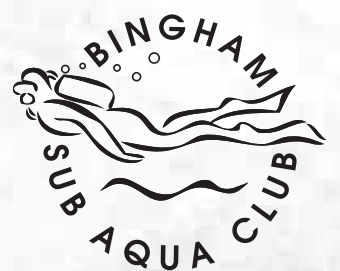


The art of clubbing

H e i n k e T r o p h y R e p o r t 2 0 1 6





Mediterranean or Fried Egg Jellyfish
(*Cotylorhiza Tuberculata*)
Photo: Mark Owens



Introduction

BSAC Branch 0378, Location Middle of England, founded in 1969 and still going strong!

I have been a member of this club since 1985 and frequently wondered how an inland club manages to not only prosper but also develop; it is such an effort to get wet! Perhaps that is part of the strength of inland clubs, we all have to pull together to ensure our future buddies get their open water training and to plan our diving trips. You cannot just wait for a nice day and take the boat out!

Another observation I have made is that the club committee has always seen a healthy rollover of membership. New members have been able to come in and rapidly make a positive contribution that means the club is dynamic and their investment commits them to the Club's ongoing long-term success.

Over the years, the nature of the diving undertaken has changed. When I joined, I listened to stories of making your own wetsuits, blowing up the club's inflatables on the shore and discoveries of new wrecks. Indeed, the transit markers for these were the club's crown jewels even as I joined.

On joining, the club had a number of members with their own RHIBs and novices were quickly scooped up and nurtured as potential crew mates to share the costs. This did mean that the club did a lot of diving and many RHIB (Rigid Hull Inflatable Boat) expeditions to the Scillies, Channel Islands, St Kilda and even Rockall were undertaken, well before the luxury of GPS navigation.

As traffic got worse, we decided to house our boats by the sea to avoid towing and concentrate a summer's diving around one location. The club still adopts this practice to make dive planning and logistics easier.

Over the years the diving has become more technical, dry suits, stab jackets, twinsets, computers and nitrox all making the diving more pleasurable but also meaning that there is more detailed and complex training needed. This in turn can move the emphasis of many clubs nowadays away from pioneering, to recruiting and training. It is important to keep a balance between the two but equally to stay abreast of developments and stay safe. I notice that rebreathers are

now making inroads in the club. Times are changing again but it is good that we as a club are moving with them.

It is always gratifying to observe a new member nervously attending the pub social gathering after their first pool training gradually becoming more confident and forming one or two special friendships with other members. Considering the actual time we get to spend under water, the friendships and social activities surrounding the diving are of vital importance in club life and must be nurtured with equal care for a club to thrive.

More recently a phalanx of members have become interested in reaching the apex of British Sports diving and First Class Divers, BSAC National Instructors and Regional Coaches. While Bingham SAC has always nurtured regional links and activities, the strengthened contact with BSAC HQ has done wonders for the membership and engendered a real enthusiasm for outreach to a wider community of divers.

I look forward to following my club's future prosperity. It is the BSAC branch structure that is our strength and sets us apart from other diving agencies because we learn as a group, diving together regularly. You only have to travel abroad to see how well regarded your BSAC qualifications are.

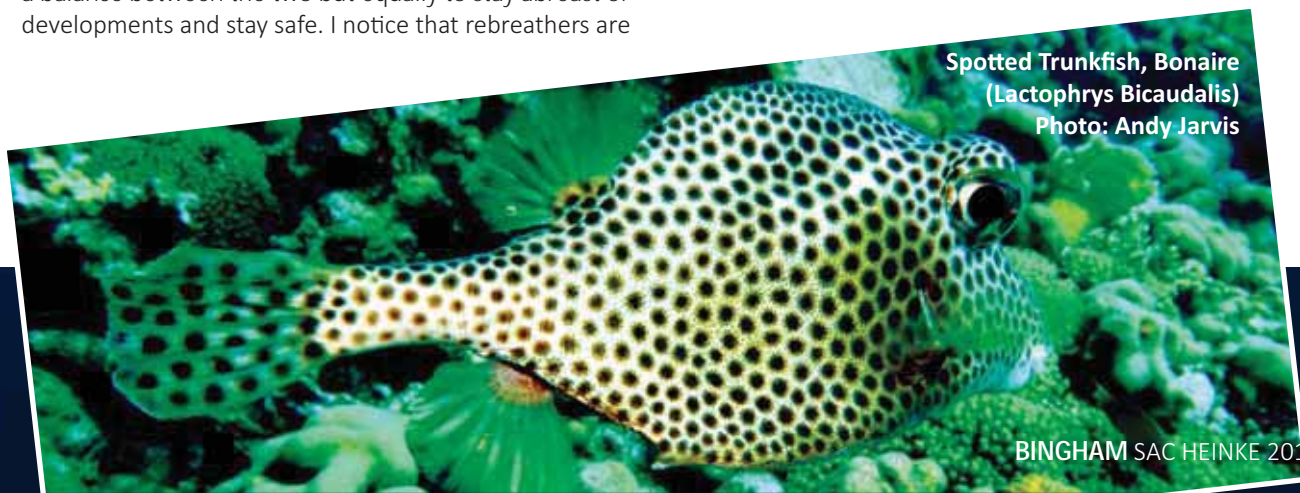
Whilst I am no longer diving for medical reasons, such is my lifelong investment in and enthusiasm for my club, I am still an active social member, and I wish the club every success in all its future endeavours and in this application for the Heinke Trophy.

Fred Hopper.

Club Dinosaur

Honourary Member 362406, CI 1334

Spotted Trunkfish, Bonaire
(*Lactophrys Bicaudalis*)
Photo: Andy Jarvis





Friends we rely on

For me the real benefit of this exercise is to highlight the value of what we have. We are happy to be a bog-standard branch but, like so many other branches around the country, by coming together and doing what we do just for the fun of it, we have created something fantastic. It is right that we should celebrate that.

When I was first persuaded to join the branch back in the dark ages by a young novice diver who later became my diving officer, and is still my wife, I would not have predicted that I'd still be part of it so many years later. As most branch members will tell you, I'm not a very clubby person and yet Bingham 0378 has held my attention for several decades and continues to do so. Diving attracts a special type of nutter. What we do is bonkers and to push the boundaries, to have fun and still do it all safely you need a special group of people around you. Over the years we have done some extraordinary things and that tradition of adventure continues. When we dive together we know the strengths, weaknesses, capabilities and skills of every member of the group. We also know we can taunt each other mercilessly without recriminations. That's something you just don't get if you book yourself onto a hard boat with a bunch of people you barely know.

Knowing each other so well allows us to take each trip away to a level that would be impossible with any other group of divers. Branch training and branch trips are the key to this.

At the heart of the branch is the training we do within it. If that was devalued or reduced we would be a much weaker group. It is the start of getting to know each other. The enormous amount of work done by the team in the branch that trains our members is fundamental to the health of the branch. We know each other well in large part because we have trained and grown up together. The pain of all those 7 am starts in February at Stoney Cove forms a strong bond.

Our branch is forged, though, in the trips and expeditions. That's where we really get to know each other. It takes a certain type of person to want to tow a small boat to the British coast, take it out to sea with a bunch of amateurs on board and then jump off. The spirit of the branch is generated from the shared experience and achievement of doing it yourself. The success of the trips comes from

each member of the group challenging themselves to do something new and in learning from each other, no matter how experienced or qualified they are. Being herded through tropical coral gardens in a group of twenty or being dropped from a hard boat by a skipper who has planned your day for you just isn't the same. The diversity of our group adds immeasurably to the fun of what we do. We have members of all ages and from most walks of life. The branch has brought together a unique group with the curious slant on life that only divers have, and has generated lifelong friendships that never would have existed without it.

None of this would happen without the unsung heroes of the branch who train, organise, fund-raise and pontificate on committees. Every branch has them and ours is no exception. George Smith and John and Eve Harris are worth a special mention for slaving away in the least glamorous (but vital) jobs for years.

Fortunately we don't have to rely entirely on the old guard and leadership in the branch has usually passed from one wave of members to another with little drama. We have proved over the last few years that we can increase our membership and reduce our average age. Any branch can do it, they just need the right attitude. Any club needs to change to thrive.

Our approach to the main offices in the club is one of the things that helps us set the tone and stay fresh. The Chair, DO and Training Officer are all development roles, not jobs for life. We refresh the committee as often as we can to bring in new energy and ideas. We use the skills of all members whether they are experienced divers or not. The cult of personality has no place in a group that knows each other's foibles so well, and where the dreaded Pink Snorkel award for the most spectacular cock-up in the season is reserved by convention for our most experienced divers.

I hope that this introduction gives some flavour of what we are about and how we have created a group of friends that we all rely on even when we are not diving.

