

NZ Dolphin Underwater & Adventure Club

Newsletter June 2024

Club Meeting 7:00pm Wed 12th June 2024
What's on : DVD – Spearfishing in New Zealand

www.dolphinunderwater.co.nz



Club's Mail Address
14 Gails Drive
Okura
RD2 Albany

Club Contacts Inside
Website As Above



COMMITTEE MEMBERS: 2024/2025

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, Denis Adams, Trish Mahon-Adams, Dave Quinlan

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

Cover Page Photo:– Tonga’s Painted Crayfish by Denis.

WHAT’S ON?

12th June. – Wed. – 7:00pm – Club rooms – DVD Spearfishing in NZ by Darren Shields

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>

Global Dive - Ph. 920 5200. or <https://www.globaldive.net/page/trips> .

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

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 Important Is Your Dive Medical Questionnaire?

Learn from one diver's mistake how omitting important medical information can seriously compromise your safety

By [Eric Douglas](#) | Created On May 13, 2024



Scuba diving should never be rushed, make sure you have the proper medical clearance before diving. *Steven P. Hughes*

Determined to overcome her fear of the ocean, Jan enrolled in a PADI Open Water Diver course. After her first two certification dives in a local lake, Jan boarded a charter boat to finish her final two checkout dives with her instructor.

The Diver

Jan was a 41-year-old female. She was overweight and had high blood pressure. Her doctor had warned her in the past that her sedentary lifestyle and poor nutrition increased her risk of heart disease and diabetes, but she had yet to make lifestyle changes. Jan inaccurately answered “no” to all the medical questionnaire questions. She was busy and didn’t have time to see her doctor again before the course.

The Dive

Jan and her instructor headed 5 miles off-shore on the boat. Conditions were rough, with 4-foot seas at the dive site. Jan was apprehensive when she saw the chop, but she wanted to finish the course, and rather than share her fears with her instructor, she concealed her anxiety.

The Accident

Most of the other divers entered the water first. As soon as Jan completed her giant stride, the boat crew said she appeared distressed. She immediately returned to the boat but was unable to climb the ladder. Her instructor removed her dive gear and helped her up the ladder.

On the boat, Jan lost consciousness and stopped breathing. The crew began CPR while they recalled the other divers. As soon as everyone was back on board, the boat left for shore. The U.S. Coast Guard met them in transit and EMS took over at the dock. Jan was pronounced dead at the hospital.

Analysis

We don’t have the autopsy on this case, but it is likely Jan had a cardiac emergency brought on by physical stress, panic and an underlying heart condition. Her dive equipment was inspected and found to be working normally.

Jan’s decision not to report her medical conditions was a bad idea. Experts in dive medicine and physiology created that form to make diving safer for everyone.

Jan’s panic would have dramatically elevated her heart rate. This, coupled with the effort to climb out of the water in rough seas, likely caused a heart attack.

Diving requires a basic level of fitness. You should always answer the medical questionnaire honestly and discuss your diving fitness with a doctor to assess your personal risk or tailor an exercise regimen to build strength and stamina.

In addition to fitness concerns, Jan’s fears likely led to her panic even before she hit the water. It is important for divers and dive leaders to recognize the early signs of panic and personal discomfort. Mitigating problems early can turn a potential disaster into a fixable problem. Had Jan not concealed her anxiety, the dive instructor probably would have told her to take the day off and planned to finish up her certification when conditions were better.

Lessons For Life

- **Be fit to dive.** It is important to be truthful on your medical release form and seek a doctor's clearance if needed.
- **Mitigate panic.** Any diver can call a dive for any reason. You should never feel pressure to make a dive. Wait to dive until you have better conditions or a better mindset.
- **As a pro, be aware. As a student, be honest.** Consider if you are mentally and physically prepared to get in the water. Stress can lead to panic, causing bigger problems. As a pro, look for and address signs of stress in others.

Bailout

A piece of freediving gear proves indispensable in a pinch

By [Eric Douglas](#) | Updated On January 30, 2023

A diver experiencing shallow-water blackout.

