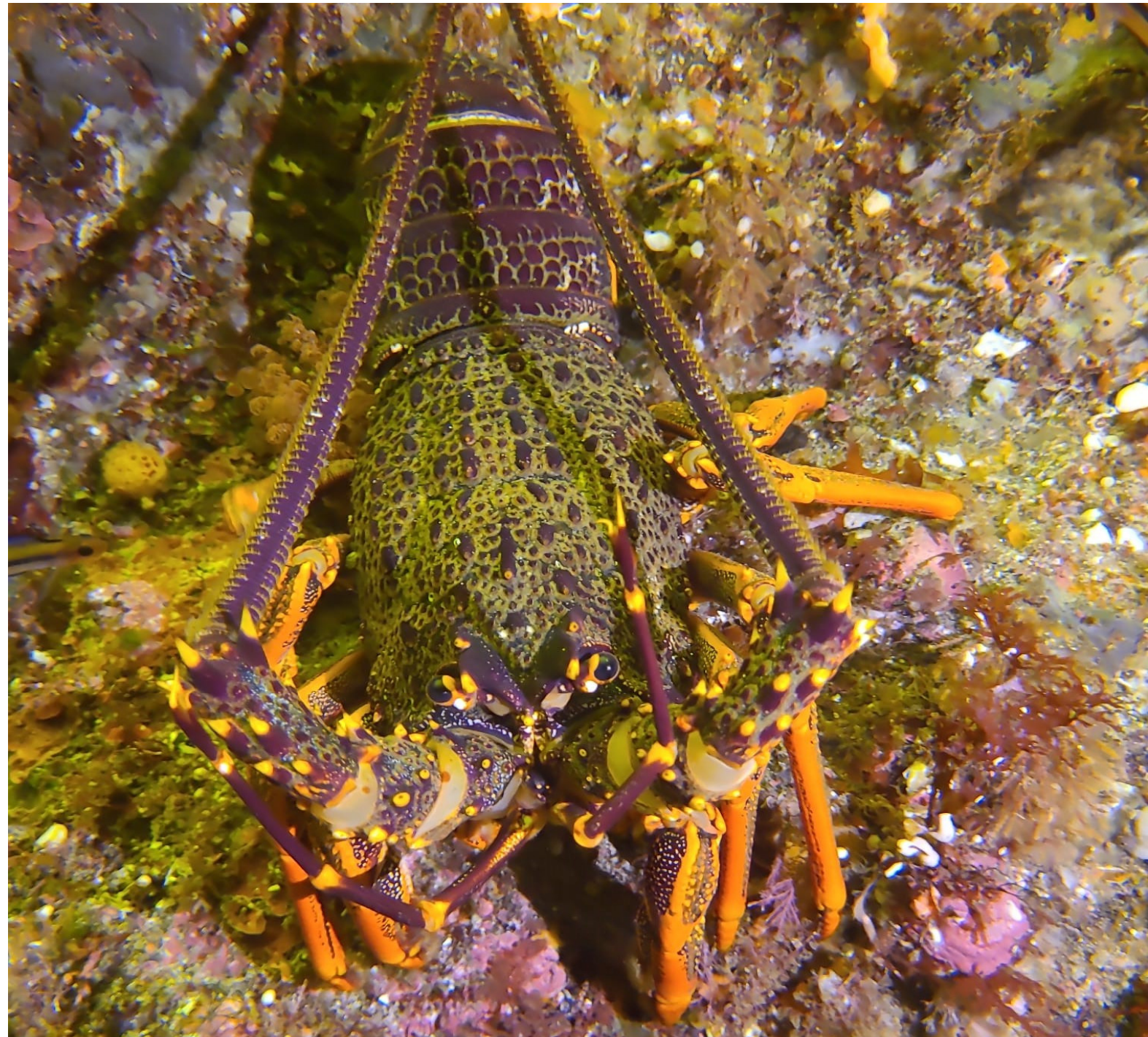


NZ Dolphin Underwater & Adventure Club Newsletter May 2023

Club Meeting 7:00pm Wednesday 10th May 2023

What's on : Allan's Dusky Sound Trip with James Fluker's photos

www.dolphinunderwater.co.nz



**Club's Mail Address
14 Gails Place
Okura
RD3 Albany**



**Club Contacts Inside
Website As Above**

COMMITTEE MEMBERS: 2023/2024

| | | | |
|--------------------------------|-------------------|---------------------|------------------------------|
| President/Entertainment | Allan Dixon | 021 994 593 | allanandjilldixon@xtra.co.nz |
| Vice-President | Chris Nipper | 021 991 732 | akidna27@gmail.com |
| Newsletter Editor | Denis Adams | 0278 970 922 | da.triden@gmail.com |
| Secretary/Treasurer | Margaret Howard | 0274 839 839 | marg.howard@xtra.co.nz |
| Sec/Treasurer backup | Trish Mahon-Adams | 0272 715 410 | t.triden@gmail.com |
| All Trips Organiser | Margaret Howard | 0274 839 839 | marg.howard@xtra.co.nz |
| Committee | Dave Craig | 021 557 588 | dave.wave5@gmail.com |
| | Tom Butler | 0278 931 936 | trbutler@xtra.co.nz |
| | Peter Howard | 0225 194 046 | pete.howard@xtra.co.nz |
| Web Site | Matt Gouge | 0210 777 282 | mattgouge@gmail.com |

Life Members

Barry Barnes, Margaret Howard, Peter Howard, Brian Horton, Reg Lawson, Roberto Tonei, Dave Quinlan, Denis Adams, Trish Mahon-Adams.

Honorary Members

Graham Thumah, Tony Enderby, Jenny Enderby, Eileen Slark.

Cover Page Photo:– Dusky Sound Cray by James Fluker

10th May – Wed.- 7:00pm Club , Allan on the Dusky Sound Trip

13th May- Sat. 10am – 4pm – EMR – Snorkel day at Poor Knights Islands. Contact Margaret.

27th May – 3rd June 2023 – Diving Fiji - Thomas will be hosting this trip – for further details of both the Fiji Trips please contact Jeni Tassell – Kiwi Divers – Silverdale 021 881 469 or 09 426 9834

17th July – 30th July 2023 – P&O Cruise – 13 days – Leaving from Auckland and back to Auckland visiting Fiji, Dravanui Island, Norfolk Island and four or five other islands through to Vava’u, Tonga. If anyone is interested in joining others on these cruise trips, **please contact Margaret, 0274 839839.** There is also another P&O Cruise that Club Members are on in November. This time 9 days around NZ leaving Ak and back to Ak. If you don’t like travelling on your own. Give me a call and I can give you further details.

