

INVERNESS SUB AQUA CLUB



EXPEDITION PLAN ISLAND OF GOZO 2013

Expedition Leader: Gary Friedman

Application for a BEGS Grant made on
behalf of ISAC branch 0346
by Gary Friedman (AD, AI, Regional SDCO)

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Purpose

The three main aims of this Inverness Branch expedition are to dive the caves on the North side of the Island and to carry out a Sea Search on behalf of Sharklab-Malta as part of their 2013 research of Elasmobranch (sharks, skates, rays and chimaera), we will also carry out Dive Leader and Advanced Diver training. All but three members of the expedition have never been to Gozo and none have ever completed a Sea Search. The cave dives will give a new skill to all the divers as will the Sea Search and recording of the information.

Inverness Sub Aqua Club aims to support opportunities for newer members to dive in tropical waters in the company of experienced club members. Our location in the North of Scotland and the extra traveling expenses associated with traveling to warmer climes is a major hurdle to newer divers getting this experience.

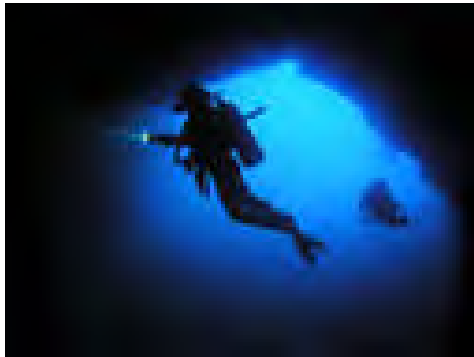
The nature and demands of the diving on this expedition will give focus to the on-going training and development of established club divers and also the newer members. The skills and techniques required for diving in no clear surface environments are already programmed to form part of the clubs training plan for the next season as is Sea Search training so that we can contribute positively to the work of Sharklab-Malta.



Background

The expedition leader first visited Gozo in 1984 but never got the chance to dive the caves with the group of divers he was with due to their skills level. He visited again in October 2012 as part of the BSAC Advanced Instructor event, but due to the full programme of that event unfortunately did not get the chance to dive the caves yet again.

On this occasion the expedition has been planned to spend 2.5 days diving caves on the North and West side of the Island weather permitting, and to carry out Dive Leader and Advanced Diver Training during the week.



Main Dive Sites

Billinghurst Cave: 25 mtr dive, this is not a dive spot suitable for beginners. Diving here can become a real challenge. Inside, it is pitch-black and the cave stretches out 100 meters into the island. We will need to have some experience in cave diving before we attempt this dive. With experience however, the cave is easy to conquer as it is spacious, clearly laid out and doesn't cause a feeling of unease. This is a five star dive.

Cathedral Cave-Ghasri Valley: 20 mtr dive, a challenging cave dive large entrance and around 50 meters long with lots of large boulders. This is a five star dive.

Gudja Cave: 30mtr dive, this cave again rated high on the list as a great dive but a deeper entrance and care need when attempting this dive. It is only possible to reach the entrance by boat. This is a four star dive

Tac-Cawla Caves: 30mtr dive, this cave is only accessible by boat due to its location on the Island but has a large entrance and plenty of light and space inside. This is a five star dive.

Coral Cave: 25 mtr dive, a slightly less challenging dive but plenty of care must be taken when attempting this dive. This is a four star dive.

Xlendi Cave and Reef: 15-25 mtr dive, a much easier cave dive suitable for all grades with only a short 20 meter swim for its whole length. This is a three star dive.

Backup Plans

Being a small Island Gozo offers many dive sites on all sides, and as the main sites are all on the North side so the area to the South will be used as backup and the sites here are Xatt L-Ahmar, Fessej Rock, Il Kantre. Also the area to the West which has the following sites Blue Hole-Azure Window, Inland Sea, Skuljetti and Crocodile Rock.

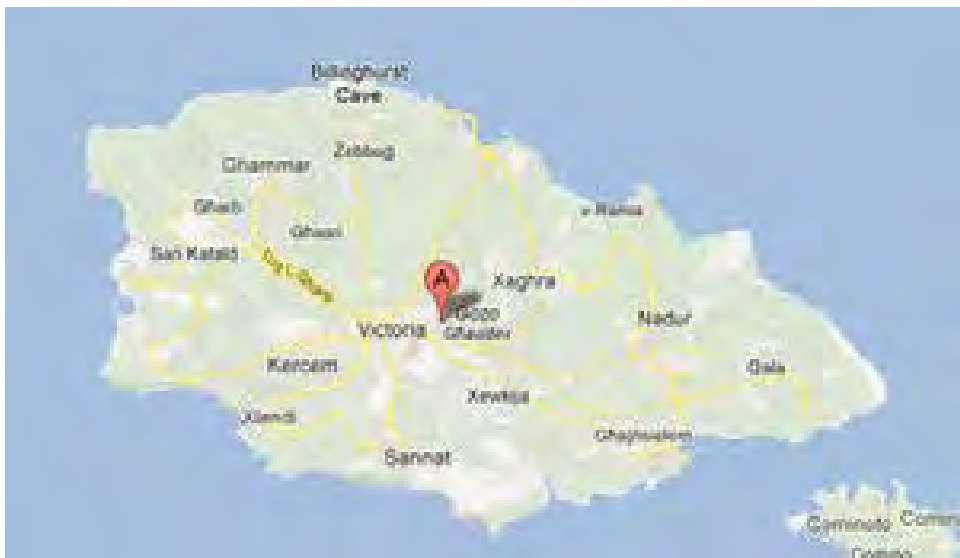
Main Dive Sites Sea Search

The search area that has been designated for this project is the South East corner of the island from Mondoq ir-Rummien heading due East to Dahlet Qorrot.