Andrew Shipley

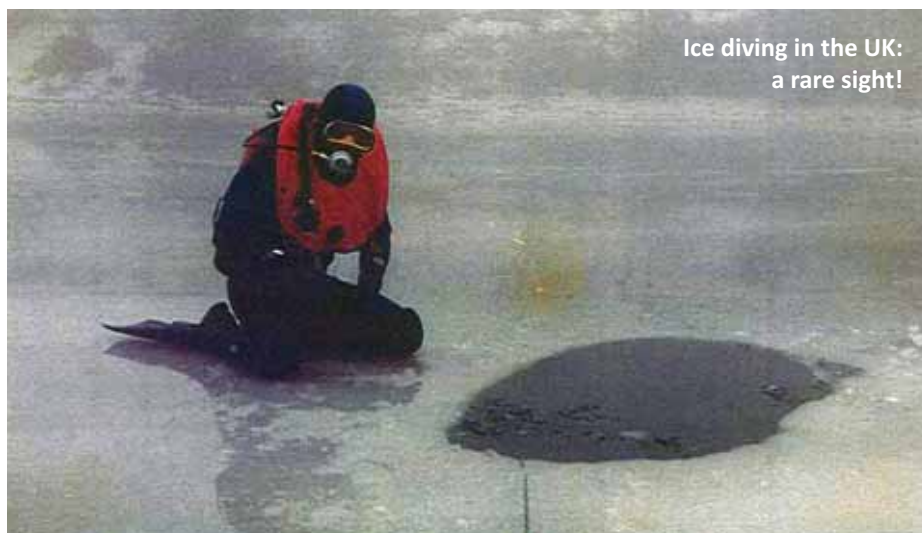
Chairman 2016 and
proud multiple Pink Snorkel winner.

Content

Giant Anenome (*Condylactis gigantea*)
in Bonaire by Andy Jarvis

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Bingham Sub Aqua Club History



Ice diving in the UK:
a rare sight!

It all started back in 1969 when a group of Nottingham Sub Aqua Club divers who lived around the Bingham area approached the newly opened Bingham Leisure Centre with a view to starting a new Club there. The Centre said yes, so founder and chairman John Cranswick with Ernie Hopkinson, a fireman who became DO, and three others created Bingham Sub Aqua Club 0378 early in 1970. The first membership count was around 10.

In the early days without a boat, diving took place off Clay Beach in Norfolk, on a sunken coal barge which could be seen from the shore at low water. The entry routine was to wade in up current and be taken onto the wreck, where you would hold on until finished then be taken down current and clamber ashore further along the beach.

Other destinations at that time were the Farne Islands, HMS Hood in Portland harbour, the Canada, off the east coast and Cornwall where divers with their families would go many weekends over the summer and finance their trips with the sale of scrap metal from the previous excursions! 'Wrecking' continued to be a major motivating factor in Bingham's diving until it became

inappropriate some years later. The first Club boat was called the Black Pig on account of its colour and the way it handled. It was built in John Fletchers bedroom over the winter of 1971/2, and was a flat bottomed inflatable, which joined Graham Bowles' own flattie, forming the Bingham fleet. There was a massively successful fund raising event around this time, when the Club hired the main sports hall at the Leisure Centre and put on a concert by Acker Bilk, which was a sell out. Diving extended over the years upto Oban and the Breeda, and more private Zodiac boats joined the fleet. As new members joined,

and training and kit improved, so more adventurous diving started to happen. An early Red Sea trip, Corryvreckan near Oban, Wales, and Plymouth with Roger Webber. A new inflatable Club boat with a Volvo outboard engine was purchased with the help of a Sports Council grant in 1979.

In 1984 Bingham's Mark Taylor joined up with one Colin Duke who was searching for a vessel from the Armada era said to be laden with emeralds, sunk in Lyme Bay. In return for free diving he, and later Keith Rhodes, shared fuel costs and eventually located what was to be confirmed as the Avalanche. The team dived it for two seasons recovering pottery and artefacts, and Keith found the bell which confirmed the ID. She had sunk in 1877 with the loss of 113 lives after a collision with another vessel. Some of the pottery and the anchor which the team raised, now can be seen at the memorial church on Portland Beach, and a film was made for Blue Peter of the raising of the anchor. A stained glass window in the church depicts the 7 divers and names them on a memorial plaque.



Bingham SAC using their RHIBs
on a club trip

THE ILLUSTRATED LONDON NEWS.



REGISTERED AT THE GENERAL POST-OFFICE FOR TRANSMISSION ABROAD.

No. 1993.—VOL. LXXI.

SATURDAY, SEPTEMBER 22, 1877.

TWO WHOLE SHEETS: SIXPENCE.
AND SUPPLEMENT 1d. Post, 6d.



A news paper from 1877
the news 113 lose their lives
on the ship Avalanche

The first club RHIB was acquired around this time in the mid eighties but unfortunately strife between members after an incident resulted in a split and Mark Taylor, with others, left to form Trent Valley SAC. Remaining Bingham members continued to dive adventurously and acquired a number of RHIBs and much diving in the late 1980s was centred around Swanage, the Channel Islands and other south coast destinations. From the early 1990s the older members with their own RHIBs started to drift away and a more egalitarian feel began to emerge.

The club now only had its own boat and everyone had to muck in and make things happen themselves. Under Fred Hopper's guardianship and later under the leadership of both Andrew Shipley and Adrian Collier, the female membership grew, families were welcomed, more training became available and was encouraged to be taken.

New destinations were explored such as the Outer Hebrides, St. Kilda, Rockall, the Isles of Scilly, Gozo and the Medes Islands off L'Estartit. A new boat named Avalanche, after the 1984 wreck discovery, was purchased, along with more equipment and the club you see today started to emerge.



The Avalanche's anchor lays at rest at Portland Church

Honouring the 113 lives lost

There has always been a very strong spirit of adventure in Bingham SAC, probably more measured now on account of the myriad of regulations which pervade our lives but the 'damn it lets do it' attitude lives on and may that never ever be lost.

BINGHAM SUB AQUA CLUB TODAY

A boisterous, sociable, adventurous but caring group of 79 members at the end of 2016, which consists of people of all ages from 13 to 72, girls, boys, married couples, families, divorcees, school children, pensioners, all with one common interest: diving.

HEINKE ENTRY

The brain child of our lady Chair and driven by a group of more senior female members, who each took responsibility for a section. Each of these have been supported by contributions from most members of the club in the form of photographs, articles, profiles, diving data, advice, guidance and constructive criticism. The artwork and layout is the work of Adrian Collier, graphic designer and printer, with critical input from the 'management team', proof reading by various people and the final entry produced by Print Revolution. Truly a team effort of which we are immensely proud if not relieved to have finished!



1. Membership

INTRODUCTION

2016





One of Bingham's early 1970 promotional leaflets - I think we might have come a long way since then!!!!

Bingham Sub Aqua Club 0378

Bingham as a club is 46 years young in 2016

We still have members of the club who were nearly there at its inception. It has gone, like many clubs in BSAC, through lots of changes and re-inventions. At times we have had several boat owners, RHIB owners and varying membership numbers. It has been a good experience to start to collate the history of this club and the great diversity of its membership.

Geographically we could hardly be further from the sea if we tried so to sustain the clubs diving over the years has most definitely been a challenge. However the members of this club have risen to that call in inventive ways, mooring boats on various coasts, organising trips away with their RHIBs, families, tents, caravans and dogs all round the British coast and further afield.

BINGHAM 2016 AND BEYOND

As a club we cover a great range of ages from 14 years of age to some members in their 70's. This mixture makes our club vibrant and above all else enthusiastic. As the aim is to promote the sport, and encourage newer and older members into progressive and safe diving, we are lucky to have a wide range of skills and abilities available to us, ranging from absolute beginners to National Instructors. The commitment of the instructors and the inclusivity of the club is without a doubt the gel which binds us together and encourages new members at all levels. No one is disparaging of people's individual abilities and we actively work to allow everyone to be included whether

they dive or not, for whatever reason. We can usually find a role for them.

NEW CHAIR - NEW RESPONSIBILITIES

I am relatively new to diving having started only in 2014 in the pool and then Stoney Cove for my first open water dives. I found it quite a challenge as I don't particularly like swimming and I certainly don't like sticking my head underwater. However, I went with the club in 2014 to the Sound of Mull, really looking forward to going back to my native country but apprehensive with regard to whether I would cope. This was my turning point; the beautiful corals and sealife were stunning, better than I could have imagined and totally sold the sport to me. Like many things in life the surface makes



The Art of Clubbing 2016

you want to delve into things more deeply and continue to challenge and learn.

USP'S

The support and general inclusivity of the club, which was not a clique, other than a diving clique, made it both welcoming and reassuring for a new nervous diver. This is one of Bingham's unique selling points, there is no pressure to be 'the best' but instead it is progressive at an individual's pace.

FACILITATE

We aim to cater for all levels with the more experienced supporting the trainees, and those seeking to improve skills at all levels. This covers all levels and included in this is our

Instructors keeping current and helping each other.

PROGRESSIVE

As a club our development of confidence or skills is multifactorial. It is not just aimed at box ticking but at enjoying the sport and progressing those that wish to do so allowing them to feel comfortable and competent in their own abilities.

RETENTION

We are above all else a sociable club, which enables members to recruit new people and for them to easily intergrate. It is like a slightly extended family in that respect. The general enthusiasm for the sport encourages members to stay and enjoy it.

