

AQUANAUT DIVE CLUB UK 2009 SCHEDULE



March 11 Wednesday **Curry & Cove Evening**

A night of beer & curry from 7.30 pm onwards at the Cove pub in Covent Garden.

April 4 Saturday **Vobster Quay, Somerset**

Meet at 09.30 hours at Vobster for a bracing start of season warm up dive. Also a very good opportunity to test equipment after the winter layoff!!!

www.vobsterquay.co.uk for directions.

April 25 Saturday **Littlehampton** 20 – 25 metres

One days diving on board Our Joy out of Littlehampton

May 9 Saturday **Brighton** 25 – 30 metres

A new location for the Club. One days diving out of Brighton Marina onboard Brighton Diver

June 6 & 7 **Dartmouth** 30 metre

2 days diving out of Dartmouth on board Samuel Irvin III with Ian Noble. Accommodation arranged for Friday & Saturday nights.

July 11 & 12 **Plymouth** 30 metres

Two days diving off Venture with Pete Fergus. Accommodation arranged at the Hotel Mount Batten.

July 25 Saturday **Littlehampton** 30 metres

One days diving on board Our Joy out of Littlehampton

August 15 & 16 **Lundy** 30 metre

A new location for the club with very scenic diving and seals!

Diving on Saturday & Sunday with accommodation booked in Clovelly.

Notes:

1. Alcohol and diving are not good companions. Alcohol is a diuretic and dehydration is a common factor in cases of DCI/DCS. This is just as valid with repetitive diving to shallower depths as it with deeper dives. Only a minimal amount of alcohol should be consumed prior to and during dive trips. Drink plenty of water over the trip as well.
2. Please check and prepare your diving equipment several days before each dive trip.
3. There are minimum equipment requirements for diving in the UK, please check the safety rules to see what is required.
4. Use a maximum of 1.4 ppO₂ for Nitrox maximum operating depths.
5. Make slow descents, even slower ascents, particularly during the last 10m before the surface.
6. Descend and ascend in eye contact with your buddy, at the same level and within arm's reach of each other. You cannot help each other if one of you is several metres below or above the other.

7. You are strongly encouraged to visit either Stoney Cove, Vobster Quay or another inland site prior to your 1st sea dive of the season. Every diver must have dived to 20 metres since January (either inland or at sea) before taking part in a club dive to 30 metres.

All Club members and guest divers must dive in accordance with the Aquanaut Dive Club UK's Safety Rules and their training organisation's guidelines and recommendations. If you do not have an up to date set of Safety Rules, please ask for a copy in good time so you can read them prior to your planned dive.

Email Pete Huckin on pete@jthuckin.co.uk to book your 2009 diving