There is a requirement to try and dive the whole length of this section of the shore and record the details as it is away from the normal dive site areas.

Backup Plans Sea Search

If the weather makes the original plan unsafe the area of the island on the West between Xlendi Bay and Dwejra Bay will then become the focus of our attention.



Dates

Early September 2012 at Inverness Branch annual Dive Planning Meeting propose Gozo trip to all members to judge level of interest. 20th September 2012 send out email to all club members with rough proposal of dive trip and costs. Early October use BSAC combined Instructor event to carry out survey of accommodation and location together with facilities. Late October send out email with pictures and more details to interested group. November send out application form (Appendix 1) and collect £300 deposit from all confirmed divers.

December, flights booked with extra luggage space and deposit paid for accommodation. January 2013 group meeting to confirm all details carry out passport check and set plan for experience build up and practice dives during summer. March collect remaining money from

all divers and pay final bill for accommodation. April purchase all required equipment for trip that expedition will provide for divers. May/June arrange and carry out a sea search exercise in NW Scotland to prepare for Gozo sea search. August confirm all equipment working that is being taken and any extra items required by individual divers are now purchased. End August final pre departure meeting and brief.

Costs

Budget is around £650 per person for diving, accommodation, transport and breakfast. See appendix 3 for complete breakdown of costs. Deposit is £300 each paid in November cheques made payable to expedition leader. A final breakdown of costs will be determined and copy given to each diver prior to departure. If anyone drops out of the expedition then the expectation is that you offer to pay your share of the costs unless you can find a replacement diver.

Accommodation

Two self-catering apartments have been booked each has two twin bedded rooms with a bathroom, fully equipped kitchen, dining area, TV, internet access, and a sea view. Towels and sheets are included and there is space to act as a drying area for kit.

Plenty of space to sit and relax after diving and to write up dive details and sea search findings. The electricity supply is 240v and the sockets are the same as in the UK so adaptors are not needed.

They are a 10 minute walk to Calypso diving centre and only 3 minutes from the rocky shore where you can easily snorkel. The dive centre carries a large amount of scuba equipment for both purchase and rental, should you need.

Local bars and restaurants are all only a 5 minute walk away, and also so is the local supermarket which sells all the usual type of goods. Remember that September is high season in Gozo so there may be a wait for tables at certain times.

Rooms to be allocated at a later date depending on final names and numbers for the expedition, the expedition leader will have the final say on who can come on the trip and if a member is refused a full explanation will be given.

Apartment 1:	Room 1	Gary & Ian
	Room 2	Andy & Duncan
Apartment 2:	Room 1	Val & Gerard
	Room 2	Caitriona & Claire
Apartment 3:	Room 1	Sam & Sandy
	Room 2	Norman & Mornay



Flights

Flybe:

2nd September 2013

Outward **BE7320** Departs **07.00** Arrives **08.50**

9th September 2013

Inward **BE 7325** Departs **15.40** Arrives **17.20**

Air Malta:

2nd September 2013

Outward **KM0117** Departs **11.55** Arrives **15.55**

9th September 2013

Inward **KM0116** Departs **08.45** Arrives **10.55**

Luggage allowance has been booked for 25kg hold luggage and you are allowed 10kg cabin baggage.

We will need to arrive at Inverness airport (Dalcross) at around 06.00 to check in for the flight down, see next section for transport arrangements.

Transport

In Inverness we will try and use as few vehicles as possible by meeting away from the airport to mitigate any excessive parking charges the current cost of parking at Dalcross is short stay £80, long stay £48 and super saver £32 but terms and conditions apply.

The journey from Luqa airport (Malta) to the ferry at Cirkewwa is by a pre-booked minibus; the ferry which is run by Gozo Channel will take around 30 minutes and take us to Mgarr Harbour. All bags are loaded onto a trolley which is put aboard the ferry by the crew (similar to Scapa) we just have to load and unload the trolley at each end of the crossing.

On Gozo we are met by another smaller minibus with a trailer which will take us to the apartment's, this is all included, however we will need to pay for a ticket on the return ferry crossing around 10 euros per person.

Food

The apartments are booked on self-catering basis and it is planned that we would have communal breakfasts, so we will have a breakfast fund of around 10 euros each from which we can buy bread, milk, butter cereal, cheese, marmalade, tea/ coffee and water. All individuals can then decide on what they wish to do for lunch and dinner. The cost of a large roll filled with Tuna or Ham is around 6 euros and a local beer 3 euros, for dinner 10 inch Pizza costs around 8 euros, main courses range from 8 euros to 20 euros. There are many restaurants located very close by, and range in styles and price so there will be a venue for all tastes, however if anybody wishes to cook for themselves or others then that will be another option.

There are no restrictions on drinking the local water, however most people use bottled water, which is very cheap and easy to obtain.

Will anybody with any dietary restrictions or allergies please inform the expedition leader prior to departure so arrangements can be made for this, see the application sheet where this information is required to be completed by end of June.

Pre-requisites

All divers wishing to go on this expedition must be a minimum of BSAC Sport Diver or equivalent, this is a requirement of diving without a guide in Gozo. On arrival we will need to show qualification cards or log books showing your diver grade, we will also be required to complete a registration form at the dive centre and time will be allocated for this on the first morning before we go for our shake down dive and weight check.