AGEISM

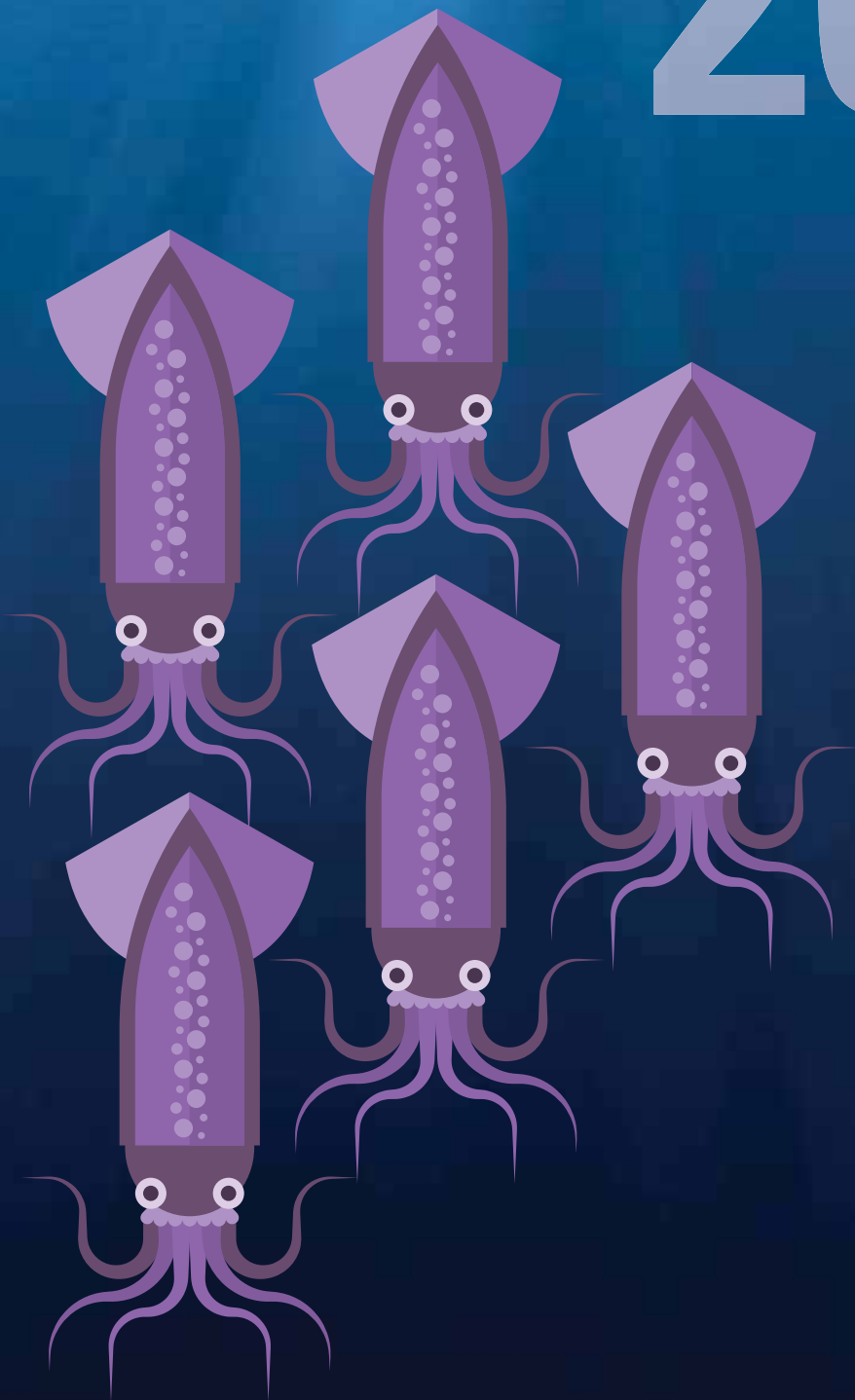
This is difficult as some of our more senior members are amongst the most enthusiastic and open members of the club. They still have the energy and experience to encourage the newer and in most cases the younger members to learn, integrate and progress. These members give their time, which in a voluntary group is a valuable asset of all.



1. Membership

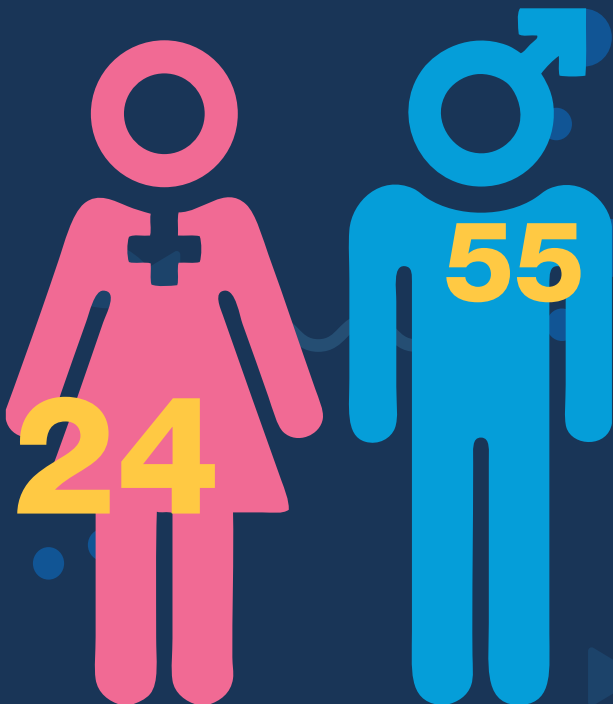
NUMBERS

2016



Bingham numbers for 2016

start **2016 72** Peaked at **81** at
one point during the
year
2016 end 79



NEW MEMBERS

Events such as This Girl Can in November and the new website attract new members

Joining **26** Male **15**
Female **11** **12** Already
hold some form of
qualification

left **2016 14**

AGE:No
12-18 : 3
18-30 : 15
30-40 : 11
40-50 : 20
50 + : 30

The age range of the club spans from 12 through to over 70 years of age, indeed some of Bingham's most active members are in the older bracket.

Mem Types

Family **13**

Full **63**

Honorary **3**

BSAC Membership

FULL **48** ABATED **26**

STUDENT **1** JUNIOR **4**

SNORKEL ONLY **0**

HONORARY AND SENIOR MEMBERS

We have 3 honorary members, all of whom have been members for many years. Fred Hopper joined Bingham in 1985 has stood in as Honorary Chair during period of absence of the elected Chairperson. Russell Hunt is our current President joined in 1983 and Ashley Hunt who made an outstanding contribution to the club during his time on the committee. In order to retain the interest of senior members we keep them involved in club activities; teaching, coaching, giving talks as well as getting new members introduced as soon as possible. Their experience and knowledge is invaluable.

MEMBERSHIP SECRETARY 2013 – 2016 ANDREA RILEY

I have been diving with Bingham for many years along with my sister and nieces so my whole family have been involved with the club in differing guises for several years. I took over the position of Membership Secretary in 2013 when the system was purely hard copy/ paper based. Our club had an impressive number of members and was growing at this time so I decided it

was easier and probably safer to create an electronic version.

So with some help from my partner and other members of the club this was done and has proved to be a really useful tool to monitor parameters required for the clubs diving membership. As usual the hardest part is the data entry which has to be kept current and up to date.

As medicals and subscriptions came up for renewal I would email members in advance to give them a 'heads up' that these were becoming due and to give them time to actually get the relevant documentation done and delivered to me. This was usually given to me on club evenings on a Tuesday. I could then add notes on the spreadsheet as to the status of membership or medical of each individual.

This also allowed me to know when I needed to follow up medicals so that members were covered whilst diving with the club. This was then done either via telephone call, text or in person.

The data involved can be sensitive and as such was shared only with the Diving Officer via a private dropbox. This helps

keep the DO aware of an individual's status and meant we could jointly address any problems or concerns if they arose.

THE ELECTRONIC COPY CONTENTS ARE:

Name and contact details

Date of Birth

BSAC membership number and renewal date

Medical Renewal date and Type – self certification/full

Diver Class

Club Fees – payments – single payment or Standing Order

Notes section – for any other required information

The Spreadsheet has one page for each member. The system is now working well and is fully and easily transferable to the new membership secretary which has duly been done in November 2016.

CONFIDENTIALITY

This data is confidential between the member, the membership secretary and the Diving Officer. It is not discussed at committee and with other club members.

Meet the members of Bingham



MARK OWENS

I joined Bingham SAC when I moved back to Nottingham in July 2011, it just happened that my neighbours were Mr & Mrs Shipley, so after a pleasant afternoon tea with Sue and Andrew on their patio I joined the club. It was convenient as I lived in Scarrington at that point, and it had a better review than the other dive clubs in the area.

I particularly enjoy the amount of diving carried out by the club for all levels by selfless, considerate and compassionate individuals within the club. I also enjoy the camaraderie and the amount of fun social events, especially with such like minded individuals.

Why do I love diving?- because no matter how many times I disappear beneath the waves, I never know what I'm going to see, or when I will see something. No matter how many times I dive a site I'll have a different experience each and every time.

Specifically in the UK, which I regretfully didn't dive for the first 10 years of my diving career but caught up in the last 20 years, I have had some of the most spectacular and amazing dives. It is the sheer amount of wildlife under our waters, and the challenges and demands it throws at you. True adventure diving, I find it incredible.



SALLIE MACULLEN

I am a member of 2 BSAC clubs. Why? People ask why I need to be a member of 2 clubs, well each one is different. In the small club I am a big fish in a little pond and in Bingham I am a little fish in a big pond, but the important thing to remember is that we all swim (or fin) in the same direction.