Steven P. Hughes

Dave and his friends were freediving and hunting for fish on a calm day. Dave speared a large fish and felt the urge to breathe. He didn't want to let go of the fish, but he knew he would have to get to the surface soon.

The Diver

Dave was 18 years old and an experienced freediver who loved the quiet and the lack of heavy gear that freediving provided. He had no known medical conditions.

The Dive

Dave and three buddies were diving from a private boat. They were using buddy teams and alternating their dives with two divers in the boat resting while the other two were in the water. They used a "one up, one down" approach, where only one buddy took a dive at a time, while the other kept an eye on them from the surface. Dave and his buddy both wore a free diver recovery vest for safety. They were in 70 feet of seawater.

The Accident

Dave began his dive as soon as his buddy surfaced. He was anxious to get back underwater because he saw a prize fish that would make his buddies envious. After one minute underwater, Dave was able to spear the fish, but not kill it. The fish fought back, pulling against Dave's line. Dave struggled with the fish until his urge to breathe became too strong. He dropped his spear and began swimming toward the surface. Dave was still about 20 feet from the surface when he lost consciousness from shallow-water blackout (SWB). His limp body began to descend again, but then the free diver recovery vest he wore sensed that he was in trouble. It automatically inflated and brought him to the surface, face-up.

When Dave broke the surface about 20 yards from the boat, his buddy immediately swam to him. The other free divers started the boat while calling for emergency medical services. The three men pulled Dave on board, where he quickly regained consciousness. The divers were met by local emergency medical services at the dock. They took him to the hospital, where he made a full recovery.

Analysis

Freediving and spearfishing allow divers to explore the waters around them in total silence—and maybe bring home dinner. But these activities require attention to safety and regular practice.

Dave was the victim of SWB, which happens when a freediver's body uses up the oxygen stored in their tissues before they make it to the surface, causing them to lose consciousness. This is [addressed in greater detail in the November 2021 issue](#). SWB usually occurs relatively close to the surface. It isn't inevitable for free divers, but it is a real possibility that buddies should be prepared for.



Dave was anxious to get underwater, and he didn't give his buddy a chance to recover from holding his breath before starting his own dive. Had Dave not been wearing a freediver recovery vest, it would have been more difficult for his buddy to respond when he began to sink. His buddy likely hadn't introduced enough oxygen back into his tissues to swim down and respond to the underwater emergency.

Dave's buddy also admitted later that he was talking to the other divers on the surface and not paying close attention to Dave underwater. If he had been, he would have realized Dave was struggling with the fish and anticipated trouble by moving closer to Dave on the surface. In this case, however, Dave had invested in a freediving recovery vest. These vests have the ability to sense when a diver has exceeded their preset depth or time limits and automatically inflate to bring the diver to the surface, keeping their head out of the water and keeping the airway clear.

The best way to keep yourself and your buddies safe in the water is to take a [freediving training course](#). You'll learn how apnea diving affects the body, how to recognize the signs of SWB, and how to rescue a diver who is in trouble. The most prudent way to freedive is using the "one up, one down" technique. From the surface, you can watch for signs of SWB, such as a slowing ascent, releasing a breath of air from a shallow depth, or going limp and beginning to descend. SWB happens relatively quickly, usually in the last 20 feet of water. You'll also learn to wait until your buddy has fully recovered from their dive before beginning your own. Lastly, as an extra measure of safety, the buddy who is watching will descend and escort their buddy up to the surface for the last 15 to 20 feet of the dive.

In the event you'd need to bring an unconscious diver to the surface, swim down to them, stop the descent and drop any weights they are wearing. On the surface, position the diver's head and mouth out of the water to prevent further aspiration of water. Use rescue techniques, such as blowing air across the eyes and tapping forcefully on the cheek while saying their name. Then, immediately begin swimming with the diver to the boat or shore.