Training Needs

As we will be using new skills for most divers a few warm up and training dives will be undertaken prior to departure, where the new skills required will be taught and practised to

enable all to enjoy the dives and carry out the tasks of the expedition. These will include large cave diving skills, line laying, setting up search patterns, recording information on waterproof notebooks and marine identification. It is proposed that lectures for the above and practical lessons will be staged over the early part of 2013 and the new skills can be used in some of the diving carried out over the rest of the year.

In March we will practice taking and using SMB reels to run lines out underwater and using reels to lead us in and out of areas. Also during March whilst doing Ocean diver Training in the pool our group will practice using a blacked out mask and reels in the pool so everybody gets the opportunity to see and feel what a zero visibility dive could be like and get them ready for the training in the months ahead.

A Sea Search weekend has been arranged for 13th / 14th April 2013 on the West Coast of Scotland and the entire expedition group should be booked on this to learn the techniques required for searching and recording.

In May I will pick two Sundays where we can build some skills for diving in large caves, due to our location and the absence of caves we will practice on the wreck of the Port Napier for working in a dark confined space and then take ribs out to Conservation Cave in the Summer Isles to dive into a large cave.

Early August we will pick a day when the entire group can dive together as a final equipment check before departure, it will be expected that regular diving activities are carried out through the year to keep up individual dive fitness.

Personal Equipment Required

Your full open water diving kit

Dry suit or full wet suit (not shorty) 3mm or 5mm the average water temperature in Gozo for September is 25 degrees

Hood and thin gloves

Weight belt empty as weights will be supplied in Gozo

Dive Computer

Delayed Surface Marker Buoy

Any Reels you may have

Torch, backup torch and charger

Diver slates

Your spares kit

Do not bring a knife even in your hold luggage it will be confiscated (you have been warned)

Sunglasses, sunblock and a hat

A £1 coin and a 1 euro coin as you need these to obtain luggage trollies at both airports

Equipment Supplied by Expedition

BSAC 88 Tables and Nitrox Tables

Waterproof Notebooks and pencils

Diver slates
 Log sheets
 Dive Manager Guidelines
 Oxygen Kit
 First Aid Kit
 Sea Chart
 Malta Dive books
 Local Road Maps and Directions
 Dive Site Information

Personal Items Required

Passport
 Driving Licence
 Diving Qualification Book
 Diving Log Books
 Any Skill Development Cards
 Money (Malta are now part of the EU and use euros)

Daily Timetable

This is a preliminary plan to aid with planning. Final plans will be made each evening on return to the apartments depending on the weather and diver fatigue etc.

	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	8.00	8.00	8.30	8.00	8.30	7.30
Briefing & clear up	8.30	8.30	9.00	8.30	9.00	8.00
Collect cylinders	10.00	8.45	9.15	8.45	9.15	8.15
Load jeeps & Depart	10.15	9.00	9.30	9.00	9.30	8.30
Arrive at Dive site	10.45	9.45	10.15	9.45	10.15	9.00
Dive 1 (2 waves)	11.45	10.15	10.45	10.15	10.45	9.15
Lunch move to next dive site	12.30	12.30	13.00	12.30	13.00	11.15
Dive 2 (2 waves)	14.00	14.00	14.30	14.00	14.30	11.30
Return to apartments	16.15	16.15	16.45	16.15	16.45	13.30
Return cylinders	16.30	16.30	17.00	16.30	17.00	14.15

A third dive can be fitted in each day if required depending on diver fatigue and depths, to be arranged at morning dive brief.

The evenings between 7pm and 9pm will be used to give Dive Leader and Advanced Diver Lectures, to coincide with open water instruction to be given during the day.

Expedition Responsibilities

Gary Friedman: ISAC, AD, AI, Club Boat Officer, Twinset Mixed Gas Diver: Expedition Leader and overall organisation.

Gerard Storey: ISAC & LSAC, AD Trainee, OWI, Club DO, Twinset Mixed Gas Diver: Administration.

Valerie Storey: ISAC DL, Asst OWI, Club Chairperson: Security Issues

Norman MacLennan: ISAC AD Trainee, Asst OWI Twinset Mixed Gas Diver: Breathing Gas.

Sam Crymble: ISAC, DL: Locations.

Sandy Thomson: ISAC & RVSAC, DL, Rebreather and Mixed Gas Diver: Transport.

Duncan McCormick: ISAC, DL Trainee

Andy Menzies: ISAC, DL Trainee

Catriona McLean: ISAC, DL Trainee

Claire Johnston: ISAC, AD Trainee

Mornay Bothy: ISAC DL Trainee

ISAC Inverness Sub Aqua Club

RVSAC Ribble Valley Sub Aqua Club

LSAC Lochaber Sub Aqua Club

Daily Rota

This rota is an initial plan but can be amended nearer the time depending on expedition team members.

