



# SWODA Guidelines

Providing positive direction to SCUBA divers



July 2007 Edition

## Next Meeting

October 15th, 2007 at the Elephant and Castle Restaurant.

### President's Corner



Happy July!

Another month, another news-  
letter, another set of dive op-  
portunities.

Since our last newsletter,  
summer has officially arrived.  
If you've been waiting this  
long to get in the water then

it's time to stop procrastinating and dust off that wet/dry  
suit.

Many SWODites have already put in a number of dives  
and in the past month the club has had two dive trips—  
one to Fort Erie and one to Tobermory. Both trips were  
well attended and the weather was on our side.

It has been a great start to the dive season so far and  
there is no reason to believe it won't get better. The club  
still has many trips planned and a few social events in the  
works.

So, stay tuned and, most impor-  
tantly, come on out and dive.  
That's why we're here :). Have a  
great month.

~Patrick~



### 2007 Club Meetings

Just a quick reminder that SWODA will  
not be having meetings every month  
this year. Meetings will take place on  
the following dates:

March 19th—8pm @ E&C \*completed  
April 16th—8pm @ E&C \*completed  
October 15th—8pm @ E&C  
November 12th—8pm @ E&C



### SWODA Executive 2007

Position	Name	Email
<b>President</b>	Patrick Briscoe	pbriscoe@rogers.com
<b>Vice- President</b>	Marlyn Smith (Mar Smith)	mar@divewithmar.on.ca
<b>Treasurer</b>	Ed Hatfield	hatfields@rogers.com
<b>Secretary</b>		
<b>Webmaster</b>	Luigi DiRaimo Patrick Briscoe	ouigiman@sympatico.ca
<b>Newsletter Editor</b>	Patrick Briscoe	
<b>Promotions</b>	Steve Brandow	scubasteve@amtelecom.net
<b>Events Team</b>	Phil Shelley	thephilguy@porchlight.ca
<b>Events Team</b>	Cathy Brandow	islandhopper@amtelecom.net

### Diving in Fort Erie

On June 9-10, SWODA joined up with the Fort Erie Underwater Recovery Unit for a weekend of fabulous drift diving. Members of all calibers of diving came out and had a blast on the river's many dives. From nice slow drifts to the ripping current of Thomson's Hole, there was no shortage of excitement. Thank you to Al Murphy's (President) and the FEURU for putting up with us!



## A Few Words on Trim

One of the most important skills in scuba diving is to maintain proper trim while underwater. By improving trim, divers can dramatically increase their enjoyment level during a dive.

When one talks about having a proper trim, they mean being horizontal (see Figure 1.17). The two main reasons a diver may not have proper trim are:

1. They are not neutrally buoyant (they either need more or less air in their BC)
2. Their weight is unevenly distributed (Figure 1.18 shows a diver with too much weight on their lower half, and the diver in Figure 1.19 may have their tank too high on their back).

These two seemingly simple adjustments can cause many problems if not taken care of. Problems include:

1. Constant flailing of the arms to stay level/buoyant
2. Kicking towards the surface or bottom (as seen in Figures 1.18 and 1.19). This can cause many other issues such as an uncontrolled ascent.
3. Increased drag and decreased efficiency
4. Increased air consumption
5. Stress/Anxiety—constantly having to work to stay level takes one's attention off of other tasks and activities during the dive which can lead to other issues and stress.

Overall, not making sure you have a proper trim can lead to a number of other issues that can make your dive unenjoyable and possibly harmful.

