



DOWN UNDER DIVE CLUB

JANUARY
2006

SINCE 1984

January's DUDC Monthly Meeting is

Wednesday, January 11th @ 7:30 p.m.

This month's speaker is Jim Egan. Jim Egan is the Executive Director of the *Marine Resources Council*, a non-profit organization dedicated to preserving the Indian River Lagoon. Jim oversees a staff of twelve scientists and over seven hundred volunteers involved in efforts to preserve our local Marine Resources. Every program is science-based but driven by local volunteers of every age.

These programs are always looking for volunteers: Water quality monitoring, native planting program, brazilian pepper busting, the Right Whale Monitoring Program, the Indian River Lagoon National Scenic Byway Program, the Library of the Indian River Lagoon, the Lagoon House Welcome Center and the public education programs.

Please join us for what promising to be a very interesting presentation.



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Dive Quiz by Al

Who must personally verify the analysis of the oxygen content in an enriched air cylinder before it is used?

- a) The blender
- b) The dive boat operator
- c) The diver
- d) It doesn't really matter who analyzes it.

Answer on page 4



DUDC Event & Activity

Event	Time	Member's Cost		Coordinator Phone # / E-mail	
		Tier 1	Tier 2		
DUDC Club Meeting Indian River Lagoon House	Wednesday, 1/11/2006 @ 7:30 p.m	Free		Martin 253-4713	info@downunderdiveclub.com
DUDC Club Meeting Indian River Lagoon House	Wednesday, 2/8/2005 @ 7:30 p.m	Free		Martin 253-4713	info@downunderdiveclub.com

Cancellation Policy for Club Sponsored Dives: Deposits will be refunded with **2 weeks notice** of the scheduled event or with a paid replacement divers. Refunds of money paid after the 2 week cancellation period is subject to **board approval**. All requests for refunds after this period **MUST** be made in writing. Money and deposits are refunded when dives are cancelled by the Charter or DUDC.

ALL DIVES MUST BE PAID PRIOR TO THE DAY OF THE DIVE.
(This calendar is tentative and subject to change.)

You can pay for your Club dives, membership fees and merchandise with your credit card. For more details, talk to the dive coordinator or call Ed Given at 255-5587.



Keep an eye on the Calendar —

Coming Soon!

The 2006 DUDC Dive Schedule!!!

There are already several dives scheduled for 2006—more will be added soon!

ONLY 5 SLOTS LEFT!!!!

BONAIRE 2006 DOWN UNDER DIVE CLUB GETAWAY June 24 – July 1



Come join the Down Under Dive Club for our annual club getaway. This year we are headed to Bonaire, which has been voted the #1 shore dive destination in the world the last 12 years running and was voted the #4 overall dive destination this year. On average, Bonaire's visibility exceeds 100 feet and the average water temperature is 80 degrees. The reefs begin close to the shore, usually a short 30 foot swim or less, making Bonaire world renowned for its ease of shore diving. Extremely calm seas making getting in and out of the ocean very easy. Bonaire's waters offer something special for every diver. Novice divers will appreciate the calm waters, reefs that run parallel to shore, and minimal currents. An abundance of marine life living along the shallow drop-off area of the reef slope allows for maximum bottom time, while giving new divers an opportunity to develop a level of comfort and confidence in their newly learned skills while allowing the advanced diver to continue to explore even wider ranges of opportunities (i.e., deeper sites, wrecks, etc).

We will be staying at Buddy Dive Resort, known for their very nice and casual atmosphere, personable staff, spacious accommodations and a dive operation that has it all:



comfortable boats, complete rental and retail center, exceptional staff, and a unique "Drive Thru" with a two-lane air/nitrox fill station. We have reserved several two bedroom apartments. Each condo is assigned a truck rental so we can take advantage of the 60 dive sites; accessible from the shore line of Bonaire, or tour the island.



WHAT'S INCLUDED:

- **8 day/7 nights** accommodations
- **UNLIMITED** shore diving
- 7 day Truck Rental (*1 per apartment*)
- 6 boat dives
- Full breakfast everyone morning



EXTRA's for DUDC:

- **FREE** Upgrade to **Nitrox** (\$99 value)
- **FREE** Upgrade to **UNLIMITED** Boat Trips
- **50% discount** at resort restaurants (max \$75)



AIRFARE:

- **Roundtrip** air from Miami to Bonaire is **available** for ***\$500**. Price is subject to change due to airline taxes and fuel surcharges.

**Cost:
\$799.⁰⁰**

For more information or to sign up, contact Michael Wheat at mwheat@downunderdiveclub.com.

New First Aid and CPR Guidelines

As some of you probably read in the Florida Today newspaper, there are new first aid and CPR guidelines. The American Heart Association and the International Liaison Committee on Resuscitation (ILCOR) released a new set of science-based guideline changes to basic life support. These changes are designed to help first responders be more confident when they encounter an emergency. These changes should also make the response and care given more effective.

Throughout 2006, we will see changes to several courses which include Emergency First Response (EFR), Rescue Diver, Divers Alert Network courses (O2 Administration, BLS PRO, AED, etc), American Red Cross CPR/FA, and most other programs that focus diver emergency training. Here's an abbreviated list of the major changes:

Chest Compressions - "Push hard and push fast" when delivering chest compressions during CPR. The compression rate is still 100 compressions per minute, but the emphasis is on the quality of the chest compressions.

Compression to ventilation ratio – In all cases with a single rescuer, you should deliver 30 chest compressions followed by two breaths. This applies to adults, children, and infants. Until now, the recommendation was 15 compressions to two breaths on an adult and 5:1 on a child or infant.

Signs of circulation – Do not check for signs of circulation. After delivering two rescue breaths during the initial assessment, immediately begin chest compressions. Assume a person who has stopped breathing is also in full arrest. The only exceptions to this are when caring for children and for professional rescuers.

Rescue breaths – Each rescue breath should be delivered over 1 second. Previously, the recommendation was 1 to 2 seconds. Each breath should make the chest rise and rescuers should be able to see that rise. Rescuers should also avoid giving breaths that are too large or too forceful.

AED use – When using an AED to care for a person who shows no signs of circulation, rescuers should deliver a single shock and then provide CPR for about two minutes. The rescuers should begin with chest compressions following the shock and complete about 5 cycles of compressions and ventilations. This new recommendation will require AED devices to be reprogrammed by the manufacturers.

Other changes:

- The jaw thrust is no longer recommended. Use the head-tilt chin-lift for all victims
- Take 5 to 10 seconds to check for NORMAL breathing in an unresponsive adult. You should never take more than 10 seconds.
- Take a normal breath, not a deep one, when delivering rescue breaths.
- For children, use 1 or 2 hands depending on the size of the child.

I scanned the different CPR instructor sites, and I extracted this information from the Divers Alert Network (DAN) instructor page.

A. Audet

Answer to Dive Quiz:

Answer: C, the diver

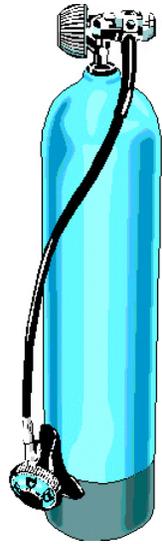
Congratulations!!!!

New

Certification(s)

Bob Carmichael - Divemaster

Have a recent certification?? Let us know by sending an e-mail to dbuck@downunderdiveclub.com and I'll put it in the newsletter.



November 26, 2005 DUDC Club Dive

Wanted

New Dive Coordinators that Want to
Dive For FREE!!!

Contact Michael Wheat
for Details (321) 727-1028

Or

mwheat@downunderdiveclub.com



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