



Hackney Diving SCUBA Club

London based branch of the British Sub-Aqua Club

Welcome Pack



Welcome To Hackney Branch of BSAC (HSAC)

Diving has become one of the most popular 'adventurous' sports in the UK and, due to the challenging nature of UK diving, we want to ensure that the standard of our training will ensure that you become a safe, skilled diver, making any trip in the UK or overseas even more enjoyable.

HSAC have been in existence for over 25 years and we are fully associated to the British Sub-Aqua Club. For more details on BSAC, go to www.bsac.org.

As a club we offer a wide variety of diving, including the UK's unique (and often historic) wreck sites and both reef and wildlife areas. In recent years the club has run weekend trips to the South Coast of England (Folkestone, Brighton, Swanage and Devon), the Farne Islands in Northumberland (famed for its grey seal population), Cornwall and South Wales. We have also arranged week-long club holidays to the Red Sea, Ireland and the world-famous wreck site at Scapa Flow, Scotland.

The majority of our club dives are from licensed "hard" boats as most members seem to favour the comfort of cabin space, a cup of tea and a place to take in the sun between dives.

All members of HSAC who are involved in training do so voluntarily in order to open up the wonderful SCUBA experience to others.

Meetings

The club meets every Monday evening at 8.15pm at York Hall Pool. We have access to the pool from 8.30pm – 9.30pm. Some lectures may be held slightly earlier. Please see published training schedules for details. After a hard evening's training, we reconvene at the Approach Tavern in Approach Road from 9.45 onwards for après-SCUBA sessions, where you can indulge in a well-deserved beer or orange juice, and where qualification books are signed, future trips discussed and old seadogs' stories are recanted.

Note: We do not meet on Bank Holiday Mondays.

Divers from Other Agencies

HSAC and BSAC welcome trained divers who have previously commenced or completed training in other organisations. Divers frequently join us having completed a course on holiday. We offer them the opportunity to extend their training and to dive in a club environment. Currently over one third of club members have previously dived with PADI or other organisations.

Club Website and Mailing List

Lots of information on HSAC can be found on our club website www.hackneydiving.org. There is also a mailing list <http://lists.hackneydiving.org/mailman/listinfo/news> which you should make sure you are registered on as this is the mail means of contacting our members. It is very important that **all** club members update us with any changes of address, phone numbers and especially e-mail addresses. This is to ensure that we can keep you updated as to club activities and opportunities.

Who's Who February 2007

Our club is run by a Committee elected from all members, new or long-serving. As with many clubs, much of the work is done by very few people, so the current role-holders would welcome committed new Committee members at the Annual General Meeting to be held in April. Some of the roles outlined below would require only a small amount of your time. The current Committee comprises the following:

Position	Name	Contact
Chair	Rita Parmar	chair@hackneydiving.org
Diving Officer	Julie Lintunen**	diving@hackneydiving.org
Training Officer	Rob Wilkins**	training@hackneydiving.org
Membership Officer	Vas Skouldidou	membership@hackneydiving.org
Club Treasurer	Paul McBride	treasurer@hackneydiving.org
Equipment Officer	Jon Perks	equipment@hackneydiving.org
Expeditions Officer	Rob Wilkins**	expeditions@hackneydiving.org
Club Secretary	Brian Gardner	secretary@hackneydiving.org
Voting Members		
	Rachid Larab	
	Taryn-Vee Burnett	
	Laura Leader	
Other Contacts		
webmaster	Paul McBride	webmaster@hackneydiving.org

** Designated club contact

All of the above will often be found at the club on Mondays.

The role of the voting members is important in bringing members' views to the notice of the committee, though all Committee members would view themselves as approachable about all issues at all times.

Try Dives

We will endeavour to run Try Dives (which are essentially a chance to sample Scuba diving) for those interested in joining the club, subject to catering for existing members. The sessions will cost £10, which will be refunded from your club membership if you choose to join.

Pool

When attending pool sessions, make sure you are changed and ready to start by 8.25pm. When you have received some initial guidance you should be able to collect the kit you require and be ready by the poolside for 8.30. **Have £2 ready to hand to the person distributing the cylinders if you are using one.** Please ensure you do not interfere with the activities of swimmers whilst getting ready. The pool must be clear by 9.30 so please ensure you are leaving the pool by 9.25 at the latest. You should also try to clear the changing rooms promptly so as not to delay the staff.

Equipment

12 full sets of club kit are available to all members for use in pool sessions and may be hired for open water training at a less-than-commercial rate. Kit is maintained and serviced at the expense of the club membership (ie **you!**) Make sure you look after it and store it correctly. Once you join the club we would expect you to purchase your own mask and fins for your own safety and comfort. All other equipment is free to use in the pool. It is expected that once you become more experienced you will start to purchase kit - certainly it would be advisable if you dive in UK waters.