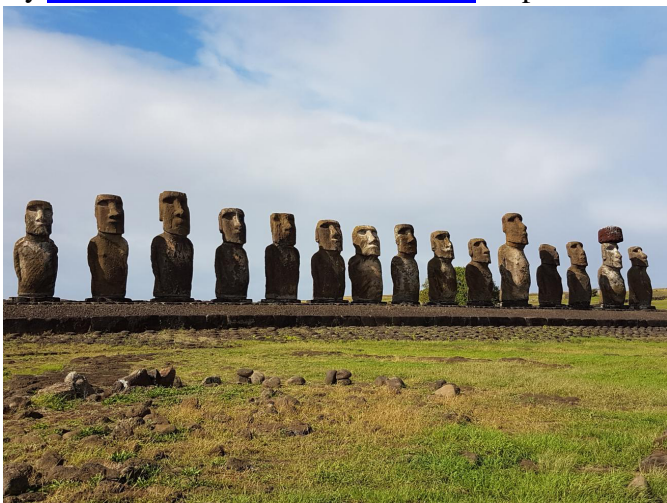
Lessons for Life

- **Have a safety plan:** Have an emergency system in place with your freediving buddy; never assume a buddy knows how to act in an emergency. Practice safety drills well before you need them.
- **Understand rescue techniques:** Take a course to learn how to rescue and resuscitate a diver in the water. Always dive with buddies who can assist you in an emergency.
- **Use safety equipment:** Consider using safety devices like the freediver recovery vest to increase your chances of surviving an SWB.

Easter Island: The Best Site You Aren't Diving

Easter Island may not be at the top of your diving bucket list—but it should be

By [Carrie Miller and Chris Taylor](#) | Updated On May 17, 2024



Ahu Tongariki is Easter Island's largest ceremonial structure: 15 standing moai set near the ocean.

Carrie Miller

Easter Island is a wild and windswept peak of a submerged mountain range, 63 square miles in size, 42 percent of which is the Rapa Nui National Park, a UNESCO World Heritage site. Located roughly 2,300 miles west of Chile, Easter Island (also known as Isla de Pascua or Rapa Nui, after the indigenous culture) is one big open-air museum, with an estimated 20,000 archaeological sites scattered around the

island. Some of these are 200 years older than Machu Picchu, which dates to the mid-1400s.

It's still rare for people to come to Easter Island to dive. Most people come here for the culture, not knowing how much it extends beneath the surface, as well.

We—Carrie, especially—fell in love with this unique, adventurous island. We're definitely returning for another visit. provided in every email.

A Lesson in History

Easter Island's history is a mystery. It's believed the island was first settled between A.D. 800 to 1,200. We don't know much for certain and what was known is lost.

For more than 500 years, the population of Easter Island flourished, co-existing in peace and arcing towards a cultural zenith. Parallel to progress, however, was the destruction and overexploitation of the island's natural resources. There is archaeological evidence that Easter Islanders had to adapt to increasingly challenging conditions, leading to civil war, the abandonment of great works and the rising of a new cult.

Archaeological sites are scattered around the island. Most have signage, but they cover only part of the story. A guided tour is the best way to start, followed by self-exploration.

Chris Taylor diving next to a submerged moai, a sunken movie prop that provides a fun photo opportunity.

Here are four of our favourite locations:

Rano Raraku: The quarry where Easter Island's *moai* (legendary and enormous monolithic statues) were created. It's a fascinating insight into how they were created.

Ahu Tongariki: The island's largest ceremonial structure—15 standing moai set in an undulating, open field near the ocean.

Rano Kau: An impressive 3,000-foot-wide volcanic crater filled with fresh water that was once the island's primary water supply, as well as an ancient *manavai* (circular rock walls to protect crops). A viewing platform provides information and uninterrupted views of this special microclimate.

Orongo: The ceremonial village of Orongo is a spell-binding, cliffside collection of history and legend. On the heels of 200 years of civil war (14th to 16th centuries) came the Birdman Cult, a dangerous tournament held every spring to determine which clan chief would rule the island for the coming year. This political system, the antidote to civil war, continued for more than 200 years, the last competition being held around 1867. Visitors can follow a hillside path next to 54 elliptical stone houses once used for visiting dignitaries during the ceremony.