My other club is a small club of 25 members, a majority of whom have been diving 30 years or more with probably 300+ years diving experience between them, a divers club, for divers who just want to dive, where I am training officer, with very few new members over the years. I am also a member of the East Midlands Regional Team, which boasts 4 (now 5) Bingham SAC members, so I got to know Helena who is Diving Officer in Bingham SAC, Adrian Collier, Andy Jarvis and Geoff Bacon long before I joined Bingham.

Bingham is a club with 70+ members, that boasts 2 newly qualified National Instructors, whom were very keen to progress divers to the next level, Adrian is a driving force where this is concerned, even an Advance Diver/OWI like myself needs help progressing. No man (or woman) is an island. I had just failed the Advance Instructor Exam again!! Helena and Geoff kept asking me to join Bingham, Adrian suggested I join Bingham and for Helena and

I to work together on the Advance Instructor exam. So I joined to be with friends, the best decision I ever made. Helena and I spent a weekend at her house, going over what we needed to do and in doing this it became apparent we both had strengths and weaknesses in different areas, which complemented each other. Working together I have no doubt helped me achieve my goal. Helena and I both passed our Advanced Instructor exam.

So yes being a member of 2 clubs has its advantages, I also have a wider choice of dive trips as I have the pick of both clubs. I instruct in both clubs and have the resources of both clubs to call upon. Bingham has a lot of trainees at the moment so the instructors are flat out, I have a member of my other club who has just done his Instructor Foundation Course whom I would like to mentor to the next level, but we have no trainees, so I hope to bring him over to Bingham club to help, so therefore, both clubs helping one another.



RACHEL QUINN (NEE BELL)

I have been a member of BSAC on and off since 1985 when I joined Bingham SAC just before my 14th birthday. I had a long break in my twenties whilst starting a family but rejoined in 2000.

I love the diversity of the club- it's very welcoming. I hate communal

living (and shopping) on the big trips- I want to know where the ketchup and jam are without having to go through other people's accommodation!

I love the peacefulness of diving and the ability to move in 3 dimensions. As an instructor I love to see the joy on new trainees faces after their first open water experiences- especially in the sea.

Most of all I love the club system and the family that it has built. We have so much true friendship at Bingham built up over many years combined with a welcoming that means new members (hopefully) never feel left out.



ANDREA RILEY

I have been a member for almost 10 years. I joined Bingham SAC because my family and some friends were members, I knew that it had a good reputation so for me it was a no brainer. I had wanted to dive for a long time but couldn't afford it, I would listen to stories in absolute envy about the dive trips my family went on and what they saw under the water, it blew me away. I eventually bit the bullet and have never looked back. I now have my own stories and things I have seen with my own eyes.

Diving puts you into another world of silence, wonder and self preservation. The down side, if there is one, is often the weather and cold

water when diving in England. As a female I think my own progression has been my absolute love of diving.

Bingham SAC has a wealth of experience within its ranks and I feel very fortunate to be a part of that team.



STEVE FARDELL

Although I have not dived for 4.5 years I did join the club on the trip to Plymouth last year where I was FINALLY allowed to have a play with the club boat that I helped to specify way back when I was Boating Officer! I had a great time trying not to drown Marie and Matt whilst experimenting with towing a Ringo! I have also had a couple of splashes in the pool in preparation for my hoped soon return to diving proper!



STEWART MIREYLEES

What can one write about a club such as Bingham SAC? For me, it has not only been the foundation of my diving for nearly 19 years but it was the birth of my diving. It all started

early in 1999. I went along to the club for a try dive. A very young Adrian Collier, then a Club Instructor, led me through the basics of the SCUBA equipment and then it was into the pool water. I had a great time under water: not just swimming along but Adrian also had me doing barrel rolls and somersaults. I was totally hooked and ready for more.

Adrian on the other hand only progressed to become a National Instructor and is Regional Coach! The instructors in the club are and have always been great supporters of its members and myself in progressing our skills and experience. I never for once thought that I would go diving on the Great Barrier Reef, let alone actually do it three times. There are of course other diving sites in the world and some of the best are in the UK. So it has been off with the club to Scotland, England and Wales for diving off hard boats and off the club RHIB. RHIB diving brings in another set of skills to learn: boat handling and navigation, not to mention the diving as well. All of which I have learned through the club. How many people can say that on a diving trip they visited Fingal's Cave?

Some of the best diving is not just the dive sites but how the diving is organised. When we go away on dive expeditions, camaraderie comes into its own. We share the cooking and other household chores. This is when we find out who can cook. Some members are even prepared to have a try at cooking. And most of us are prepared, after a hard day's diving, to have a go at eating what the novice cooks have made – well it may be only once. I remember one trip to southwest Wales where after just one evening's meal we all decided it was safer to go to the local pub to eat every night – even although it was a good mile's walk to get to it! It is true to say that not only is Bingham SAC a dive club but it is really a large family where everyone lends a hand and supports each other.



ROB JONES

From my perspective it's great to have a club/training system that allow you the flexibility to take things at your own pace. When other things in life take over you can drop in and out as you like. Not all of us live to dive, we have many family (and work!) commitments and the club can accommodate this which is great. There is always something social on the cards which makes it more than just a diving club.

For me I want to be able to get the odd weekend of diving, be able to go diving on holidays and be able to introduce my daughter to a more adventurous (but safe) side of life, just need her to grow a little to fit a dry suit! I love the Wednesday night sessions at Stoney when it's quiet and very relaxing after a strenuous day at work; there is always somebody from the club up for a night dive.

TRACEY HARRISON



Been part of Bingham BSAC club has opened up a whole world of discovery and friendships for me. It has given me so many opportunities to try out different ways to dive and the ongoing excitement of constantly learning new skills from some very experienced members of the club.

I have seen parts of England on land and under water that I would have never seen if it hadn't been for the trips organised of our club.

I'm honoured to be part of such a fantastic club.



STEVE BISHOP

A dive club where young people are encouraged to find, kill, shuck and eat sea food.

A dive club where there can be more youngsters on a trip than adults.

A dive club that provides an environment where young people feel comfortable learning, participating and achieving.

A dive club where the parents feel comfortable about the safety and training of their offspring in an environment where everyone contributes and everyone gains. The whole is greater than the sum of the parts.

A dive club where young people are taught new skills- navigation & position fixing; boat handling; first aid and life support; buddy awareness; self sufficiency; and of course how to dive.

A dive club that enables young people to mix on an equal footing with their elders. A avenue that allows for jocular, but also respect. An ability to know when horseplay is allowed, and when it is serious, and due respect and obedience need to be shown. A dive club that provides an enriching, stimulating learning zone, outside of mainstream education. The classroom is often the ocean, sometimes cold and challenging but always rewarding the student.

ELAINE MEAKINS



'I look forward to getting back into diving with Bingham Sub Aqua Club in the near future. I am a huge fan of British diving and all its aquatic life. Unfortunately, at present, personal/ financial circumstances have caused me to take a break from diving. As an ex member of the committee and ex expeditions officer I have always found the club open to new ideas and encouraging new members, whether cross overs from other organisations or totally new to diving and its whole experience. An all inclusive club all ages and sexes are actively encouraged to join and participate in all club activities, both in and out the water.'



SEAN GALLACHER

Although 2016 was a quiet diving year for me due to work commitments, I'm enjoying getting into the swing of club activities in 2017. Bingham has always been a friendly diving club and I'm encouraged to see a lot of new trainees getting involved in pool training and looking forward to their first open-water dive.

I joined the club in 2014 after a few years lay-off from diving. Prior to Bingham, I last dived in 2010 with old buddies from Trent Polytechnic Sub Aqua Club (BSAC Branch 613). Of course, Trent Polytechnic became Nottingham Trent University in 1992 so you'll understand that 'old' is the operative word. I was Diving Officer at 613 between September 1980 and August 1983 (three year term) and then again between September 1984 and August 1989 (five year term). Diving was 'easier' in those days because I was younger; it just takes more effort now; but Bingham is a forgiving club with enthusiastic divers of all ages. There are always opportunities to get involved in pool training and dive trips depending on how much time and energy each of us can manage.

I've been on two Bingham diving trips to Scotland, both to the Sound of Mull, which has always been one of my favourite diving locations. September 2014 was to Lochaline, staying in the Old Post Office by Lochaline Pier. Avon Rocks, the Rondo, Shuna and Hispania provided the diving highlights and

the company was great; everyone joining in with the dive planning and the cooking. May 2015 was to Oban (Puffin Dive Centre) where once again the Club RHIB could be seen motoring up and down the Sound. The weather was a bit challenging but we dived the Breda twice and enjoyed looking for the Dartmouth amongst the kelp.

This year I've got my name down for a trip to the south-west of Ireland – but that's not until 2018. But no doubt other opportunities will turn up for 2017.



THOMAS SHIPLEY

I joined the Bingham BSAC family when I was just 12 years old as both of my parents were active instructors within the club, and over these last 12 years I have undertaken many training and recreational trips with the organisation. I have not been local to the club for the last 5 years due to university and having been abroad for the last 2 years however

I continue to feel part of the club every time I return and I am really happy to see how much the active membership has grown.

