

# **Stroud Valley Sub-Aqua Club – Starter Pack**

This Starter Pack will provide you with more information about the club, the training offered and the club equipment.

## **The Club**

Stroud Valley Sub-Aqua Club has been established since 1987 and is registered with the governing body for diving activities in Britain, the British Sub-Aqua Club (B.S.A.C.). We have a committee of officers that make sure the club continues to run smoothly and this committee is elected by the members at the annual general meeting that is normally held in October. Photos and descriptions of the roles of the officers of the club are on the next page.

Members meet on Thursday evenings at Archway School for swimming and training sessions. We have both a very active diving section and a thriving snorkelling session. The pool is allocated to the snorkelling from 6.30 until approximately 7.30pm when the pool is then used for diver training until 9pm. Exceptionally, a lane can be made available for dive training during the snorkelling session, but this is by special arrangement with the Training Officer.

The club is non profit making and all members pay the same fees to the club. None of the members are paid for any service undertaken on behalf of the club and this includes the instructors and the officers of the club. The instructors in particular give their time during both pool sessions and on open water dives to ensure that trainees receive the best possible tuition. A lot of time is also spent by the officers in running the club. The time they spend goes unseen but not unappreciated by other members of the club.

I hope you will enjoy your time spent diving and training with us and will have many interesting and exciting dives.

*Elizabeth Norton – Chairman*

## **The committee**

The committee comprises elected officers of the club appointed to handle the day to day running of the club. If you have any problems, or any suggestions for improvements in the way the club operates please feel free to bring this to the attention of any of the officers so that the matter may be discussed at the next committee meeting. The committee members are as follows:

Chairman: Elizabeth Norton

Introduced to you on the front page. Her main duties are to chair the committee meetings and represent the club at external meetings and events.

Diving Officer: Keith Abbott

The Diving Officer (often abbreviated to DO) is responsible for all diving and training activities within the club. All open water dives undertaken as 'club dives' must have the Diving Officer's approval. This ensures that dives are carried out safely and the divers are suitably qualified for the activities planned. BSAC provide a third party liability insurance and this could be at risk for dives that are not approved by the DO.

Training Officer: Alexander Caminada

Since training is a major activity within the club, the DO appoints a Training Officer to handle and help organise the training, which is carried out by qualified instructors and assistant instructors. This is not an elected post but the Training Officer attends committee meetings to contribute and provide information associated with training.

Club Secretary: Richard Horne

The Secretary deals with all administrative issues and takes minutes of the committee meetings.

Membership Secretary: Bill Newton

Since managing the membership is a substantial task this is dealt with by a Membership Secretary. He will deal with all your queries relating to your membership. He'll also deal with all the relevant paperwork and payments to register you as a new member of the club and of BSAC.

Treasurer: Paul Rodriguez.

The Treasurer deals with all financial issues and maintains the Club bank accounts.

Equipment Officer: Brian Marsh

The Equipment Officer ensures that all equipment is maintained in safe working order. If you wish to borrow club equipment for club dives you should confirm with the Equipment Officer that it is available. He will also record that you have it. If you find any of the club kit to be defective when you use it in the pool or open water you must report it to him. The Equipment Officer also examines the options available when the club wishes to purchase kit to ensure that we are getting best value for money.

Social Secretary: Gina Abbott

The club arranges occasional social events like barbecue evenings and carvery meals. Sometimes members need encouragement and help to make their ideas for social events happen. This is the main activity of the Social Secretary, who can bring the relevant members together to enable the smooth running of these social events.

Committee Meetings

The committee meet every month or so and can address any issues, ideas or problems then that any member has raised.

## Your training

### New to diving

If you are new to diving and attended one of our try dive sessions you would have had an excellent introduction to dive training. The training is carried out by either a fully qualified Instructor or by an Assistant Instructor who is supervised by a qualified Instructor. Either way you will receive excellent tuition from very experienced divers. The training is carried out either on a basis of one instructor to two trainees which is the preferred method or a one to one basis. The former method makes it easier to practice the rescue techniques that you will learn later in your pool training, although we can usually rustle up a volunteer to act as a casualty. It is important that the training progresses at your own pace. If you feel that the instructor is moving on too quickly or not quickly enough just let him/her know and they will change pace to suit. If you have any particular problems with your training or your trainer that you wish to discuss just have a word with the Training Officer who will always be pleased to help.