So Much to See

Most visitors to Easter Island stop there, never slipping beneath the sapphire sea to glimpse the secrets it holds.

The island's [unique underwater ecosystem](#) has at least 140 species endemic to the area, including Easter Island butterflyfish (which is black, with a striking white outline), Michel's chromis, Rapanui filefish and more. Easter Island also has some of the best visibility in the world, a staggering 230 feet, thanks to volcanic soil-filtered rainwater and a lack of ports and rivers. (We dove in 115-foot visibility, and the dive shop staff apologized for the "murkiness" of the water.)



We—Carrie, especially—fell in love with this unique, adventurous island.

There are several dive shops based in the main town Hangaroa. Most of the diving is on the west side of the island close to the harbor. Almost all of the shops use local fishing boats for dive excursions, which adds a splash of adventure. The diving isn't hard, but it's a bit rough-and-ready, which some beginners might find daunting. You need to be comfortable taking your gear on and off in the water, and a lot of it is on the deeper side, so having your advanced open water certification and [knowing how to be conservative with your profiles](#) is advantageous, especially given that this is one of the most remote places on Earth.

Once you dive in, you're free to explore this strange, underwater realm. The landscape is a network of contorted features. There are flat coral reefs full of cracks and channels, emerging onto large sandy plains. There are steep drop-offs, submerged pinnacles and twisted volcanic rock formations (arches, tunnels, cliffs and chasms). There's even an underwater moai, although it's not the real thing. It's a prop from the 1994 film *Rapa Nui*, purposefully sunk at 72 feet and a fun underwater photo opportunity.

Larger marine life is notably absent, possibly due to pressure from the fishing fleets that sit on the edges of the marine parks, but there is a multitude of turtles, moray eels, small fish and macro life on display. Remember that fish hide in good visibility: Patience pays off here.

This is one of the best and most special dive locations in the world, in waters surrounding one of the best and most special places in the world.

NEED TO KNOW

When to Go: Easter Island is pleasant, warm and moderately humid year-round, with sporadic showers. The island's southern-hemisphere summer is busier; winter has the best diving conditions.

Dive Conditions: The wind is always a factor here and can cancel some dive days—pad in flexibility. Visibility is staggering—100 feet and beyond. Water temperatures are around 66°F in winter and 81°F in summer, with depths ranging from 59 to 130 feet. **Best for divers with some experience; having your [PADI Advanced Open Water Diver](#) certification is an advantage.**

Operators: [Mike Rapu Diving Center](#). This PADI Five Star Dive Center is one of the oldest shops on the island: experienced, friendly and with great local knowledge.

Travel Tips: Easter Island is approximately a five-hour flight from Santiago, Chile. Hangaroa is the waterfront township home to most of the population; the rest of the island runs largely wild. It's beneficial to hire a guide for the first few days (for bearings and background information). After that, renting a car and self-exploring is a good way to go.