Name	Dive Manager	Deputy Dive Manager	Wake up Call	Prepare Breakfast	Drivers	Collect Cylinders	Return Cylinders
Gary	All		Tue/Fri/Mon	Tue/Fri	Wed/Sat	Fri/Sun	Tue
Norman		Tue	Tue/Sat	Tue/Sat	Tue/Sun	Wed	Thu
Gerard		Wed	Tue	Tue	Sat	Tue	Wed
Val		Thu	Wed/Sat	Wed/Sat	Fri	Tue	Wed/Sat
Sam		Fri	Wed/Sun	Wed/Sun	Tue/Thu	Wed	Fri/Sun
Duncan		Sat	Wed/Sat	Wed/Sat	Tue/Sun	Thu	Mon
Andy		Sun	Thu/Sun	Thu/Sun	Wed/Fri	Thu/	Thu
Caitriona			Thu/Sun	Thu/Sun	Sun	Sat	Fri
Sandy			Thu/Mon	Thu	Thu	Sun	Tue/Sat
Claire			Fri/Mon	Fri	Thu/Fri	Sat	Mon
Mornay			Fri	Fri	Wed/Sat	Fri	Sun
Ian							

Sharklab-Malta

Welcome to the Sharklab Malta Website.

“ Help bring an end to Shark "Finning" ”

Sharklab Malta is a registered NGO in Malta and is a non-profit voluntary organisation dedicated to research, education and raising greater awareness about all Elasmobranch (Sharks, Rays, Skates and Chimaeras) around Malta and within the Mediterranean.

Our main objectives are : to find as much as we can about these magnificent animals, which of these call our waters home, which travel through our waters, and most importantly, which of these species need our help to continue to survive here.

Elasmobranch numbers around Malta and within the Mediterranean are on a downward spiral, and have been for the last number of years. This is evident by the reduced numbers caught and brought to the market for sale each year and the significant reduction in the number of sightings by boaters and divers. If change doesn't happen soon then many species will simply disappear forever.

Blue Sharks, which used to be a common species throughout the Mediterranean and around the Maltese Islands, have seen their numbers drop by over 90% in the last 10 years alone. This is almost to a point where they will not be able to recover.

Sharklab Malta is determined to make a difference, and turn the tide for these magnificent and important apex predators. Without Elasmobranch in our waters, not only will we never see them return, but we will also change the way the whole fragile and balanced marine ecosystem works. Sitting as apex predators, at the top of the food chain, they play a critical role for all species of marine life; keeping populations healthy and balanced; controlling disease, which would otherwise significantly reduce fish populations and maintain balanced numbers. These are just a some of the roles these amazing creatures play.

So what can be done to make a difference? We, as the human species, need to change our perception of these animals. They are not the big-mouthed, slashing toothed man-eaters so often portrayed in the media. They are critical, amazing, diverse, spectacular and misunderstood. They need to be appreciated and understood for the roles they play in our waters, here around Malta and across the globe.

What is Sharklab Malta doing about it?

Sharklab Malta is undertaking many different activities to try and play a part in making a difference for Elasmobranch. We are collecting catch data from the market in Valletta to gain more information on the range of species caught and brought to the islands. We are, through snorkelling and dive searches, observing species and looking more closely at the habitat around the islands where years ago many more species used to thrive. We are educating through presentations and we are keeping Elasmobranch in conversations and in media to spread the message far and wide that differences need to happen now.



Dive Plan

I would expect all dives to last for 60 minutes and will set that as the maximum limit for surface to surface, and due to water temperature and conditions am sure this expectation will prove to be fair.

Some of these dives will be used for the training of Dive Leaders and Advanced Divers so the level of expectation will be high.

The divers who are below the level of Dive Leader will be doing their training to bring them up to this grade during the first seven months of 2013 in readiness of the expedition.

Shore Locations

Entrance and exit from the water will be either from shore or down ladders which have been built into the rock face to ease access and exit. Kit can be taken to the dive site by the four wheel drive vehicles to save divers transporting it themselves. There are no currents to be aware of on these sites, however depending on weather from previous day swell could be a problem. If you are surfacing away from the entrance to the cave for any reason then a DSMB must be used.

Deeper Caves from RIB

These dives will still follow same format as those of the shore dives, however a DSMB must be used on each dive and deployed during the ascents, some of these dives will be used as depth progression dives so extra care must be taken at all times. A dive plan for each of these dives will be required to be completed the evening prior to the dive and to be logged with the expedition leader.

Sea Search

Everybody will have completed a Sea Search back in Scotland prior to this expedition, so will understand the principles of a sea search and be used to laying out lines and doing a careful through search of a specific area and how to record the details. Some of the areas to search will be from the shore others will be from a rib, so deploying a Jack Stay and searching using this method will have been tried and tested back in Scotland in our sea conditions and equipment making the task in the Med waters much easier.

Dive Management

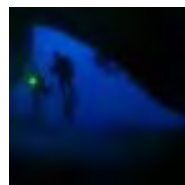
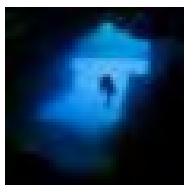
Most of this diving will be from the shore, with some of the deeper caves being managed from a RHIB. The RHIB which we will be using is a 6.5 meter boat and will be skippered by a cox from Calypso diving Centre, which will mean that although we will go into the water in waves, we will at some point all be in the water at the same time. The RHIB will be able to take us all out to the dive sites in one go and will return to the Harbour after the dive to replace cylinders and then we will have lunch giving us a long surface interval before second dives due to the depths, a spare cylinder will be carried on the RHIB and set up with two regulators and be put into the water hanging at six meters for safety should it be required.

The RHIB will also be carrying Oxygen, First Aid, and a VHF Radio, the Cox will be a person who has dived the sites before, and will be able to give advice should it be required.