Diagrams via the NAUI *Advanced Diving: Technology and Techniques* book. 1989 ©

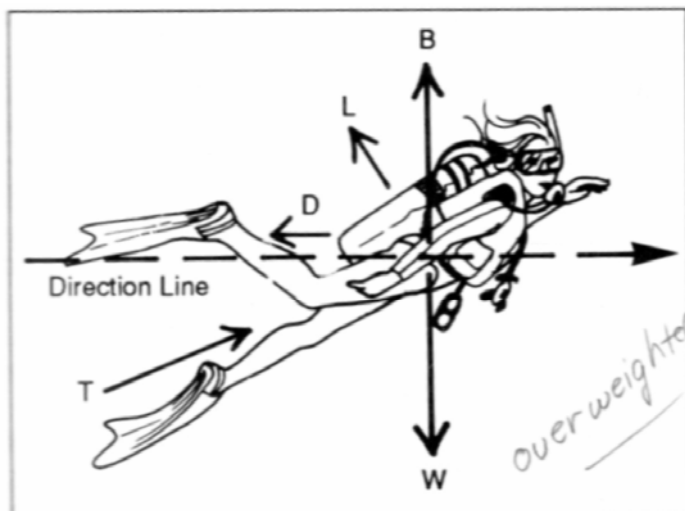


Figure 1.18 A positive angle of attack. Ideally the diver should be level.

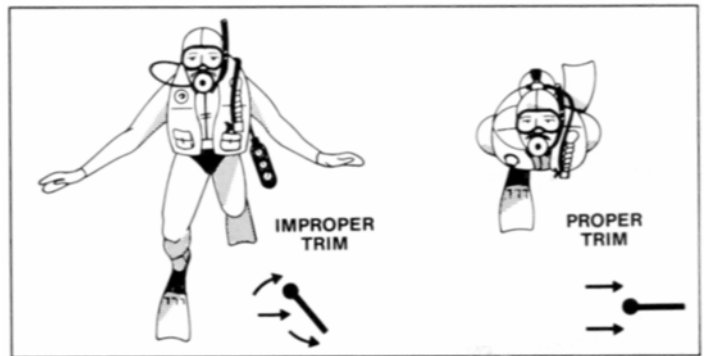


Figure 1.17 Increased cross sectional area equals increased resistance equals increased energy requirement.

So, what can you do to ensure your trim is as streamlined as possible?

1. Make sure you are properly weighted. This means that with an empty tank, you should float at eye level with the water. As you exhale, you should start to sink.
2. Most importantly, practice your buoyancy underwater. As a diver, you want to be as neutrally buoyant as possible.
3. Once these two things are nailed down, clean up any loose equipment with shock cord and clips. The less mess you have, the more streamlined you will be.

Once you have worked on these skills, you should find it fairly easy to remain horizontal while carrying out your dive. Personally, on each and every dive I like to take a few seconds once I get to depth and make sure I am neutrally buoyant. Then I continue with my dive and slowly adjust as needed. Good trim and neutral buoyancy are important skills to have in becoming a better diver and they don't get better by simply talking about them. So get on out there, practice, and enjoy yourself!

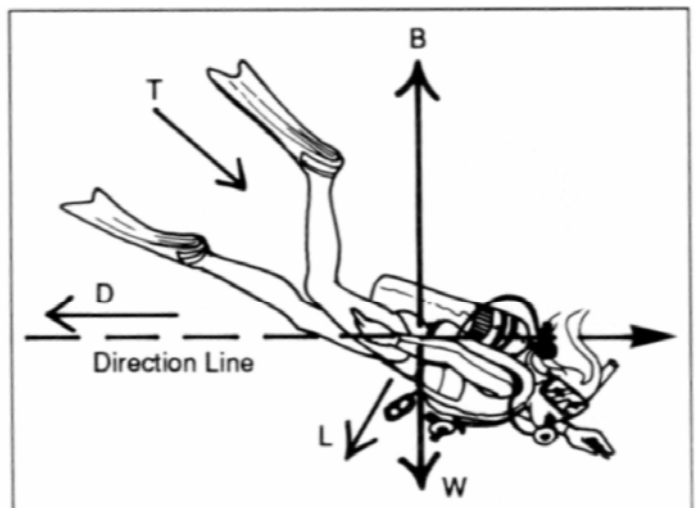


Figure 1.19 A negative angle of attack which is also undesirable.

Newsletter submissions may be e-mailed to:  
Patrick Briscoe, pbriscoe@rogers.com

All users are required to sign a standard release of liability in order to participate in Club SWODA dive activities.  
A copy of the release may be obtained from the executive for your review.

## Birthday Corner



July 2007

3rd  
Daphne Taleski

5th  
Linda Sagiuchi

10th  
Steve Aubut

13th  
Ed Hatfield



## SWODA Wear

Steve Brandow is your guy with the smart SWODA wear. Steve and Sean Dunn from Tommy White's Source for Sports in St Thomas are really coming up with great options this year. Steve can get SWODA wear with our logo on almost anything, so ask to see the catalog for all the great SWODA gear.. Come out to our next meeting to see what cool SWODA wear options we have.