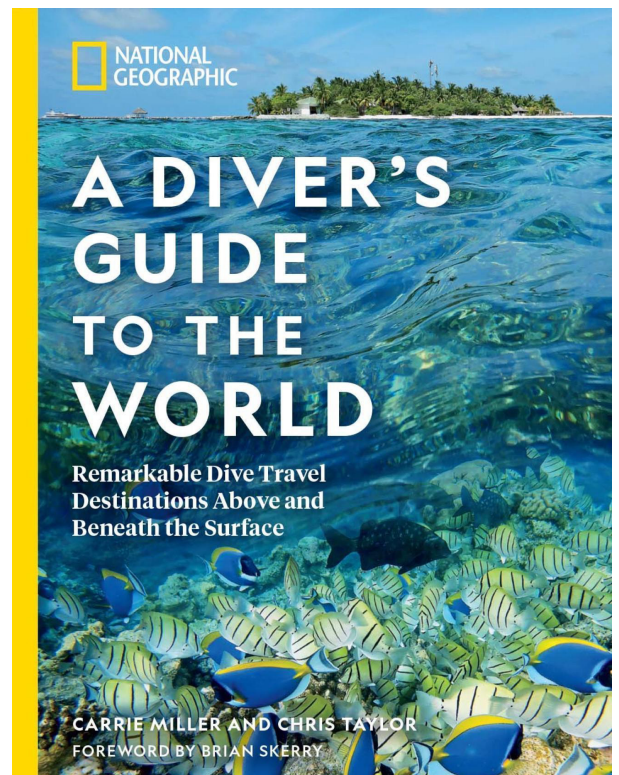
Make a Difference: [Te Mau o Te Vaikava o Rapa Nui—Mesa del Mar](#) is helping to raise community awareness around ocean protection. One of their biggest victories was convincing the Rapa Nui people to overwhelmingly support the Rapa Nui Marine Sanctuary (established in 2018 and one of the world's largest), overcoming initial opposition through education and community engagement. Follow their work on Facebook. Sometimes they hold ocean and coastal clean-ups and events that visitors can join in.



A book that would be worthwhile collecting Ed.

BIO

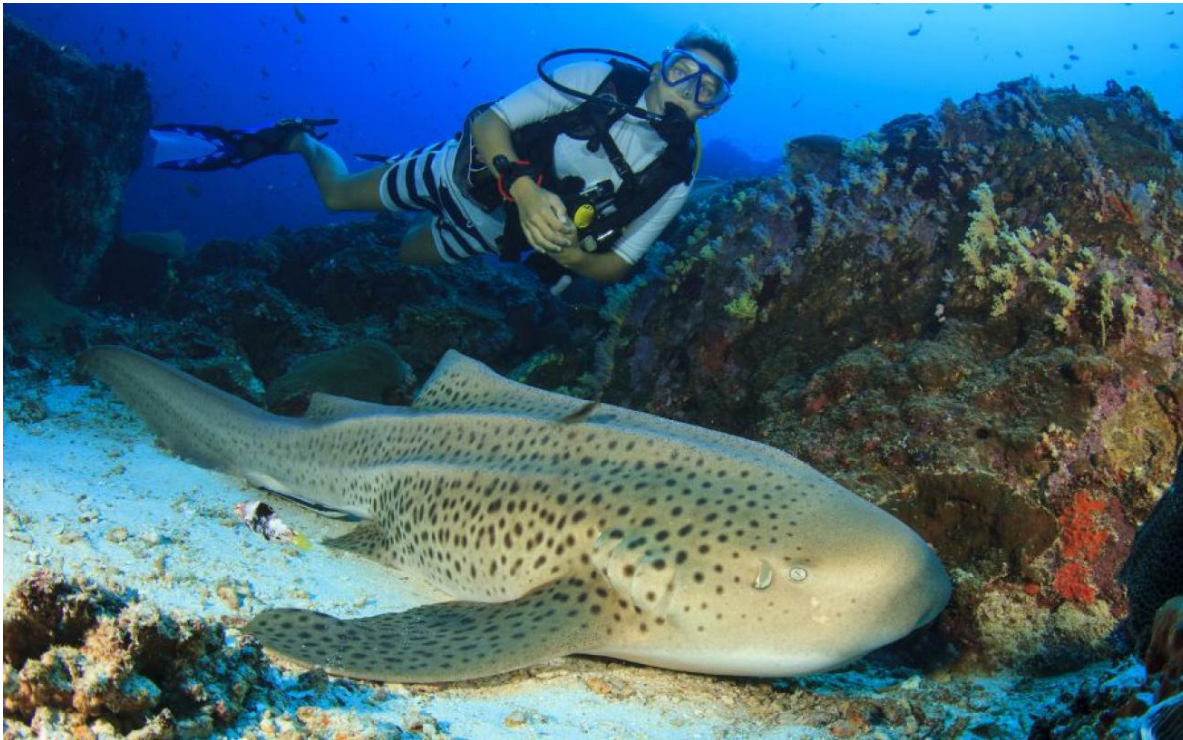
To create their one-of-a-kind National Geographic book, [A Diver's Guide to the World: Remarkable Dive Travel Destinations Above and Beneath the Surface](#), dive travel experts Carrie Miller and Chris Taylor traveled to 50 inspirational locations around the world, spending more than 250 hours underwater. Their [monthly column](#) explores the world using a mix of chapter excerpts and exclusive behind-the-scenes stories. Their project, [Beneath the Surface Media](#), uses storytelling and ocean travel to encourage conservation through exploration. For more, follow them on [Instagram](#) and [Facebook](#).