Tidal Information

For those that are unaware there are no tides to speak of in the Med and as such that will mitigate any currents so these will not be an issue during this expedition.

Dive Site Information

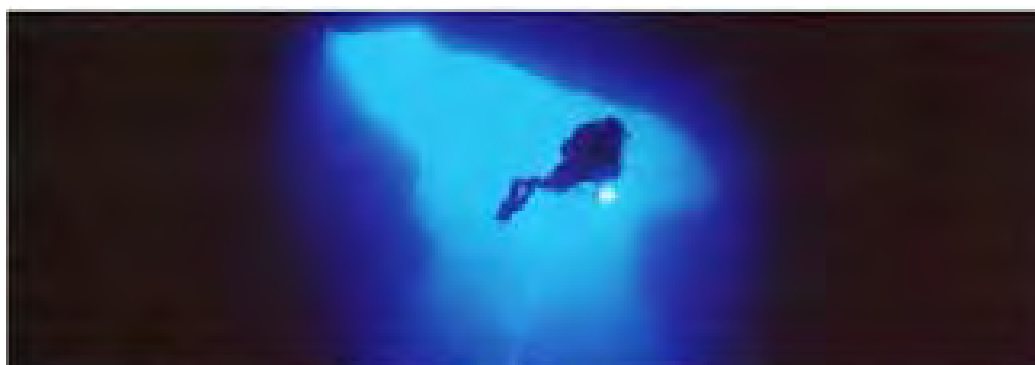




Billingburst Cave

Shore Depth: 25m Rates ★★★★★

This large cave is located in a tight corner of a rocky coastline, and facing due north, it sees almost no direct sunlight, thus having very little natural light penetration. After swimming for about 60m into the cave over a bottom of fine sand and shingle, several loose boulders form an upwards slope leading to second massive cave where we are able to surface in a large air pocket totally enclosed in rock. The ceiling of this cave is about 5m above the water level while the furthest walls are approximately 35m away. The sight of the blue open water with the sun shining through from the outer reef on the way out of this cavern is very impressive.



Boat/Shore Depth: 20m Rates ★★★★★

Cathedral Cave

Starting from Ghasri Valley, Cathedral Cave is located on the right hand wall just out of this spectacular narrow gorge. The entrance is only 5m below the surface and leads to a huge domed vault where we can surface in a very large air pocket, the ceiling of which is approximately 15m from the water level. As this cave faces due west, it is better to be dived in the afternoon when it is very well lit with direct sunlight. Besides this, a small crack in the cliff face 2m above water provides fresh air as well as adds to the light in the 'dome'. At the far back of the cave, where the ceiling is only a metre above the surface, there are two shafts hewn from the rock going straight to the top of the cliff; a sort of well used long ago to fill the saltpans above. However, today this shaft is covered by a stone slab. The cave's seabed is littered by huge boulders and the view to the outside blue of the ocean is breathtaking.



Boat Depth: 30m
Rates ★★★★★

Gudja Cave

This dive starts by entering a cave only 8m deep and about 6m high above sea level. However, after just a few metres in, the floor of the cave disappears, abruptly falling to a depth of 30m. Almost exactly beneath the entrance, a massive arch stretches down from 20m right to the seabed at 34m, making an ideal and spectacular exit from this cave.



Boat Depth: 30m
Rates ★★★★★

Tac-Cawla Caves

For unknown reasons, this dive site has rarely offered prolific fish life but the underwater dramatic scenery makes up for it. The sheer cliff wall towering above us continues underwater and ends at a depth of 35m, where the bottom is littered by massive boulders. The dive itself is characterised by 4 caves, two massive ones clearly visible from the surface and two completely submerged ones. The latter are



The large entrance to this cave starts from 17m and stretches right down to the seabed at 28m where it is a good 30m wide. A tumble of boulders lie at the entrance but the cave's floor is actually covered in silt, sloping up to 21m meeting the ceiling at the back. The walls and the ceiling of this magnificent and unique cave are literally covered with many different types of encrusting coral sponges, glass bell tunicates, yellow creeplets, orange sea fans, sand coral, gold cup coral, virgin lace coral and other small young corals with masses of cardinal fish and marine goldfish seeking refuge amongst them. It is very common to spot seahorses in this cave which adds another bonus to this fantastic dive. The view to the outside brilliant blue of the ocean is breathtaking.





Xlendi Cave & Reef

Shore Depth: 10/25m Rates ★★ ★

On the northern wall of Xlendi Bay, a very shallow tunnel opens up from the back of a Cave and runs right through the headland. Emerging from this tunnel, we follow the cliff wall to the left towards the gentle outer drop-off and around the Reef, which extends underwater from the headland.

Backup Dive Site Locations




Blue Hole

The Blue Hole is reached via a fairly difficult walk over ancient coralline limestone. The rough path leads down to the shore, where a shallow-water shelf stops abruptly where the Blue Hole is formed. This natural rock formation resembling an upright tube and carved out over thousands of years by wind and wave power, offers a sheltered entry for this dive through a huge archway starting at 6m stretching right down to the bottom at 15m. A large cave at the bottom of the hole, exactly opposite the archway, is also worth exploring.

Azure Window:

The Azure Window, an impressive archway attracting thousands of tourists above water and quite as striking underwater. Diving around the outer leg of the Azure Window, the steep slope is covered with massive boulders home to several groupers, adding an extra bonus to this incredibly scenic dive.