It is widely recommended that you speak to an experienced Club member before spending all you hard-earned cash on kit. There are always good deals to be found and divers often lend pieces of kit for you to try out before you commit yourselves. It is always worth establishing a good relationship with your local dive shop. We have had good service over the years from Nautilus (Collins and Chambers) in Hackney (10% discount to Club members), Dive Force Marine in Edmonton, www.diveforce.co.uk, and Kent Divers in Dartford, www.kentdiving.com

Note: Priority for kit usage will always be given to new members undergoing training, and to Try Divers. More experienced members are encouraged to check the Ocean Diver Course schedule and to aim to use kit when new members are having lectures. To avoid disappointment, when there is insufficient kit for all members on a given club night, please contact Rob Wilkins to book kit. Otherwise kit will be distributed on a first-come-first-served basis.

Cylinders

If, at the end of your training session, your cylinder contains less than 60 bar air pressure, please leave it by the exit door to the pool, having first checked that someone is willing to take it away to be filled. On that note, if you have a car and a few spare moments once in a while, please volunteer to take a few cylinders for refilling. You will be reimbursed for the fills and earn the eternal gratitude of those who currently share the task.

Training

Training to Ocean Diver qualification is normally carried out in the club at least once per year, though we like to be flexible and will accommodate new joiners at any time of year, subject to the agreement of the Training Officer. We also run a Sports Diver course each year, and can train people to Dive Leader and Advanced Diver level. The club can run BSAC Skill Development Courses subject to demand. Please see the section on Course Dates for more information.

All divers undergoing instruction are requested to make every effort to attend training, especially lectures, which we must necessarily repeat otherwise. We will always try to offer some flexibility, however, where you have compelling reason to be absent (work, holidays, etc.).

- What we expect from you

1. Turn up on time.
2. Let the Training Officer know, in good time, if you will not be attending.
3. Help with kit – both your own and others'. Remember that the reason that person is dragging a bag twice their body weight to or from the pool is likely to be because they are lending someone their kit or returning club kit they have just taken for repair, service or cylinder fills.
4. Make sure you bring your qualification books to each lecture or diving session and get them signed. It is very difficult for instructors to remember who attended lectures and to sign them retrospectively. You may have to repeat sessions otherwise.
5. Log your open water dives. This will benefit you in your future diving career.

- What you can expect from us

1. We will let you know if any part of your training is cancelled.
2. We will try to run all training as scheduled. However, please bear with us if we slip up occasionally. We all have jobs, busy lives, families and illnesses. You are not joining a commercial outfit, and none of your instructors get paid for the privilege of teaching you to dive.

Costs

We try to keep the cost of joining HSAC, and of ongoing membership, as cheap as possible, thus granting access to diving to as many people as possible. Membership of HSAC branch currently costs £144.50 for a new joiner, This excludes any books, £30 for those new to BSAC, and BSAC membership, currently £45.50 for most people, which includes 3rd party insurance and a monthly Dive magazine (though there is an abatement for two people at the same address). This charge is reviewed periodically. Those joining with existing qualifications may pay reduced fees, according to their training needs. Our Membership Secretary will be happy to clarify this for you. We like to be open about our costs, so please be aware that you would also expect to encounter the following during your first year of diving:

Air use in pool	£2 per week
Open water training days	Approx. £35** + share of petrol
Mask	Approx. £30
Snorkel	£7-£15
Weights/weight belt	£25+

** Estimated cost of equipment hire and site entry. See Cost of open water training on page 7.

It should be emphasised that there is no additional fee for starting a second course within a calendar year as a Club member. The only charge that will be made is for the BSAC training material required for that course (currently £8).

People rejoining the club in subsequent years face much-reduced fees.

Qualification	Joining HSAC	Joining BSAC	TOTAL
Ocean	£ 120	£ 45.50	£ 165.50
Sports	£ 105	£ 45.50	£ 150.50
Dive Leader	£ 80	£ 45.50	£ 125.50
AD	£ 80	£ 40.50	£ 120.50
OWI	£ 40*	£ 40.50	£ 80.50
AI	£ 40*	£ 35.50	£ 75.50
PADI OW Conversion	£ 120	£ 45.50	£ 165.50

Dry Suit Training

Dry suit training is a natural progression for the majority of club members, and hence we do not charge for this. Other agencies typically charge fees of £70-£130 for the course.

Open Water Training

A necessary part of your diving training requires you to dive in open water, namely an inland site or a sheltered area of sea. Typically you will require 2-3 days of open water training to achieve qualification as an Ocean Diver. Sports Diver training will normally require at least one day of sheltered water training, together with subsequent dives in either open water or controlled sea conditions. Please contact the Training Officer for more information. **All** club members wishing to take part in forthcoming open water training should book onto training dates ASAP, even if you are just joining us. This allows the Training Officer the maximum time to engage the required number of instructors for each day. Remember those same instructors may have other things they wish to do if they don't get booked up soon. Current proposed training dates can be found in the Course Dates section. Our usual inland

training sites are Stoney Cove <http://www.stoneycove.com> and Gildenburgh <http://www.divein.co.uk>.