Join the Pelagic Party in Byron Bay, Australia

Nguthungulli Julian Rocks has a rich biodiversity you don't want to miss
By [Carrie Miller and Chris Taylor](#) | Created On February 14, 2024

Julian Rocks is a delightfully sharky spot where you can see the stunning Indo-Pacific leopard sharks.



Shutterstock.com/Rich Carey

Byron Bay is a laid-back coastal town located on Australia's most easterly point, about 110 miles south of Brisbane. It's a travel hotspot known for surf beaches, music festivals and its lush hinterland, but we think it's one of the world's best-kept diving secrets.

When people think of diving in Australia, the Great Barrier Reef jumps straight to mind. Most divers—even Australians—tend to overlook a small outcropping of granite located 1.6 miles offshore from Byron Bay. Nguthungulli Julian Rocks (also called Julian Rocks or simply The Rock) is home to a pelagic party in the middle of the East Australian Current, where many migrating creatures stop by for a visit—humpback whales, manta rays, [sand tiger sharks](#), Indo-Pacific leopard sharks (sometimes referred to as "zebra sharks" in the U.S.) and more.

Nguthungulli Julian Rocks is located just off-shore of one of Australia's most popular coastal towns.

Chris Taylor

It makes for exciting, dynamic diving suitable for divers of all levels—and thrills even the most seasoned pros.

Full disclosure: This is our local dive spot. Strangely, Julian Rocks is where we both did our first-ever dives, independently, nearly two decades before we met one another. It made an impression. We saw a turtle feasting on a jellyfish, a carpet of wobbegong sharks and encountered sand tiger sharks. Because of moments like these, Julian Rocks has our hearts, and it remains among our favourite places to dive. Such is the power of this place.



Magnet for Marine Life

The Julian Rocks Nguthungulli Nature Reserve is a 10,000-acre protected area banning all fishing within a 1,600-foot range around Julian Rocks. Surrounding the reserve is the Cape Byron Marine Park, which provides an extra layer of protection for the area's rich biodiversity. The Rock's long-term protection reveals itself in two ways: First, this place is teeming with marine life. Second, the life is accustomed to and unafraid of divers.

More than 1,000 species call The Rock home, including kingfish, snapper, barracuda, mullet and scribbled pufferfish. You might see three species of sea turtle on one dive (green, hawksbill and loggerhead), eagle rays, large blotched fantail rays and three species of wobbegong sharks (Hale's, ornate and spotted).

A pair of wobbegong sharks at Julian Rocks. It's not unheard of to see more than 50 of these Rock residents on a single dive.

Chris Taylor



Julian Rocks is a delightfully sharky spot, which is part of the reason we love diving here. From June to December, critically endangered sand tiger sharks (known here as gray nurse sharks) aggregate. From December through May, Julian Rocks hosts one of the largest known aggregations of Indo-Pacific leopard sharks, with more than 370 individuals recorded in 2023. You might also be lucky enough to spot the rare and endemic Colclough's shark.