Inland Sea **Shore Depth: 25/40m Rates ★★★★★**

A small enclosed bay at Dwejra Point is connected to the open sea through a large tunnel stretching approximately 80m. The walls on both sides are deep, vertical and overhanging for most of the way. This tunnel is only 6m deep at the start of the dive, immediately dropping down to 15m, and halfway through, the seabed is at 25m. The view as you look out into the deep indigo blue of the open ocean is spectacular. Around the corner to both left and right, there are further vertical fissures and caves in the cliff face to be explored, while the marine life in this area is very prolific.

Skuljetti:



Skuljetti, meaning 'Couple of Reefs', stands to its name. After a fairly difficult walk over ancient coralline limestone, two rocks lying close together approximately 30m offshore come into view. Between these reefs and the shore, the rocky seabed is only 5m deep and leads to a vertical drop-off. Precisely beneath the two rocks, there is an interesting cave with various small corals and sponges covering its sides and ceiling. Out of the cave, we follow the wall to the right around the bigger rock. Boulders of all sizes litter the seabed here, giving excellent refuge to many species such as the grouper and the brown meagre.

Crocodile Rock:

This crocodile-shaped, low-lying rock lies approximately 150m offshore between Dwejra Point and Fungus Rock. Commencing from the sheltered side of the rock, we take a westerly direction towards the left of the rock where a natural amphitheatre with near-vertical sides drops towards deeper water, reaching a steep wall directly below the seaward side of the rock. Continuing around to the right, there are a number of deeply incised fissures inhabited by a variety of marine creatures. The bottom of the wall is littered with huge boulders, an excellent refuge for the many groupers in this area. The marine life in general is very prolific with damselfish, bogue, and salema dominating, while barracuda, tuna, dentex, amberjack and obviously groupers are a common sight



Xatt L-Ahmar

Shore Depth: 20-30m Rates ★★

This dive starts from a wide 5m-deep plateau. This rocky ledge extends underwater and drops down from 9m to 35m. Most of this wall is formed by large boulders and fields of neptune grass.



Shore Depth: 30m Rates ★★★

Fessej Rock

Fessej Rock is a very dark and prominent rock rising about 15m above the water level and lying approximately 350m south-east of Il-Kantra. The dive is practically a circumnavigation of the rock along a wall dominated by huge boulders and swimthroughs.

Il Kantra



Il-Kantra Boat/Shore Depth: 20-30m Status ★★★

This dive starts off a small rocky ledge 10m deep which soon falls down to a sandy bottom at 20m. Following the wall on the right hand side, the sloping seabed is mainly made up of Neptune grass at first but further on the area becomes littered with huge boulders creating a couple of swimthroughs and providing shelter for a variety of marine life.

Maps and Directions

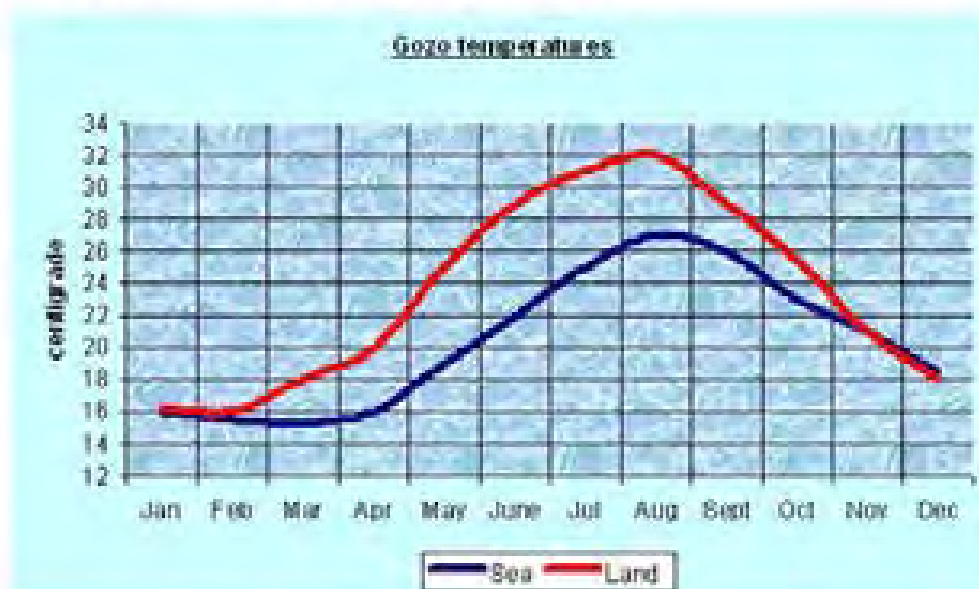
Local road maps will be provided for all vehicles on arrival in Gozo and placed in each vehicle.



Local Contact and Emergency Information

Malta Country Code	00356
Hyperbaric chamber	25951549 or 21234765 or 196
Ambulance, Fire, Police	112
Red Cross Land & Sea Rescue	99800886
Emergency Rescue Air/Sea (AFM) Daytime	21809279
Emergency Rescue Air/Sea (AFM) After 4pm & weekends	21824220
Traffic Accident	21320202
Directory Enquiries	1182
Overseas Operator	1152
Flight Enquires	50043333
Gozo Channel Co. Ltd.	21556622
Hospital Gozo	21561600
St Lukes hospital (Malta)	25951549/1279/1697
Time Check	195
Weather Forecast	50043848
Helicopter	244371
Patrol boat	238797 or 225040,
Valletta radio VHF Channel	16 or 12.
Gary Friedman	07900906200

Gozo Land and Sea Temperatures



GOZO INFORMATION

Regulations covering diving were introduced to ensure the maximum safety for divers these are as follows.

