

# BSAC Skills Refresher Day



*Rescuing an unconscious diver.*

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Once again the Bass Strait Sub Aqua Club (BSAC) held what is now becoming an annual event for club members to practice their rescue management and other dive skills in the safety of a controlled and warm pool environment. Club members also invited a few friends and relatives to partake a try-dive session with a SCUBA instructor. Being almost mid-winter and with open-water temperatures of about 12C and a pool temperature of 28C makes for a pleasant change to dive in a thin wet suit or rashy vest rather than a dry suit for a change.

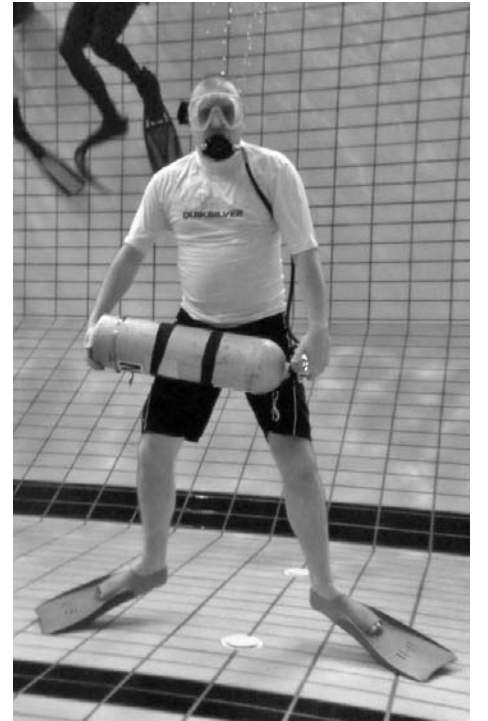
As in the previous year the Xavier College pool in Kew, Melbourne, was hired for three hours on Sunday, 20 June from 10am until 1pm. Thirteen people took advantage of the cold wintery day to practice their skills under the tutelage of instructors and to learn from one another. People were also

encouraged to try out other diver's gear such as regulators, backplate/wing assemblies, pony bottles, twins and wing style BCDs. Others still also practiced gear removal and recovery, SMB deployment, twin tank valve drills and fin technique.

A rescue management session was conducted by Neil who once again helped reinforce knowledge already learned in previous theory and practical sessions on land and on boats. External cardiac massage as practiced on Annie the resuscitation mannequin and the correct application of the technique was done by all under the tutelage of Neil. This was followed by a reminder of the correct rescue management method to use when rescuing and managing a dive 'victim'. The next session consisted of two divers in full gear descending to the bottom of the pool whilst two more were topside, theoretically oblivious to the impending rescue scenario that was about to unfold. One pool diver would simulated unconsciousness and lie at the bottom of the pool whilst the other would go through the motions of confirming unconsciousness and then

moving the diver into an upright position, firmly grab hold of their harness and manage a controlled ascent whilst simultaneously controlling the buoyancy of the 'victim' and their own. Once on the surface the rescuing diver alerted the 'boat crew' of the situation whilst maintaining buoyancy of the 'victim' and managing their airway. The 'victim' was then brought to the edge of the pool where their gear was removed and with the combined efforts of three people, one in the water and two top-side, the 'victim' was removed from the water. All this was done under the direction of a top-side rescuer who would take charge and coordinate activities that would include allocating resources to tasks such as provide first-aid to the 'victim', alerting the appropriate emergency services, locate the oxygen kit and the whole time continually record the response and actions taken in detail. It might sound easy enough but in practice it is a lot harder and not much time to act in a calculating manner. At one point our efforts at responding to an emergency rescue had a pool life guard rush over to ask whether there was a real incident unfolding; a quick laugh and reassurance quickly convinced the worried life guard that it was only a training session.

Under close supervision Tim



*Uberscubaman Neil showing us how real men dive with the minimum of gear*

training sessions like this in the open-water, classroom and pools with the aim of improving its member's knowledge of rescue management and diver rescue response skills for the benefit of not



*It got a bit busy at times but everyone got something out of the day's event.*



*Dive instructor Tim (centre) from in2Scuba conducting the try-dive session.*

conducted the try-dive session with four students who were introduced to the basics of scuba. Their instruction covered the use of equipment, safety and given enough knowledge to take those first tentative breathes underwater. As time progressed their confidence increased proportionally and by all accounts they quite enjoyed the experience; some will no doubt continue their training and proceed through to an open-water course.

By all accounts it was a very successful event conducted by the Bass Strait Aquatic Club which often holds

only themselves but fellow dive buddies. There are already plans to conduct another try-dive event at the start of spring.

Enquiries about BSAC membership can be made via <http://www.bsac.org.au/ContactPro.html>.

BSAC is grateful for the assistance of the Scuba Doctor of Rye (<http://www.scubadoctor.com.au/>) who graciously supplied gear for the try-dive event and to Tim from in2scuba ([www.in2scuba.com.au](http://www.in2scuba.com.au)) for generously volunteering his time and services to this event.

Safe and happy diving