### SHARKS!

We also have the **Happy Sharks** available now. Great for stocking stuffers. These Happy Shark are for your vehicle or dive gear boxes, it is a dive flag too. We have them now so if your are interested.

Contact:

Steve & Cathy 519-773-5143

or email: [scubasteve@amtelecom.net](mailto:scubasteve@amtelecom.net)



## The Gear Bin

- UK 1200 underwater light.  
Mar Smith -(519)-672-3100
- Black Military Viking Dry suit - Men's med/large, bag/repair kit included \$800; Whites black neoprene dry suit 10 dives \$500...or \$1000 for both! Jeff Lindsay [lindsaycave@gmail.com](mailto:lindsaycave@gmail.com)
- Canister dive light, with both long and sort batteries for long or short dives options with 2 charges.  
Mar Smith. 519-672-3100

Please inform us of your progress so we can keep this column current. If you're not using your gear or wanting to upgrade, keep watching this column for dive gear you might be after.



Mar Smith



### Looking for used Gear!

- L-XL Neoprene dry suit. 170-190 pds.  
Dan Varewyck- (519) 686-8208

## Dive Description Chart

Level	Description
1	Maximum depth 60 feet. No special conditions
2	Maximum depth 90 feet. No special conditions
2	Maximum depth 60 feet. Special conditions such as strong current or night dive
3	Maximum depth 130 feet. No special conditions
3	Maximum depth 90 feet. Special conditions such as strong current or night dive
4	Overhead environment, (i.e. wreck penetration, ice, cave or extended range, special gas mixtures, i.e. Trimix

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## SWODA Dives and Events Schedule 2007

DATE	EVENT	LOCATION	LEVEL	CONTACT	PHONE
TBA	Bonne Terre Mine	St Lewis, Missouri	Everyone	Marlyn Smith	672-3100 mar@divewithmar.on.ca
June-Aug	Wexford	Grand Bend/ Goderich	2	Marlyn Smith	672-3100 mar@divewithmar.on.ca
July –TBA	Great lake wreck diving	Toby & North channel	Everyone	Marlyn Smith	672-3100 mar@divewithmar.on.ca
July –TBA	Great lake wreck diving	Alpena Mic	Everyone	Marlyn Smith	672-3100 mar@divewithmar.on.ca
Aug 11-12	Wreck Diving	Kingston	3	Steve Brandow Patrick Briscoe	<a href="mailto:scubasteve@amtelecom.net">scubasteve@amtelecom.net</a> pbriscoe@rogers.com
Aug –TBA	Wreck Diving	Toby	Everyone	Marlyn Smith	672-3100 mar@divewithmar.on.ca
Sept 7-9	Wreck Diving	Brockville	2	Marlyn Smith	672-3100 mar@divewithmar.on.ca
Sept—TBA	SWODA BBQ	TBA	Everyone	Cathy Brandow	islandhopper@amtelecom.net
Oct 15	Club Meeting	Elephant & Castle	Everyone	Patrick Briscoe	pbriscoe@rogers.com
Nov 12	Club Meeting	Elephant & Castle	Everyone	Patrick Briscoe	pbriscoe@rogers.com
Nov 24	Christmas Party	Elephant & Castle	Everyone	Cathy Brandow	islandhopper@amtelecom.net

This schedule may change as the season comes closer. If Dive Masters do not get commitment or interest on promoted trips. This will bring changes to our coming dives and events calendar. Please contact the DM running the trip or event so we can plan great things for Your Dive Season! Help us help you!



## Other Non-Club Dives and Events In our Area

THIS CHART WILL BE TO KEEP OUR MEMBERS INFORMED OF OTHER DIVE RELATED EVENTS

DATE	EVENT	LOCATION	CONTACT
July 14-15 2007	Kingston Dive Weekend	Kingston, Ontario	Ron Sisson ronsisson@rogers.com

OUC—Newsletter—<http://www.underwatercouncil.com/news.htm>

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