Participants in diving courses will need a medical certificate to show that they are physically fit to dive. Dive schools can arrange this easily for you at the start of the course for a minimal charge.

Qualified divers wishing to lead their own groups will need to obtain a local diving permit, an instructor's permit known as Card C, which is needed to dive in Maltese territorial waters. For this, you will need a medical certificate, two passport-size photos and a diving logbook. Your dive school will help arrange this for you.

If you wish to practice the sport with similarly qualified divers, you will need a certificate which is equivalent to the CMAS/2 – a professional diver's diploma.

BANKS

Banks are open from Monday to Saturday from 8.30 till about noon. Closed on Sundays and Public holidays.

HEALTH CARE

Hospitals are modern and supported by a regional network of health centres. Visitors from EU member's states should make sure that they have a European Health Insurance card. After these close you can obtain emergency service at the Gozo General Hospital, always take your passport with you.

PETROL STATIONS

There are only a few petrol stations in Gozo. Most of them are found in Victoria and a couple at Mgarr Harbour, opening hours 07:00 till 18:00 hrs. After closing hours, including Sunday's and Public Holidays, stations operate self-service using Euro bank notes.

POSTAL SERVICE

Red post boxes are dotted around the island. You can also post your cards and letters at our marina office.

SHOPS

Most shops are open from 08:00 till Noon, close for a siesta and reopen from 16:00 till 19:00 hrs. On Sunday and Public Holidays most shops are closed.

SMOKING

In Malta and Gozo smoking is prohibited in public areas.

TIME

The Maltese time zone is Central European Time (CET) in winter (GMT +1:00), and Central European Summer Time (CEST) in Summer (GMT +2:00); one hour ahead of the time in the UK.

BUSES

Buses are the cheapest way to travel and are relatively efficient and reliable. All services originate and return to Victoria main bus terminus at Main Gate Street. Bus schedules can be obtained from the information booth at the Victoria bus terminus.

Whenever you use buses make sure that you pay the correct fare. Keep small change available.

Detailed Breakdown of Costs

Flights:-

Air Malta	£2297.16
Flybe	£1259.50
Excess Luggage Air Malta	£ 100
Excess Luggage Flybe	£ 100

Unaccompanied Dive Package, includes, airport transfers, accommodation,
Unlimited air or Nitrox, cylinders, weights and jeeps 3,630 Euros £3194.40

Ferry ticket	£ 96.80
Dive Insurance	£
Car Parking / Taxis	£

Food:-

Communal Breakfasts 135 Euros	£110.70
Communal Drinking Water 40 Euros	£ 32.80
Lunch (to be confirmed)	£

Equipment Supplied by expedition (only if BEGS grant obtained)

Waterproof Notebooks	£90
Diver Slates	£20
Sea Charts	£30
Local Dive Books	£25
Local Maps	£50
Laminated Log sheets and guidelines	£35
Sub Total Expedition Kit	<u>£250</u>

Total cost of expedition excluding all food and eqpt. £7047.86

Total cost of expedition £7092.86

Total cost of expedition per diver £640.74

(Conversion rate of £1 = .88 Euros been used for above actual rate to be used when paid)

Risk Assessment

Hazard	Who	Frequency	Severity	Risk evaluation	Controls	Immediate measures to deal with consequences if risk does occur
Heart attack	All	Rare	Fatal	Medium	Medical self-declaration / referral to Medical Referee.	CPR by Instructor. Emergency services activation plan.
Ear damage	All	Occasional	Moderate injury	Medium	Trainees receive specific instruction in 'ear clearing'. Divers or snorkellers do not dive when suffering from a cold.	Assistance from Instructor or buddy.
Mask Squeeze	Trainees	Rare	Minor injury	Low	Only mask which encloses both eyes and nose in the same airspace used. Trainees receive specific instruction in mask equalisation.	Assistance from Instructor or buddy.
Injury from falling cylinders	Trainees	Rare	Moderate injury	Low	Trainees taught to always lay heavy equipment down. Monitoring by Instructor.	First Aid by Instructor.
Running out of air	All divers	Occasional	Fatal	High	All SCUBA sets fitted with cylinder pressure gauges. Monitoring by Instructor. Instructor / trainee ratios in accordance with BSAC recommendations.	All divers carry AAS.

Risk Assessment cont/....

Hazard	Who	Frequency	Severity	Risk evaluation	Controls	Immediate measures to deal with consequences if risk does occur
Rapid ascent	All divers	Occasional	Fatal	High	Progressive training Correct weighting of all divers. Monitoring by Instructor. Instructor / trainee ratios in accordance with BSAC recommendations. Visual datum used for ascent exercises where appropriate.	Diving monitored by shore / boat cover able to provide / direct assistance. Oxygen Administration equipment and trained administrators on site.
Entanglement in nets/lines/under-water obstructions	All divers	Rare	Fatal	Medium	All divers carry appropriate cutting implement, such as filament line cutter, wire snips, diving knife, etc. Instructor control.	Assistance from buddy
Diver Separation	All Divers	Occasional	Fatal	HIGH	Divers to dive in buddy pairs at all times. Contact to be maintained throughout the dive. Strobes or buddy lines to be carried.	Divers to surface immediately. Re-establish contact. Render assistance as required. Apply first aid or hospitalise as required.
Reduced underwater visibility	All Divers	Frequent	Major Injury	HIGH	Diver numbers in water to be controlled and monitored. Divers to carry strobes and buddy lines on all dives.	Strobes & buddy lines items to be used in the event of the onset of reduced visibility. Dive to be abandoned in the event of adverse reduced visibility. Divers to surface and exit. Dive Marshal to abort diving.