The first qualification that you will train for is called 'Ocean Diver'. It is equivalent to 'Open Water Diver' which some commercial organisations teach. An Ocean Diver is a diver with some open water diving experience who can dive to a maximum depth of 20m and can dive with another 'Ocean Diver' unsupervised during controlled Club dives. To attain this standard you will have a number of pool sessions to teach you the basic diving skills. This usually takes between about 5 and 10 weeks but this will depend upon your own learning speed. At the end of all the pool training there is a basic assessment to ensure that you have attained the skills to a satisfactory standard. Having passed this assessment you can progress to the open water part of your Ocean Diver training. On sheltered shore dives you will continue your training with most emphasis being on practising the skills acquired in the pool. In the sea, with full scuba kit and a suit on it is a little harder than in the pool! You will also have a number of theory sessions. These are generally held on a separate evening to the pool sessions and will be held over about a six week period. At the end of these theory sessions there will be a short revision session if you require it followed by a basic theory test. Once you have passed the theory test and completed all of the open water training, including passing the final open water review, you will then be a qualified 'Ocean Diver'.

It is most important that you let us know if you will not be available for either a theory or a pool session. If you miss a theory session you may have to wait until we can run another complete series of lectures to catch up, although the organiser may postpone the evening's lecture if you cannot attend so that you do not drop behind. This may only be likely if you have given plenty of notice. If you do not attend a training session and have not given at least a couple of days notice then you may be depriving either another trainee or a potential Try-Diver of having a pool session with that instructor.

Please remember that the instructors give up their own free time to provide your instruction and this includes preparation time for lectures and practical sessions that you do not see. Instructors get a small discount from BSAC but otherwise pay exactly the same fees as you.

### Already a diver

If you already have a dive qualification from BSAC or another dive organisation you should talk to the Training Officer. He will ensure that you transfer into the club at the appropriate grade and arrange for any training necessary to 'fill in gaps' in your training and experience for this grade. The training program from some other organisations is not as comprehensive as our own and you may benefit from this additional training. You will need to provide evidence of your existing qualification in order to receive the BSAC equivalent grade.

### Equipment

We have at least 6 complete sets of equipment for loan to club members. Priority on the use of this is given to those undergoing organised training and Try-Dives. Any equipment not being used for this purpose is available for you to use for practice on a first come first served basis. You must look after this equipment. You will be expected to pay for any damage caused by misuse! Remember that the equipment is not cheap and we have all contributed towards its purchase. Air that is used by trainees in their first year is effectively paid for by them by an additional fee on their monthly SVSAC fee. If you use air on Thursday evening but are not paying this additional fee can you please offer to fill a tank occasionally as appropriate to your usage. Please offer to help put club equipment away in the store at the end of the evening.

Club tanks should the current contents written on it. At the end of your pool session you should rub out the previous figure and write the new contents on the tag. Unless everyone does this every time they use air the system will not work. If the contents gets down to less than 30 bar stop using it immediately and make sure the equipment officer knows the tank is nearly empty. Please also rinse jackets and regulators after use.

If you borrow equipment on Thursday night for open water dives at the weekend you will be expected to return it by 6.30 pm on the following Thursday as it may be needed for pool training. If you expect to use it two weekends in a row it must still be returned on the intervening Thursday at 6.30 and borrowed again at 9pm. To fail to return kit causes serious disruption to training and may result in you being barred from borrowing club kit in future. Borrowed tanks for open water dives must be returned full, regardless of the amount of air in them when you borrowed them.

### Pool Conduct

The pool is normally divided into two lengthways by a rope. One side is for diving and one for swimming or snorkelling. Please avoid crossing from one side to the other as this is done for safety reasons to prevent injury. You should not dive alone in the pool unless you are an instructor or Dive Leader. If you have passed your pool assessment you are welcome to use diving equipment in the pool if you can find a buddy to dive with you. Please treat diving in the pool seriously and take great care not to disrupt others that are training and especially keep well clear of Try-Dives.

## **Web Site**

The club has a web site at [www.stroudbsac.org](http://www.stroudbsac.org) with interactive message board, diary, picture gallery and lots of other stuff of interest to members. Check it often for up-and-coming dives, social events, meetings, For Sale items, lively debates, dive reports, photographs and many, many other things.

Finally, we hope you have a long and enjoyable stay in the club and see some wonderful sites beneath the surface.

## **Contact Details**

For Try-Dive or general diving queries contact:  
Diving Officer – Keith Abbott  
Phone: 01453 548689  
Mobile: 07976 549618  
Email: [diving.officer@stroudbsac.org](mailto:diving.officer@stroudbsac.org)

Training Officer – Alexander Caminada  
Phone: 01453 758290  
Mobile: 07836 571145  
Email: [training.officer@stroudbsac.org](mailto:training.officer@stroudbsac.org)

For membership queries contact:  
Membership Secretary – Bill Newton  
Phone: 01453 765126  
Email: [membership@stroudbsac.org](mailto:membership@stroudbsac.org)

For snorkel queries and Try-Snorkels contact:  
Bob Packer  
Email: [snorkel.officer@stroudbsac.org](mailto:snorkel.officer@stroudbsac.org)