12th Aug – 19th Aug 2023 – Diving Fiji - Volivoli Beach Resort | Dive into the heart of Fiji - Jeni and Brent Hassell are hosting this trip. **please contact Margaret, 0274 839839**

Dive trips, NZ & Overseas – Check out the dive shop’s web sites, there is plenty available, but you do need to contact the shops in person to confirm costs & booking availabilities.

Performance Dive NZ - Ph. 489 7782. or <https://www.performancediver.co.nz/Dive+Trips++Events>

Trips to Islands off Tauranga, Poor Knights Is, Alderman Is, Taupo Lake.

Global Dive - Ph. 920 5200. or <https://www.globaldive.net/page/trips> . Trips to the Poor Knights Is, Bay of Islands, Leigh Coast, Goat Is Marine Reserve, & O/seas – Fiji, Palau, Maldives, Mt. Gambier (Aus), etc.

Aucklandscubadive – Ph. 478 2814 or <https://www.aucklandscubadive.co.nz/dive-trips>

Trips to the Poor Knights Is, Tiritiri Matangi Is, HMNZS Canterbury Wreck, Great Barrier Is, HMNZS Waikato, Lake Taupo Drift Dive, Alderman Is, Hen & Chicken Is.

Other events & suggestions please contact a committee member or organise it yourself & get the club to make up your numbers. i.e. – Dives, trips NZ & O’Seas, Events, Outings, Tramps, Dinners, Movies, etc.

Our Club’s Trip Rules (Organiser’s rules apply for overseas trips)

- A. Bookings allowed on all trips. *Two trips & club membership is a must.*
- B. **A deposit or full payment to be made at time of booking.**
- C. Full payment MUST be paid at least two weeks before departure date.
- D. Trip Organiser to handle trip & bookings, & Treasurer to handle finances. Cancellations due to weather will be refunded in full, or transferred to another trip.
- E. Members cancelling for any reason will lose full monies unless they find a replacement for their position on the trip.
- F. The trips Organiser will determine if there are enough people to run a trip & if not will notify cancellation two weeks prior to departure. **Non - financial members will be charged an extra \$10 on trips.**

NB: All Memberships Now Due: Single – \$40 Family- \$50.00

For the club to continue we need paid up members see Margaret or Trish next meeting or do it online.