Risk Assessment cont/....

Hazard	Who	Frequency	Severity	Risk evaluation	Controls	Immediate measures to deal with consequences if risk does occur
Trips/Slips & Tumbles	All	Occasional	Minor Injury	LOW	Dive Marshal to advise all divers of no running on site. Make party aware of road-mounted ringbolts and other dangers.	Remove casualty from danger and provide appropriate first aid. Hospitalise, as required.
Decompression illness	All divers	Occasional	Major injury	Medium	Dives planned and conducted in accordance with BSAC '88 Decompression Tables or decompression computer. All divers equipped with depth gauges and watches and / or decompression computers.	Oxygen Administration equipment and trained administrators on site.
Nitrogen Narcosis	All divers	Frequent	Fatal	High	Progressive build up of depth experience for trainees. Progressive work-up dives for all divers who are going beyond their recent diving experience. Experience gained in company of Instructor / diver of greater experience at that depth. Clear dive plans.	Assistance from Instructor / buddy.
Separation from boat while drift diving	All divers	Occasional	Fatal	High	Dive plan agreed with boat Cox'n. All dive pairs follow same plan. All dive pairs marked by Surface Marker Buoy.	Each diver carries aids to visual detection – e.g. flags, sausage buoys, strobes, flares, whistles etc.

Risk Assessment cont/....

Hazard	Who	Frequency	Severity	Risk evaluation	Controls	Immediate measures to deal with consequences if risk does occur
Contact with dive boat / propeller	All divers	Rare	Fatal	Medium	<p>Only trained cox'ns allowed to operate boats.</p> <p>Trainees receive specific instruction in boat exit / entry techniques.</p> <p>All exit from and entry to boats controlled by cox'n.</p>	<p>First Aid kit on boat.</p> <p>Boat crew trained in First Aid.</p>
Injury from other boats	All divers	Rare	Fatal	Low	<p>Flag 'Alpha' flown while divers are underwater.</p> <p>Monitoring of other surface traffic by boat cover.</p> <p>Divers marked by SMBs or ascending under DSMBs.</p>	<p>First Aid kit on boat.</p> <p>Boat crew trained in First Aid.</p>
Deteriorating weather	All divers	Frequent	Fatal	High	<p>Diving planned using latest weather information.</p> <p>Alternative site planned.</p> <p>Weather conditions constantly monitored by Dive Marshal / cox'n during diving.</p> <p>Diver recall mechanism available (e.g. signals via SMB line, Thunderflashes)</p>	<p>Diving cancelled or changed to back-up site by Dive Marshal.</p> <p>Diving in progress terminated using diver recall mechanism.</p> <p>Boat intentions and appropriate times notified to Coastguard prior to departure. Updated if plans are changed.</p>

Risk Assessment cont/....

Hazard	Who	Frequency	Severity	Risk Evaluation	Controls	Immediate measures to deal with consequences if risk does occur
Heat Stroke	All Divers	Occasional	Moderate	Medium	Dive Manager to ensure sun protection used	First Aid Kit with Expedition
Dehydration	All Divers	Frequent	Moderate	Medium	Dive Manager to ensure plenty fluids available	Spare water to be carried as part of First Aid Kit
Sunburn	All Divers	Occasional	Moderate	Low	Dive Manager to ensure sun screen is applied	An Extra Hat and T shirt will be kept available
Bites/Stings	All Divers	Frequent	Minor	Low	Dive Manager can recommend protection	Bottle of Vinegar will be kept in First Aid Kit

Skills Log

Name	First Aid	AED	Oxy Admin	Boat Handler	Diver/Cox
Gary	x	x	x	x	x
Norman			X	x	
Gerard			x	x	X
Valerie			X		
Sandy	x		x	X	
Sam			X	x	x
Andy	x				
Duncan					
Caitriona					
Claire	x		X		

Diver Training Requirements Log

Name	Instructor	Depth Progression	Rescue Drills	Dive Leading	Other
Gary					
Norman					
Gerard					
Valerie					
Sandy					
Sam					
Andy					
Duncan					
Caitriona					
Claire					

Appendix 1: Application Form

Title Mr/Miss/Mrs:.....

Name.....

Permanent Address.....

.....Post code.....

Telephone Number (Home).....

Telephone Number (Mobile).....

E-mail address.....

BSAC Membership No..... Number of Dives.....

Current Diving qualifications.....

What Skills do you have for this expedition?

Oxygen Administration

AED

Diver Cox

Underwater Photographer

First Aider

Boat Handler

Report Writer

Marine Biologist

Other.....

Next of Kin (and relationship)

Name:.....Relationship.....

Telephone Number (Home).....

Telephone Number (Mobile).....

**THIS APPLICATION FORM IS SEALED IN AN ENVELOPE AND TAKEN ON THE EXPEDITION
FOR OPENING IN CASE OF EMERGENCY.**

I confirm that the information given in this application form is correct, to the best of my knowledge, that I am fit to dive and that I will dive in accordance with the BSAC Safe Diving Practices.

Signature.....Date.....