Cost of open water training

The following table acts as a guide to open water training costs. Remember you can always push a pint down the bar towards an experienced club member to help secure the loan of one or more of the following pieces of kit. It is **essential** that you have all the items of kit listed below for open water training dates. Please discuss any questions with the Training Officer, or other experienced club members, in good time (not the Monday before training at last orders!).

Item	Hire Cost (approx. per day)	Purchase Cost
Mask	-	£30+
“Sea” fins	£2	£20+
Bootees	£3	£16+
Gloves	-	£16+
Semi-dry Suit	£10	£70-£180
DV, octopus and gauges*	£4	-
BCD*	£4	-
Cylinder*	Free-£8**	-
Weights and weight belt	£2	£25+
Timing device/computer	various	various
Site entry		£10-15

* These charges are about half of what a dive shop will charge you. It should also be remembered that these fees are used to service and replace Club kit.

** In order to help with filling up club cylinders, the following charges are levied (same charge per period of 1-3 days);

Taken empty, returned full – Free of charge

Taken empty, returned empty - £4

Taken full, returned full - £4

Taken full, returned empty - £8.

We accept that different people have different budgets and hence consideration should be given as to whether purchases are a better bet than hiring. There are no clear answers to this so a discussion with an Instructor is your best bet. Obviously your first session may well be your most expensive, but costs can be reduced by a bit of borrowing.

Sports Diver trainees note – You must add a reel and DSMB (Delayed Surface Marker Buoy) to the above list for your training.

Course Dates

Please be on time for all training.

Ocean Diver

All sessions to commence at **8.15pm**, York Hall pool.

Date	Activity	Instructor
05/02/07	Lecture OT1 - Ocean Diver Training	Rob Wilkins
12/02/07	Pool session	Rob Wilkins
19/02/07	Lecture OT2 - Diving Equipment and Diving Signals	Rita Parmar
26/02/07	Pool session	Julie Lintunen
05/03/07	Lecture OT3 - The Body & The Effects of Diving	TBA
12/03/07	Pool session	Rob Wilkins
19/03/07	Lecture OT4 - Planning To Go Diving	TBA
26/03/07	Pool session	Rob Wilkins
02/04/07	Lecture OT5 - Going Diving	TBA
09/04/07	Bank Holiday	
16/04/07	Pool session	Rob Wilkins
23/04/07	Lecture OT6 - What Happens If....?	TBA
30/04/07	Pool session	Rob Wilkins
07/05/07	Lecture OT7 - Enjoying Your Diving	TBA
14/05/07	Pool session	Rob Wilkins

Sport Diver

All sessions to commence at **7.45pm**, York Hall pool.

Date	Activity	Instructor
26/02/07	Lecture ST1 – Sport Diving	TBA
12/03/07	Lecture ST2 – Diver Rescue	TBA
26/03/07	Lecture ST3 – Equipment and Techniques	TBA
16/04/07	Lecture ST4 – Deeper Diving	TBA
30/04/07	Lecture ST5 – Air Planning and Systems	TBA
14/05/07	Lecture ST6 – Going Diving	TBA
10/06/07	Dry Practical Lesson – SP1	TBA

Open Water Training

If nothing else in this pack, please read this.

Open Water Training takes considerable time and effort to organise, and relies wholly on the enthusiasm of the club's Instructors to succeed. All people wishing to undertake open water training in 2007 (and that should definitely include all aspiring Ocean Divers and Sport Divers at the very least) should ensure they book onto the sessions published below at the earliest possible opportunity. Failure to do so may cause your Training Officer to thank instructors kindly for their offer, but tell them they will not be required. This may result in **you** missing out on vital training. Remember instructors do not get paid for training you, and they give up time, effort and cash to ensure you receive training and can enjoy this fantastic sport as a member of HSAC.

As a guideline an Ocean Diver who has become very proficient during Pool Sessions would expect to require 2-3 days of open water training to qualify. Similarly a capable Sport Diver candidate will require a further 2 days training in open water. For Sport Divers some training may be carried out during HSAC dive trips, but remember this is subject to having the right balance of instructors and trainees on the boat, and should not be relied on. Speak to the Training Officer for further guidance.

The list below may not prove to be exhaustive, and a couple of other sessions may be booked later in the year. However this is unlikely to happen if there has been poor uptake on the dates published.

To book a day of open water training, please see Rob Wilkins with a **separate** deposit cheque of £30 per day, of which £25 is refundable, made payable to HSAC, **dated for the training date**. Should you not attend this deposit will be treated as non-refundable unless there are exceptional circumstances, much as a holiday deposit would be.

Date	Activity	Instructor
05/05/07	Open Water Training	Rob Wilkins
06/05/07	Open Water Training	Rob Wilkins
09/06/07	Open Water Training	Rob Wilkins
10/06/07	Open Water Training	Rob Wilkins
05/07/07	Open Water Training	Rob Wilkins
01/09/07	Open Water Training **	Rob Wilkins

** This session will take place on a club trip to Gosport, subject to agreement of the Diving Officer and Training Officer.