Club's Internet bank account is 06 0122 0074227 00 & don't forget to put in your name

Club Membership also includes Affiliation to the New Zealand Underwater Association

How Deep Can Open Water vs. Advanced Open Water Divers Go?



[Paula Palomo](#)

1 March, 2023.

Have you ever wondered how deep a scuba diver can go? There is no single answer to this question; it all depends on each individual diver's experience and certification level. If you're curious about how deep a scuba diver can go, whether they're an [Open Water Diver](#) or [Advanced Open Water Diver](#), read on!

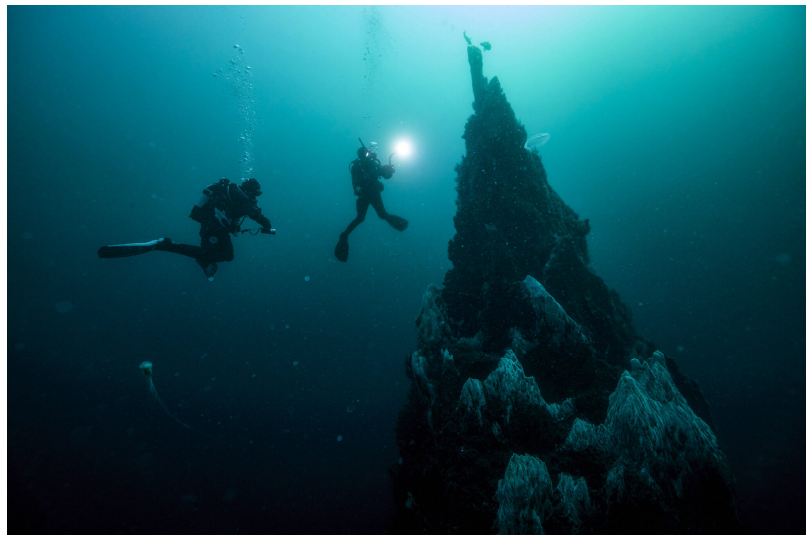
Why Go Deep?

Anyone who has taken a scuba course knows that one of the first questions people ask you is, "How deep do you dive?" And, it's natural for non-divers to be curious about what lies at the depths of the sea.

But for divers, it's not so much about depth for the sake of going deep. It's about what you see once you're there. In fact, many of the best dive sites are quite shallow. But, there are some good reasons to head a little deeper.

Here are a few of the reasons why divers might want to [go deeper](#):

- **To [explore wrecks](#).** Whether sunk because of a storm or war, or placed intentionally to make an artificial reef, wrecks are fascinating to explore. But many of them, especially larger ones, lie at greater depths.
- **To find unique marine life.** Certain species live or feed deeper than others. As you go deeper, different types of wildlife become more common than at shallower depths.
- **To explore new dive sites.** By increasing the depth you can dive to, you open up a whole new world of dive sites previously inaccessible.
- **To recover lost objects.** Participating in search and recovery is exhilarating, but some lost objects may be at depths deeper than 18 meters (60 feet). Enroll in the [PADI Search and Recovery specialty course](#) to learn more.



As you see, it's really not a question of how deep can a scuba diver go, but rather how deep they have to go to accomplish their desired dive goals.

How Deep Can an Open Water Diver Go? And, How Deep Can an Advanced Open Water Diver Go?

As you learn to dive, you build skills progressively, and it's the same when it comes to depth. To go deeper, you need to learn new skills, like air management at depth, the risks of nitrogen narcosis, and deep dive planning.

That's why after the first scuba diving certification course, **as an Open Water Diver, you're trained to dive up to 18 meters (60 feet), or to the depths you reached during your course, if shallower.** At this level, you learn to practice good buoyancy control, safety protocols, and the principles of dive planning, among other skills.



The next step in your diving journey is the Advanced Open Water Diver course, which expands on your skills and knowledge. During this course, you will learn to dive deeper, as well as study navigation skills and other more specialist scuba subjects. **Once certified as an Advanced Open Water Diver, you'll be trained to dive to a maximum depth of up to 30 meters (100 feet).**

| Certification Level | Depth in Meters | Depth in Feet |
|---------------------------|-----------------|---------------|
| Open Water Diver | 18 Meters | 60 Feet |
| Advanced Open Water Diver | 30 Meters | 100 Feet |

Why Take the Advanced Open Water Diver Course?

The reason most people take the Advanced Open Water Diver course is because they want to dive deeper for one of the multitude of reasons explained above. However, the course teaches so much more than deep diving. While expanding your scuba skills and knowledge, you'll get to test out fun adventures, like night diving, underwater photography or drift diving.