All the Action, Close to Home

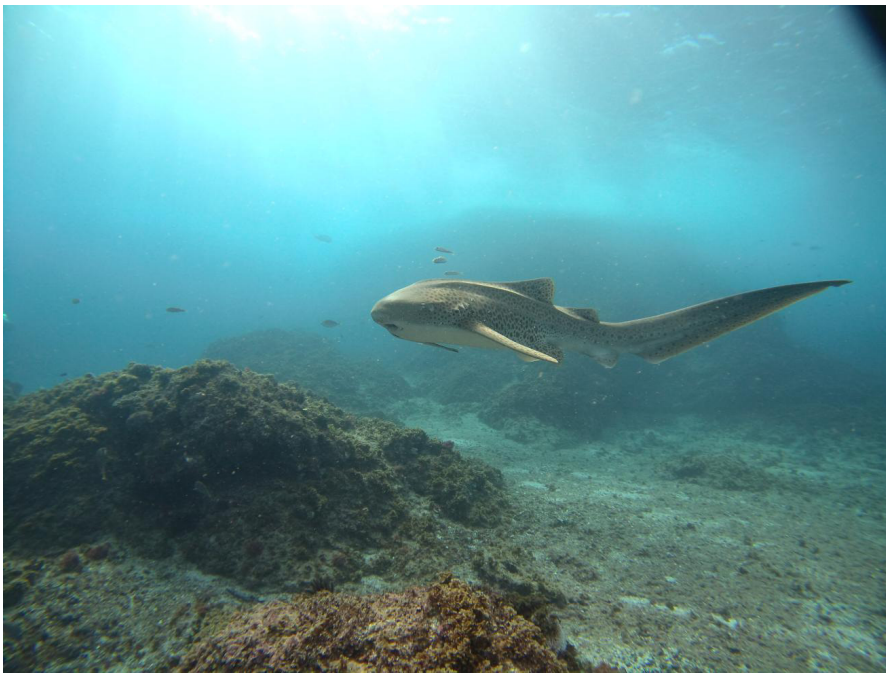
Divers gear up at Sundive, the only dive shop in Byron Bay, and are transported a short distance to a local beach. The dive boat launches from shore and noses through a busy surf break. From there, it's a 10-minute boat ride to The Rock.

Conditions determine how many dives are offered that day (one to three) and where the diving takes place. There are basically two directions you can travel around The Rock (as drift or return dives, depending on current and visibility). Underwater, the terrain is a shallow (max 80 feet) mix of rocky outcrops, trenches, swim-throughs and pinnacles, with sandy stretches in between.

Despite limited dive sites, Julian Rocks is worth multiple days of diving, due to ridiculous amounts of wildlife. You will never have a boring dive here.

Tip: Diving isn't always easy, but this is a good place to push your skills a little, given the quality shop and focused dive area. This is also a great snorkel spot, with daily trips offered.

From December through May, Julian Rocks hosts one of the largest known aggregations of leopard sharks.



Chris Taylor

From Rural Towns to Rainforests

With diving so close to shore, that leaves plenty of time to explore. You'll spot the 1901-era Cape Byron Lighthouse from the dive boat—to reach this popular lookout, you can either drive to the top or take the 2.3-mile walking loop. Scan the surf for dolphins, turtles, rays and sharks. During the Southern Hemisphere winter (May to November), this is a great spot for whale-watching.

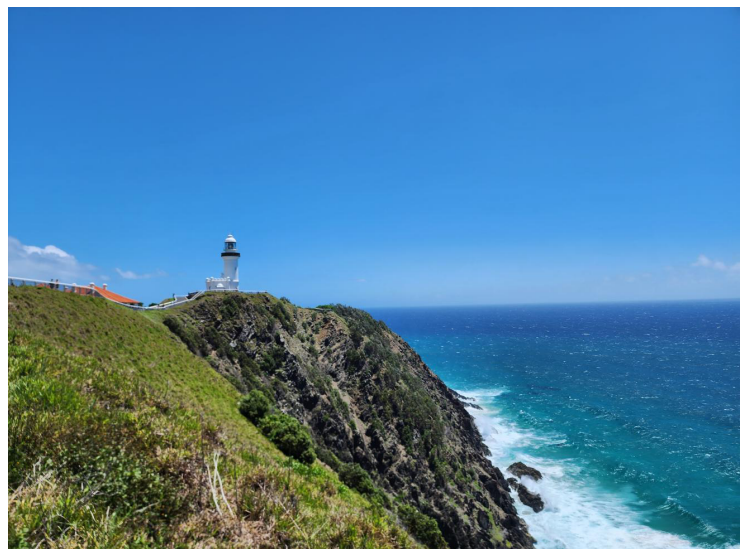
Spend time strolling through town. Browse The Book Room Collective, a vibrant, independent bookstore; pick up a gelato