After I finished university I took a year off to travel the world and I dived in some amazing places such as the coral reefs in Fiji, World War 2 wrecks in the Philippines, and the Cenotes of Mexico, all of which I couldn't have done without the support and training that Bingham BSAC gave me. The experiences I have had with my club and from the sport generally have encouraged me to take up other water-based sports. In November 2015 whilst travelling in Colombia I qualified as a Level 2 AIDA freediver during which I completed static breath-hold exercises of more than 3 minutes and achieved a maximum dive depth of 25 metres on a single breath of air.

So I guess the point of this text is to say thank-you to the Bingham Sub Aqua Club for all the training over the years and to all the great people I've met and experiences I've had as a result of joining; I hope for them to continue in the years to come.

GEORGE SMITH



Generally known as the Coelacanth of the club, George is one of our most valuable members and all year round diver. He joined at the tender age of 59 in 1999 and never looked back.

Now happily transformed into a Dive Leader, having served as Assistant Equipment Officer from Jan 2001 to Jan 2002, then Equipment Officer until October 2007. Reverting back to my former life, I took on Assistant secretary for a year in Oct 2007 and have held the position of Secretary since Oct 2008 to date as no one else seems to want it!. I have enjoyed diving round the UK and further afield in the Red Sea, Malta, Canary Islands, Barrier Reef and Rainbow Warrior in New Zealand

EQUALITIES

Rachel Quinn first walked through the doors of Bingham SAC at the age of 13 in 1985: "It's fair to say the predominantly male membership left a whiff of machismo at every turn. But even then I was one of 4 young trainees (under 16) that were carefully trained and supported to become confident and competent.

First in snorkelling (until I turned 14) and then quickly into full training. As a very young member I was never made to feel marginalised and was always included in trips despite being the youngest and one of only a handful of women in the group.

Now things have changed significantly but the core values of inclusion remain the same. We have worked hard to encourage greater gender diversity through activities like the This Girl Can event. Membership is now 24 females and growing and this is helped by endeavours to run women-only activities which ensure that female members get practical experience and build confidence in all aspects of diving – especially with the big stuff like the boats and compressors.

We also have a much broader age range with active members from aged 12 through to their 70s and we are now building instructor

skills to become more disability aware and able. Last year Sallie McCullan qualified as a Diving for All instructor, we have a new member with diabetes and are working with our local diving medic to ensure long term conditions such as diabetes can remain safe and needn't be a barrier to participation. Lastly, we are drawing on the teaching experience of our DO and other club members to support more interactive and visual theory teaching techniques better suited to those with variable learning style or lower learning abilities.

We know that there is still more to do and we continue to work to mitigate other barriers to participation (e.g. subsidised loan kit to ensure finance is not as big a barrier). Through our links in the region we also seek to share what we've learnt about building inclusion with other clubs and sharing resources wherever we can."

FAMILIES

Bingham SAC has a long history of supporting family generations through training and involving non-diving family members in social activities, fundraising and skills development.

In 2016 alone the club had 4 families involved in diving:

1. Ivan, Amanda and daughter, Isobel, all began their training together and are due to complete the Ocean Water qualifications in April 2017.
2. Zoe Hallam began her training during 2016 and was soon followed into the club by her son Christopher. Zoe was signed off as Ocean Diver in March 2017 and Christopher is currently preparing for his OD Theory Test.
3. Chloe Quinn (18) is daughter of long standing club member Rachel Quinn. Chloe undertook some basic training in 2012 but problems with her ears halted progress. On the advice of a diving medic she has waited a few years to restart and began training again in 2016. Mum is hoping to have her qualified in time for a family trip to St Abbs later in 2017. Rachel's eldest daughter Abi is also a qualified club member, currently progressing towards Sports and was the youngest participant of the club's infamous 'women on tour' trip.

4. Timothy O'Brien (19) is currently the clubs youngest Sports Diver. Son of another longstanding member, Adam O'Brien, Tim was recently the recipient of a coveted annual club award for enacting a solo rescue. Tim single-handedly rescued our club president following a DCI in the Orkneys which emerged whilst they were alone on the RHIB. Tim administered O2, brought the casualty back to shore and ensured another nearby vessel recovered remaining divers. His quick actions ensured Russell made a full recovery.

Other long standing club members whose families have trained with Bingham include Steve Hickling (former Training Officer) and Sue and Andrew Shipley (Social & Members Secretary and former Chair) amongst many others. The club is delighted that these members have continued to dive after they have moved away to Uni or for work.

Bingham embraced the reduction of the minimum training age from 14 to 12yrs and doing so has helped us build continuity and commitment. Unfortunately, we may have a little longer to wait until we can start training with our youngest Bingham family member – daughter of members Rebecca Poole (Treasurer) and Matthew Polkey – she is only 2!!

1. Membership

SNORKELLING

2016



The focus on snorkelling at Bingham has changed over the years

Previously new members trained as snorkellers before they were allowed to progress to SCUBA. They developed excellent skills in this discipline which was enjoyable and affordable but some found it frustrating! When the 3rd Class Diver qualification changed into Novice and Novice 1 there was less emphasis on snorkelling, ensuring new members got their hands on open circuit kit sooner. Snorkelling skills have fallen a little by the wayside but with the introduction of the SITCA in 2011

interest in this skill has been revived. Not only is it easier and cheaper than diving; the lack of weight and complexity of the equipment makes it suitable for youngsters and adults alike. It can be particularly enjoyable for those who have had to hang up their SCUBA gear for whatever reason but still want to enjoy the underwater world. With the minimal equipment and a bit of imagination, you can snorkel anywhere there's water if Andy Torbet is to be believed!

What is the target training group; adults or children? Both groups may want to snorkel, both because it is fun but from differing perspectives. Adults, including seniors, because they like swimming or have previously dived. Perhaps they don't feel able or inclined to carry the weight of dive kit any more but like the idea of observing marine life and keeping fit. A child because it is fun and opens their eyes to what goes on under water – who didn't like rock-pooling as a kid!



Family snorkelling time

Rob Parnell our NEWIST Snorkelling instructor with his son

Teaching the basics





Some Ocean Diver students
being put through their paces

More snorkelling planned 2017

NEW SNORKELLING INSTRUCTOR

Rob Parnell one of the great stalwarts of the club and 'Night Dive King' has young children. Already qualified as a Dive Leader and OWI, he wanted to encourage his children into the sport. His son had already come to the club and swam with us but was still too young to start diving. This was mostly in the school holidays as our club's access to the pool is late in the day and midweek, so always a problem for school aged children. So Rob thought 'How do I introduce my lad to diving and the club at his age? What can he do? Can he snorkel? Yes of course he can!' However, Rob even as an OWI, felt the BSAC Snorkel Instructor Training course at Coalville would help him develop his skills to teach snorkelling safely. Rob found this course fun and enlightening and raised a lot of interesting points.

The teaching of this course then took on different dimensions and differing methods of teaching, one for adult learners and one for children; the aim of both threads is to make it fun and enjoyable. How do you persuade a child not to want the Barbie or

Batman snorkel mask that will NEVER fit and get the one that works? (Remember the masks that were a couple of quid at the seaside!) Make it fun, fun, fun! New techniques for getting down beneath the waves quickly and easily and make it a giggle.

CATCH THE DIVE BUG

The course was hands-on and practical which made Rob think more about encouraging people to go snorkelling. It is easy and it is cheap. Even in the UK children and adults can go snorkelling on beach holidays; wetsuits are not expensive now but the mask needs to fit. There are also many fresh water locations that are closer to home for such a land locked club as ours. For families on dive trips, there are evening jollies out on the RHIB when the divers have returned if they can fight the fisherman off! This allows for children or interested adults to get their heads under the water and they might just catch the diving bug.

Hopefully in 2017 we are going to get Rob's lad and his friends from Scouts into the pool on a Tuesday during the

holidays and make it fun for them. If we are going to hope to attract more youngsters we may well need to look at differing timings in future for a younger membership. I think planning to include snorkeller taster sessions in the pool before trips that family members could get involved would be a great idea. Another idea is to introduce Octopush as quite a few of our members have experience and when we don't have training in the pool this is a great game to play for developing fitness and skill. Our aim is always to look at ways to encourage younger people into diving to open up the underwater world and then to go deeper and go diving.



1. Membership

ADMINISTRATION

2016



Club administration & Branch Organisation

Like most voluntary organisations, oversight of activities is done via a voluntary committee. Ours is a fairly large one averaging 14 people, in order to adequately cover all the various needs and activities. The two committees that spanned 2016 are listed below. Officers are invited to stand prior to the AGM, where they are seconded. It is usual that a lot of preparatory work has been done prior to the AGM to ensure that adequately qualified and experienced people are elected for certain posts but also that newer members get involved and take on a role. An outgoing officer will often have an assistant shadow them for the summer, when they can get to know the ropes and then take over in the November.