Whatever your motivations for taking the Advanced Open Water Diver course, the increase in depth is a big step up from the Open Water Diver certification levels. Keep in mind that your available bottom time for deeper dives will be considerably lower for two main reasons: nitrogen absorption and air consumption.

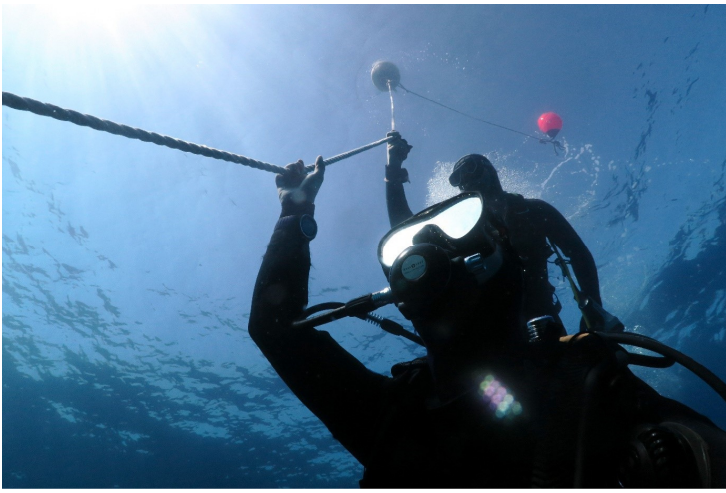
Take a look at a **Recreational Dive Planner** which shows no-decompression limits for recreational diving to calculate how long a scuba diver can stay at a given depth due to the increasing amount of nitrogen absorption that occurs with greater depth. You'll see that at 18 meters (60 meters), your maximum bottom time is 56 minutes; whereas, for a dive to 30 meters (100 feet), it's only 20 minutes. Similarly, the deeper you go, the quicker you will breathe your available air thereby shortening your dive time.

That's why deeper diving requires more safety protocols, awareness, and dive planning to know when it's time to start ascending.

Want to Go Even Deeper?

If you want to go beyond the 30 meter (100 feet) limit of your Advanced Open Water Diver certification, there are still plenty of courses available to take you to new depths.

The [Deep Diver](#) specialty course will teach you everything you need for dives down to 40 meters (130 feet). And beyond that depth, you may want to check out the [Technical Diving](#) courses. By progressing into the [PADI TecRec courses](#), you'll learn how to plan and execute technical dives to 40 meters (130 feet) and beyond, where you will use special equipment and dive planning procedures as well as specialized gas mixtures to stay at these depths a bit longer.



No1 Scuba Diving Refresher Checklist: Everything You Need to Get Back in the Water



[Sarah Wormald](#)

21 February, 2023

If you are planning your next dive trip or local diving adventure but haven't been in the water for a while, you may be considering taking the [PADI ReActivate](#) scuba diving refresher program. Taking a scuba refresher is a great way to refresh your dive theory knowledge and basic dive skills so that you feel confident and self-assured when you next go diving.

PADI ReActivate has two components: knowledge development, which can be studied online with [PADI eLearning](#), and an optional (but highly recommended) in-water session to review your dive skills.

In this blog, we help you to prepare for a scuba diving refresher with a checklist that covers before, during, and after your PADI ReActivate program, so you get the most out of both your PADI refresher theory and in-water skills session.

Pre-PADI ReActivate Scuba Diving Refresher Checklist

Before taking the PADI ReActivate program, there are a number of things you can do to ensure you are properly prepared. Here's a scuba refresher checklist to work through before you begin:

1. Sign up online for PADI ReActivate eLearning. You can use [this link](#) and get started right away. PADI eLearning allows you to study in the comfort of your own home and at a pace that suits you. You'll find that the online component is highly interactive and includes videos and scenarios to provide you with reminders and to check your understanding.
2. [Contact your local dive center](#) and book your in-water session. This means that you've given yourself a date by which to complete your eLearning component, too!
3. Dig out any scuba gear that you own and intend to use. If you haven't been diving in a while, it's likely your gear has been stored away. Check all items carefully for any signs of deterioration. If it's been a while since you have had any items serviced, you may want to have them checked over and serviced by a professional. When checking your gear, make sure you check the battery level in your dive computer, too – they don't last forever!
4. Locate your logbook and certification cards. Your dive center will want to see your cards and you can make a note in your logbook of your PADI ReActivate in-water session.
5. Complete your PADI ReActivate eLearning, take the quick review, and save or print your PADI ReActivate eLearning Certificate. It's a good idea to email this to your chosen dive center, so they have it in advance of your in-water session.