from Bella Rosa Gelateria & Espresso Bar; or enjoy a drink with ocean views at The Beach Hotel. Byron Bay has a well-deserved reputation for fantastic live local music—you won't have to look far to find a venue with something on.

Take a short drive into the rolling green hills that surround the area, passing through quaint, picturesque towns like Newrybar and Clunes. There are also tracts of rainforest, threaded with walking tracks and waterfalls, like the 328-foot Minyon Falls, located in Nightcap National Park. This area is part of the Gondwana Rainforests of Australia World Heritage Area, the largest area of subtropical rainforest in the world. It is also a place of cultural significance, containing ceremonial and sacred sites that have been used by Indigenous Australians for thousands of years and are still being used by First Nations people today.

The 1901-era Cape Byron Lighthouse sits atop Australia's most easterly point and is a great lookout.

Chris Taylor



Need To Know

When to Go: Byron Bay is a year-round destination, with a huge amount of varied marine life that changes with the seasons. Southern Hemisphere summers are warm (79°F) with changing conditions, while winters (64°F) are usually mild and dry.

Dive Conditions: Conditions are very weather-dependent: You can have strong current, low viz or flat calm days with exceptional visibility. On average, visibility ranges between 16 to 82 feet. Water temperatures are around 61°F in winter and 79°F in summer. (We usually wear a 7 mm semidry in winter and a 3 mm in summer.) The site has a fixed depth of around 79 feet. *Suitable for divers of all levels.*

Operators: [Sundive](#) is currently the only dive shop in Byron Bay, so book your dives online well in advance. This is the original shop in the area. It's a PADI Five Star Dive Center with a stellar reputation and knowledgeable guides and skippers. Courses are offered.

Travel Tips: If flying in/out of Brisbane, note that Brisbane is in a different state (Queensland) than Byron (New South Wales), and Queensland doesn't observe Daylight Savings. That means in the Southern Hemisphere summer, there is a one-hour time difference between Byron and Brisbane. (This frequently catches visiting divers out!) Traffic can also get congested in this small, compact town, especially during summer or the holidays, so leave yourself plenty of time to get here and park.

Make a Difference: Your visit can help with critical citizen science research. The [Cape Byron Leopard Shark Project](#) relies on the local diving community to gather information on the habits and identities of these beautiful sharks, which are critically and globally endangered due to overfishing. How can you help? Take ID shots of any leopard sharks you see during your dive and share them with the team.

And this is the stuff we don't want any of you to be doing

Newmarket pool incident: Two men found 'motionless' after holding breath under water



By [Rachel Maher](#)
26 May,



Two men were critically injured yesterday evening at the Olympic Pool in Newmarket, Auckland. Photo / Jason Dorday

The two men found motionless at the bottom of a commercial Newmarket pool were holding their breath, the *Herald* understands.

The pair were resuscitated poolside before being taken to the hospital in critical condition yesterday. As of this afternoon, a hospital spokeswoman confirmed they were still in a critical condition.

Newmarket Olympic Pool director Peter Rust told the *Herald* the pool is sometimes used for practice by stunt performers or free divers but people who attempt this are stopped by lifeguards.

He would not confirm if the two men - who were taken to hospital in critical condition - were practising free diving.

Rust said the two men were spotted by a member of the public who alerted the lifeguards around 7.30pm at the Olympic Pools & Fitness Centre.