BINGHAM SUB AQUA CLUB COMMITTEE

November 2015- 2016

Andrew Shipley	Chair	Eve Harris	Branch Welfare Officer
Adrian Collier	Web Site/LAoSACs	Paul Jarman	Boat Officer
Steve Hickling	Training Officer	Jill Mellink-Davidson	New Members
Ian Lowther	Assistant Treasurer	Josh Pacey	Equipment Officer
Mark Owens	Expeditions	Rebecca Poole	Treasurer
Rob Parnell	Social Secretary	Helena Robertshaw	Diving Officer
Andrea Riley	Member Services		
George Smith	Secretary		

November 2016- 2017

Jill Mellink-Davidson	Chair	Nicky Grattage	Member Services
Andrew Grattage	Training Officer	Steve Hickling	Boat Officer
Eve Harris	Branch Welfare Officer	George Lindsay	Equipment Officer
Paul Jarman	Boat Officer	Rebecca Poole	Treasurer
Ian Lowther	Assistant Treasurer	Andrew Shipley	Expeditions
Helena Robertshaw	Diving Officer	Scott Triston	Web Site
Susan Shipley	Social Secretary		
George Smith	Secretary		

THIS GROUPING COVERS A RANGE OF PRACTICAL CONCEPTS

- i) it allows a wider ownership by the members in day-to-day operational involvement
- ii) it avoids control by a small clique
- iii) all committee members are appointed annually at the AGM, as set out in the club's byelaws (i.e. Articles of Association).
- iv) although there is no fixed term of office, attempts are made to exchange roles as often as possible (preferably no more than 3 years excepting perhaps the Treasurer and Secretary) to allow for new blood and fresh ideas, as well as using individual personal expertise to benefit club activities. This, together with the occasional rotation of office holders, also allows both new and longer standing members a chance of personal development and a wider understanding of how the club works and of the responsibilities of diving in general.
- v) Certain appointments e.g. DO and TO, follow the BSAC guidelines

SUBSCRIPTIONS

Branch membership costs are as follows which along with BSAC membership can be paid by standing order on a monthly basis or a one off payment; the membership secretary has always tried to get this done by standing order to save admin time. By liaising closely with the Treasurer monthly payments are checked on the bank statements and entered onto the spreadsheet, allowing the membership secretary to keep tabs on payments.

FEES ARE:

Full	£110.00
Junior	£55.00 (only when paid alongside full paying adult member)
Student	£110.00/ £55.00 as above
Under 16	£55.00
First year kit costs for trainees £55.00; paid in a lump sum or by standing order	

RULES

These are detailed in the document 'BYE-LAWS FOR BINGHAM SUB AQUA CLUB, BRANCH NO. 0378 OF THE BRITISH SUB-AQUA CLUB, As approved and adopted August 2013'.

COMMITTEE MEETINGS



Committee meetings are normally held monthly and are open to all members to attend if they wish. The reasonably detailed minutes, once approved by the Chair, are circulated to all members as quickly as possible by email to keep all fully informed. The meetings have been held in a variety of locations, usually

in pubs, but have now settled in the local village hall at Scarrington. The modest fee for heating and lighting benefits both parties and the quieter atmosphere is, probably also due to the absence of a bar, more conducive to calmer good natured discussion of the relevant matters in hand. There is also no issue with space here so as many members as wish can attend.

AGM

The AGM (again held in Scarrington village hall) is usually a relatively swift well organised affair and is followed by a 'Bring and Share' meal which also acts as a binding social event for all members. The outgoing officers give their reports and honorary member Fred Hopper usually takes the floor until the new officers are voted in. They then elect the Diving Officer, who finally nominates the Training Officer. As mentioned above, a lot of work goes on behind the scenes prior to this event to keep the committee healthy ensuring new blood comes in each year and that a fresh approach is maintained.

Strong vibrant club; strong driving committee



Most of the committee can be seen on poolside most Tuesdays

Committee objectives for 2016

CLUB

- To place the Club Finance on a sound footing regarding planning and budgeting for capital item replacement.
- maintain/increase membership- levels at 63 target 70
- continue to support and encourage instructor training
 - Target 2 new instructors
- use the club boat more – target 10 trips
- Dive more – target every member at least 20 dives and 2 club trips
- Engage more socially with a view to fund raising for specific club item budgets
- Develop more efficient methods for communicating with members

WELFARE

- Maintaining our current policy for equality and safeguarding our junior members

COMMUNICATIONS

We will develop a new Club website along the design lines of that for SCUBA magazine with the aims of attracting more people to our club. The website will be completed this year and will have the following features

- general advertising
- ads/articles
- Develop and Plan the Next Year's activities in advance, publishing these at or immediately after the AGM.
- Central repository for member's email addresses
- Contact circles
- Role based logins for the Club's officers

DIVING ACTIVITIES

- In order to achieve the Club objectives the Diving team will
- Ensure the Club RHIB is available for the planned activities.
- Develop rules for use of the RHIB in line with insurance and BSAC requirements.
- Encourage members to plan and lead Club expeditions.
- Plan a Club summer dive holiday
- Develop a RHIB replacement strategy / budget.

TRAINING ACTIVITIES

- More dive Leaders involved in training
- Processing "natural" divers more quickly to qualifications so that they can help out with training.
- Buddying new members so that the club can help them properly
- Develop a Training Equipment replacement strategy / budget.

SOCIAL ACTIVITIES

- Organise social events. (Awards night, BBQ etc.)
- Encourage members to socialise with each other, especially over the winter months.
- Organise events that are educational and to do with diving.
- Raise £1500 that can be spent on items to improve/replace the clubs assets
- Communicate to the members where the funds raised are going.

CLUB FINANCES

- Maintain club funds at a healthy level
- Ensure money is accessible to those who require it e.g. trip runners
- Develop an Inventory to safeguard the assets of the club and plan/budget for their replacement
- Obtain modest depreciation reimbursement for use of club kit.
- Continue to assist with fundraising initiatives
- Try to maintain club subs at the same level
- Manage finances by delegating budgets to officers responsible for the various areas of club activities.
 - o Usually club funds sit around £7k
 - o Kit expenditure (i.e. service and replace) £2000
 - o Boat reserve (towards insurance, service and repairs) £2000
 - o General holding (towards pool hire and overheads) £2000
 - o Club reserve £1000 to be built up over time by moving yearly surpluses and from fund raising.

RISKS

To identify and mitigate any risks to the Club and its future viability and good functioning for the members.

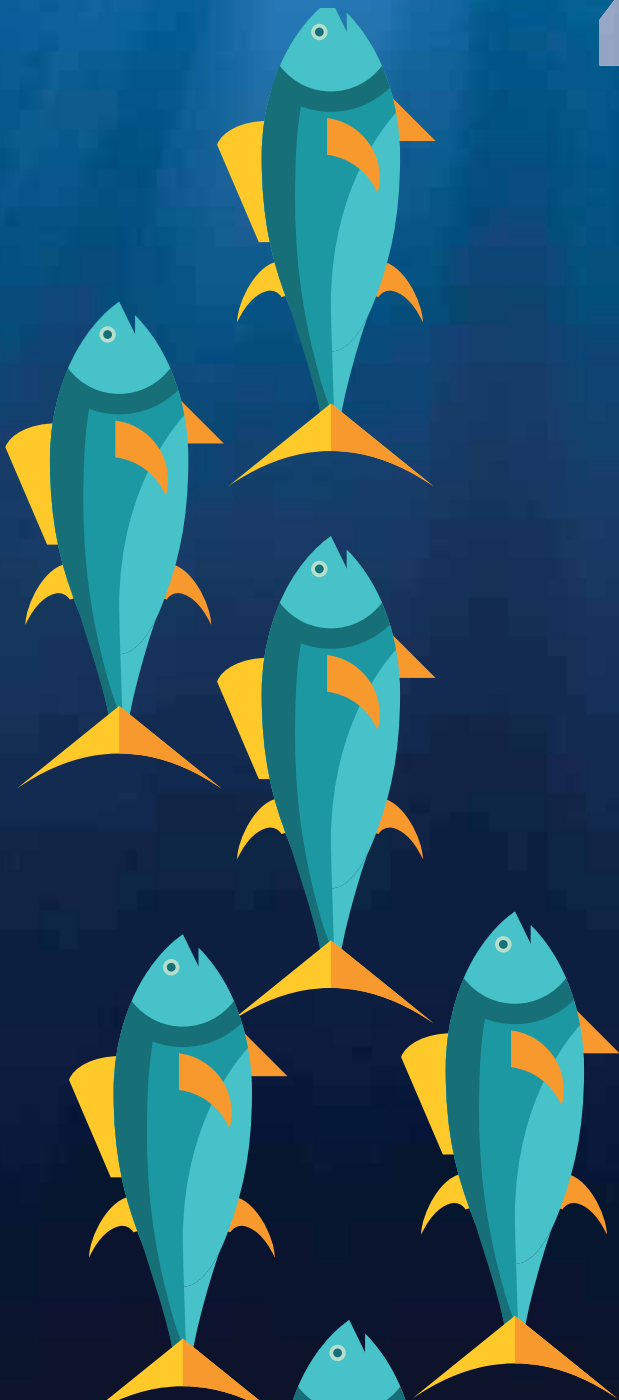
- Identify the issues
- Encourage a desire to be on the committee
- Keep abreast of statutory changes
- Ensure the committee is forward thinking and that members know their roles, responsibilities and duties
- Encourage open non judgemental reporting of incidents/issues



1. Membership

INFORMATION

2016





Pub o'clock is our favourite

As a club we use many modes of communication. Word of mouth, email, texting, Facebook, website and whats app. .