In-Water Scuba Diving Refresher Checklist



If you are wondering what the optional, in-water component of the PADI ReActivate program entails, here's a checklist for what you'll cover under the guidance of a PADI Professional. Keep in mind that the PADI ReActivate dive skills session is prescriptive, meaning that your PADI Pro will tailor-make the review to your specific needs. This is just one example of how the session may run.

1. You will begin the session with a bit of an interview with your PADI Pro who will ask you questions like these:
 - o How many dives have you made, and in what conditions and environments?
 - o When and where were your last dives?
 - o What skills do you want to practice?
 - o How did your last dives go? What would help you to improve them?
2. Next, the Pro will watch you with set up your [dive gear](#). It's easy to forget how things fit together – especially if you are using rental gear which may be a different brand to what you've used previously. Remember that the PADI Professional is there to help, so don't be afraid to ask about anything you are not sure of.
3. Pre-dive safety checks (buddy checks) come next. Can you remember BWRAF (BCD, Weights, Releases, Air and Final okay)? Try using the saying 'Breakfast With Rice And Fish' or 'Big Whales Really Are Fast' as an easy way to recall the correct order.
4. Ascents and Descents – You'll be reminded of the procedures for both the five-point descent and the five-point ascent over deeper water.
5. Next up is mask clearing and mask removal and replacement. Even the best fitting masks will leak from time to time. It only takes a stray hair underneath the silicone seal, or simply smiling can cause water to enter your mask. For this reason, you'll review the [mask skills](#) that you covered during your [PADI Open Water Diver course](#).
6. [Buoyancy control](#) is essential for diver safety and comfort, so you'll review your buoyancy skills, including neutral buoyancy, hovering and swimming underwater while maintaining your buoyancy.
7. The final skill set you'll cover is Alternate Air Source Ascents. This ensures that you are well prepared should an out-of-air situation occur.
8. Based on the pre-dive discussions and your PADI's Pro's observation of how you complete the skills he or she may have you practice additional skills. Don't hesitate to use this time to ask for more practice or review if you feel you would benefit from it.



Post-PADI ReActivate Checklist

Once you have completed your PADI ReActivate program, including both the knowledge review and dive skills refresher, you'll receive an updated certification or recognition card showing your date of ReActivate completion. Now, it's time to put your newly refreshed skills to good use and go diving!

Get Started!

Feeling inspired? Don't delay and sign up for your PADI ReActivate eLearning today.

[start the PADI ReActivate elearning now](#)

PS – You can get the PADI ReActivate eLearning for FREE when you enroll in PADI Club.
[Click here to tap into this and other exclusive Club Member benefits now.](#)

No matter what your skill or experience level may be, make sure that you always dive within your limits and that you are trained and certified to dive at the depth and environment you wish to go to. That way, you can stay safe while you enjoy the wonders of the deep.

Whether you want to become an Open Water Diver, progress to get your Advanced Open Water Diver certification or complete the Deep Diver specialty course, get started now with PADI eLearning.

Hi Everyone,

I know a number of our Members also belong to BBS Divers, if others from our Club would like to join this trip, please get in touch with them direct Botany Bottom Scratchers bbsdivers@gmail.com I believe there is a small sur-charge for Non-Members to their Club, all details below. Cheers Margaret

The Annual Whai Trip 24th - 28th May



Book your spot.

Sorry, I forgot to mention the dates on the earlier email. The trip is planned for the 24th - 28th of May.

We have missed the last couple of years for this trip so this year we are trying something different. We have the Whai booked in for four days rather than the usual two days. This means that if the weather goes bad, we may still manage some of the trip, but if it goes well, we may be able to get out diving around Great Barrier. The Whai is always a great trip, spaces always go fast and the chance to dive around Great Barrier doesn't come up often. The skipper is a genius in findings both great diving sites and great fishing sites. It is a liveaboard, and well setup for divers and fishing. Cost for the 4 days is \$800 each, and that includes accommodation, diving, air refills, ice and bait. The club will arrange for for a small extra cost. Let us know if you are keen and place a deposit to reserve your spot. Spaces will go fast. Cheers,BBS



The MAF regulations vary in particular when it comes to your catch size/limits & locations.

Especially in the Hauraki Gulf area, things have changed. Please familiarise yourself with them.



Practice being safe & staying safe for you & your buddies & we will see you all at the club meeting