC Thursday Night Dives!

To find out where the group will be diving, or to be added to the night dive e-mail list, sign up at [http://groups.yahoo.com/group/PDC\\_midweek\\_dive](http://groups.yahoo.com/group/PDC_midweek_dive), or send e-mail to [PDC\\_midweek\\_dive-subscribe@yahoogroups.com](mailto:PDC_midweek_dive-subscribe@yahoogroups.com)

## Membership

\$25/year for individuals, \$40 for families Membership runs May-April and includes a monthly newsletter, free air-fills and other benefits.

For details or to join Contact Sharon Coffield at:

[membership@paradisediveclub.org](mailto:membership@paradisediveclub.org)

## Newsletter

Send newsletter items to Jerry Sorich at"

[jasorich@cox.net](mailto:jasorich@cox.net)

## Website

[www.paradisediveclub.org](http://www.paradisediveclub.org)

## Join the Coolest Club in Town

1. Monthly meetings with entertainment
2. Raffle prizes (we all need new dive stuff)
3. Great dive buddy pool
4. Beach and boat dives, and weekly night dives
5. Club BBQs, and other activities
6. Free air-fills and gear discounts at local dive shops
7. Right to proudly wear the official PDC T-shirt (nobody has a logo as cool as ours)

## Dive Club Officers

[info@paradisediveclub.org](mailto:info@paradisediveclub.org)

President	Michael Ring
Vice President	Akiles Ceron
Treasurer	Jim Axtell
Secretary	John Kushwara
Membership	Sharon Coffield
Newsletter	Jerry Sorich
Circulation	Rich Cirincione
Entertainment	Steve Trainoff
Webmaster	Stuart Ponder
Sgt At Arms	Steve Senesac

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PO Box 21311  
Santa Barbara, CA 93121

### Aquatics

5822 Hollister Ave  
Goleta, CA 93117  
805-967-4456

### Blue Water Hunter

117 D Harbor Way  
Santa Barbara, CA 93109  
805-564-6677

### Truth Aquatics

201 W. Cabrillo Blvd  
Santa Barbara, CA 93101  
805-962-1127

### Anacapa Dive Center

22 Anacapa St.  
Santa Barbara, CA 93101  
805-963-8917

## Meeting Place

The March 30th meeting will take place at  
**Petrini's Restaurant in Santa Barbara.**  
14 West Calle Laureles.