WORD OF MOUTH

The go-to place for the club members is the pool side on a Tuesday evening where if they are not training or just swimming/ snorkelling members congregate and just chat about what's going on and throw ideas into the mix. We are always open to everyone's suggestions and although as in most clubs there are key players we try to be inclusive and open to fresh ideas regardless of levels of experience.

PUB O'CLOCK



Horse and Plough – This has been for many years the clubs pub on a Tuesday evening after poolside and everyone is welcome. The staff even put on sandwiches for the club until mid 2016 when they were taken over by another brewery. This was sadly missed especially by our larger divers but the up side was they were taken over by Castle Rock Brewery who do good beer and have guest beers every week.

This is greatly appreciated by our members fine palates !!! Training is discussed and where people are in this, what needs to get done. Trips and organisation is discussed, or just general chat and banter continues as ever. On a week to week basis around half of the club attend. This is a pretty good effort by our crew as it always a late night as by the time some get out of the pool it is coming up to 22.00hrs. One does feel rather sorry for the other pub goers as it can get noisy once we arrive, for people that are quiet underwater boy do they make up for it out of water.

EMAIL

This media is used on a massive scale by the club. We email out:

- Minutes for committee
- AGM notification and nominations
- Training schedules and dates
- East Midlands Coaching Opportunities
- Instructor availability and cover for training
- Club trip information and notification
- Night diving 1st and 3rd Wednesday of the month at Stoney Cove which Rob Parnell seems to have become the 'Night King' co-ordinating it
- Arranging transport
- Social arrangements – food coordination, Jarman's Jollies to name a few
- Any special directives which need to be addressed such as changes to BLS, Dive management

Once initial training is identified then individual groups are emailed separately by that groups lead for specific dates and requirements.

TEXTING

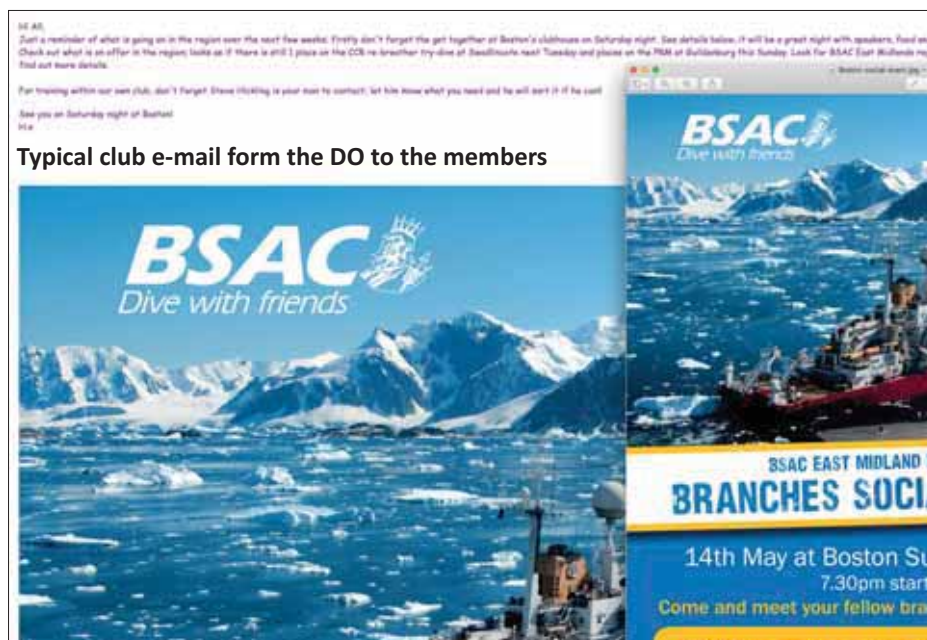
This is used for lots of communication training call up for instructors, last minute problems and more individual communication for small groups. We don't send out block texts as a rule as they tend to be ineffective. Sudden illness or problems which have arisen and mean members have to pull out of training. The instructor who is taking divers in tends to communicate directly with their students and notify the kit room what is required so for OD kit is prepared for them as we have limited time in the pool and the kit room is tiny and more than 2 people in there is a crowd !!!



We have our own Facebook page which is a public group page where members add photos, videos and comments (not always expected) likes and shares. This has proved to be a fun way to keep those who do Facebook updated. We are particularly worried about Mr. Lowther's fishing attire. Our members are in general pretty responsible and sensible about what they post and it has proved to be a great way of keeping contact and information flowing. However we are aware

that while not all members use Facebook and we would never seek to use this as our prime method of communication, it is a useful addition and these are some of its other uses.

- East Midlands information gets linked to our page courtesy of our coach Adrian
- Photos and Thank yous from dives, social events photos
- We even sent one of our Award Winners a proxy award video from our awards night as she was unable to accept in person as she was in Mexico. Thankfully we have some media gurus in the club.
- Maritime ecological information with regards to the UK waters and abroad
- Links to other sites of interest
- Trending news and offers club members might like



WHATSAPP

This has become a great tool in the club. Virtually all of our members have smart phones and with a small amount of instruction they can use Whatsapp. It seems to have evolved over the last few years to be the trip communication app, but was also used to great effect during our This Girl Can Planning. The This Girl Can Team were from all over the region so it was a quick and easy method of notifying ladies and getting comments and questions answered quickly. Here are some examples:

- This Girl Can Planning/ comments
- Trip planning – Individual groups set up with all trip members added
- Trip travel info – where are you, when are we stopping, order my beer, what do we need or does anyone have etc.
- Weather, tide updates

WEBSITE

We have a good interactive website with all Club information,



BINGHAM-Sub Aqua Club

Club Events Try Diving Membership Training Courses Expeditions Contact



Our website is visual and attracts Try Dives in

forthcoming trips, reports, photo gallery and message board, and off which we have had a good number of hits from prospective members. However, this site has been hacked too many times over the year and has caused us to reassess. A bigger and better website is under construction, which is being moved to a more secure location, and which will allow our new Website officer Scott Triston to have more control over the design of the site. The intention is to use the website more as a collaboration tool for existing members as well as a shop front for the Club as a whole. There will be an upgraded social page for photos from our many dive trips, a calendar for forthcoming events, message board as well as the usual information both for public and members through a log in system. We have high hopes for this development as it is a key tool in the marketing box.

Our site currently allows us to have a wider public face for information so that potential new members and our members can access information such as:

- Contact Information for try dives
- Contact Information for general enquiries
- Where we meet and when
- What we do
- Diving Information
- Links to BSAC information and other relevant links

MEDIA

We don't at present have a designated all media or public relations committee member but we do have a designated Web Manager on committee as this is quite a large amount of work to keep current and maintain.

PRESS RELEASES

- The club secretary does notify local papers about Try dive initiatives
- This Girl Can had local press and Radio coverage

BUDDY SYSTEM

At Bingham we run a Buddy Mentoring system where we aim to pair a new member up with a more experienced Diver as their 'GO TO' person this is to allow them to

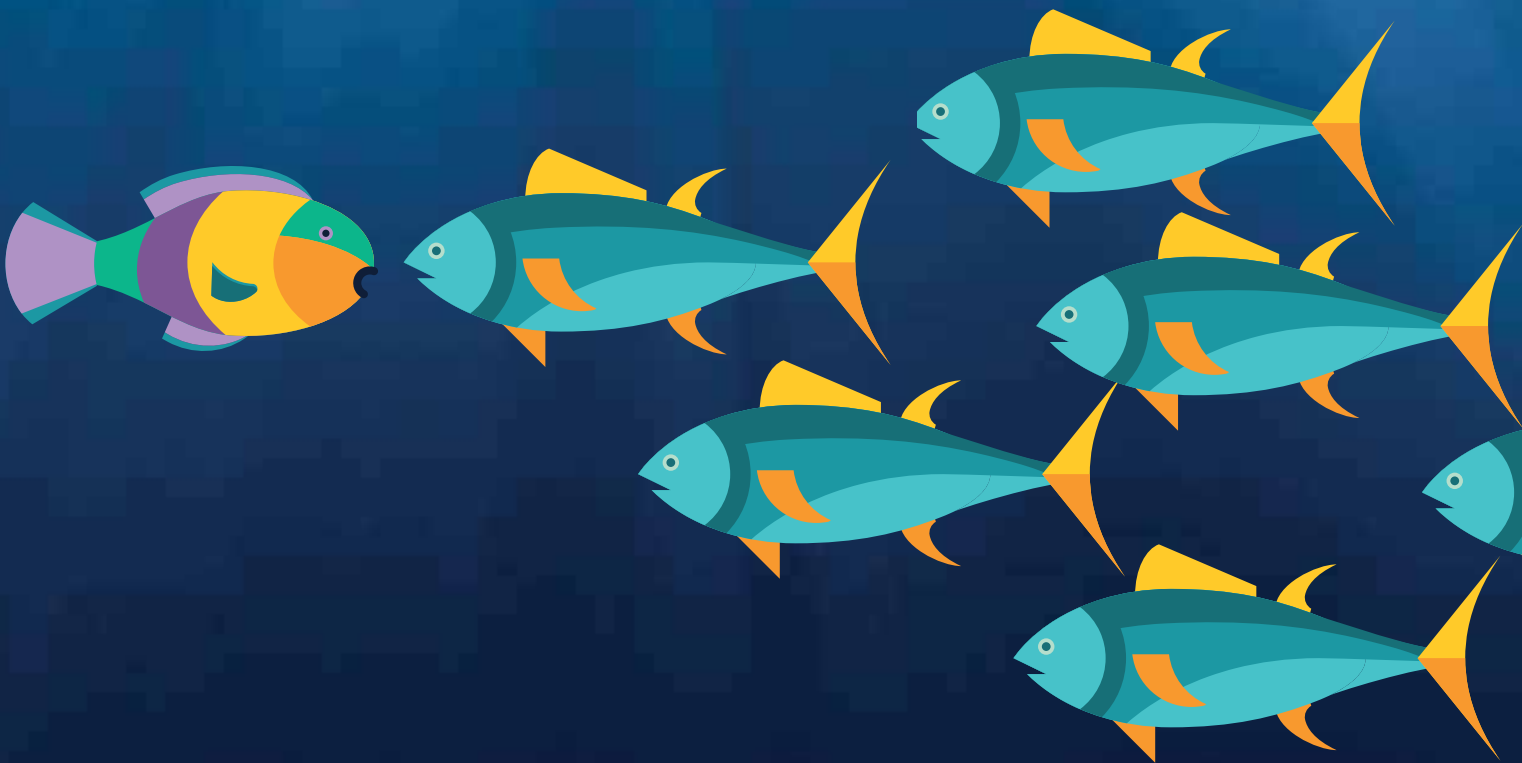
ask any questions about diving, kit, progression and training in a way that allows them to feel comfortable and easy. Often adults and children don't feel they can broach subjects as they are unsure and feel embarrassed to ask questions. With this system and our New Members booklet we try and prevent this happening so that new members feel comfortable from the start and realise that we all started from the same place with little or no knowledge of the sport.

Our equal opportunities policy and our attitude to equality and diversity seems to be something that all the club members take on board seamlessly. Our Instructors also are excellent at bringing this into their teaching and progression is always done sequentially in a way that allows diving to be fun and enjoyable. We aim to keep everyone within their comfort zone and move them forward at their own pace without absolute deadlines and time scales. This seems to be a prime reason why we retain so many trainees and progress them.

1. Membership

PROMOTION

2016





Working with BSAC HQ to promote our club

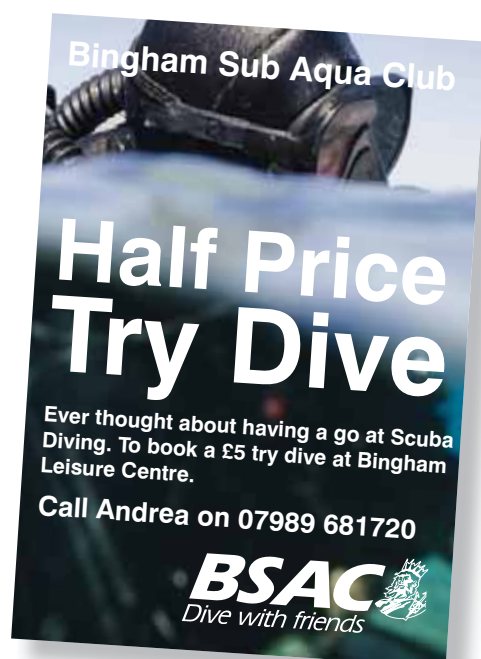
The supply of promotional goodies helps sell our club

Come and look at us!

We are always on the trawl for new members, whatever the membership total. Our Training Officer has been known to grimace when we come up with yet more new people who want to train, but we always manage to take them through between us. They are often people who have been on holiday and enjoyed a try-dive so much they want to take it up, or those preparing for an overseas trip who want to make the most of the water sport opportunities while they are there. We even sometimes get people who actually want to dive in British waters.

We do get very excited when qualified people come on board, firstly because they will usually have something to give back to the Club straight away, but secondly because they will not have joined without knowing something about us, and that means we must have something to offer them. Of that we are very proud.

How do we do it?



BSAC AND WEBSITE

We get regular referrals from our own and the BSAC website under the BRANCH FINDER section, and as the Club has grown and spread its influence, so its reputation grows and attracts more interest. Our public profile on the Regional circuit and at National level draws prospective members to take a look at us, as we are a buoyant and energetic Club that is actually doing stuff, and can provide high quality training and support. Even if people do not live in the area, they have retained a membership and keep in touch, as is illustrated in the Inter Branch Liason section below.

FACEBOOK

There has been a public Facebook page for some time, and this is actively used by the 59 members of it, with postings every few days and frequently more often. Subject

matter is usually pictorial evidence of the preparation for, executing or the aftermath of a dive/trip, but is also used as a notice board for selling items, congratulations and upcoming events. It is a great snapshot of the Club, and demonstrates the energy that runs through the whole group.

POSTERS, BANNERS AND FLYERS

We have permanent posters up in Bingham Leisure Centre inviting people to contact us if they want to have a try-dive, and a large vinyl banner in the pool area with similar information. We also have a large roll banner which goes out to any events with us. We have flyers printed in-house which are used for distribution, usually when we feel a recruitment drive is necessary, but in 2016 primarily used to support the **THIS GIRL CAN** event.

DIVE IN WITH BSAC

WE WELCOME ALL DIVERS

Whether you're a complete beginner, already a qualified diver or trained with another agency... BSAC is here for you

BEGINNER?

Learn to dive with BSAC... our entry level Ocean Diver course is your perfect introduction to scuba diving!

QUALIFIED?

Keep diving and keep training with BSAC... our extensive network of diving clubs are waiting to welcome you!

Contact your local BSAC club today:

Bingham Sub Aqua Club

New Members - Andrea on 07989 681720

Alternatively visit bsac.com or call BSAC HQ on 0151 350 6200

BSAC

Dive with friends

www.binghamsac.co.uk

TRY DIVES

Anyone can contact us and have a go in the pool at any time. Our details are logged with the Leisure Centre should anyone call them. We do not restrict them to given dates, and provided there is room in the pool and someone to take them, they can come immediately. 2016 saw us put through 110 try dives.

WORD OF MOUTH

One of the most valuable but forgotten publicity tools, just to talk about diving and share the passion. We all do it, with friends, family, work colleagues, socially, and while it may not produce instant results, the word gets passed along, and a personal connection, however distant, is often more productive than 20 posters or flyers. You cannot quantify it, but you have to keep doing it, and its hard not to talk about what you love doing after all..

Club Identity



We have designed our own logos, the current one having been created by an earlier member and graphic designer Marian Shaw, she now lives and dives in Australia. Adrian Collier, also a graphic designer came up with a one-off which was used in 2014/15 for a special run, and both are in circulation. They are used on all Club letters, Minutes, banners, flyers, clothing, and anywhere else we can put it.



John and Eve Harris wearing their Hoodie and T-Shirt



Bingham all blacks

SWEATSHIRTS AND TEE SHIRTS

Everyone has to have one, and most of the Club do in one form or another. We have a logo and do a batch run every now and then as demand dictates.

People wear them on Club nights, on trips and who knows where, but it only takes one person to pick up on it and ask the right questions to gain a potential new member, so their value cannot be underestimated. They are good looking and comfortable as well, which is always a bonus!



Always visual

THIS GIRL CAN

Our big promotional event in November about which we talk regularly throughout this document, when we put 89 girls through the pool on a try dive in just over 3 hours, complete with briefing, kit up and underwater pool time.

**THIS
GIRL
CAN**

PERSONAL VISITS



In past years we have given presentations to Young Farmers Clubs and Scouts, but 2016 was a buoyant year for hits on the Website by prospective members, and with the work involved on TGC, it was not a priority for the year. However, we would never turn down an invitation to present the Club, and will seek out further opportunities in the future. Another job for the new PR person!

CLUB STATIONERY

Our New Members Officer always uses our printed compliment slips when dealing with newbies that have just joined the club. It promotes us as a quality club.



BINGHAM SUB AQUA CLUB

**FANCY LEARNING TO DIVE?
ALREADY A DIVER?**

www.bingham-sac.co.uk
Call Sue on 01949 851386

2. Diver Training

WATER-WORK

2016



Water-work stats

Try Dives

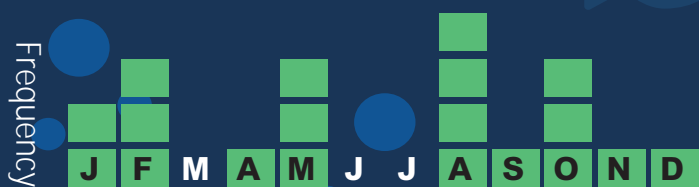
110



Tuesday Evenings



This Girl Can



19 Days

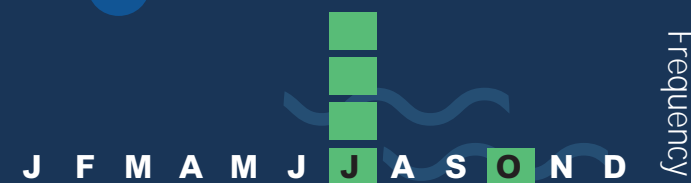
Night dives and jollies



Ocean Diver
24 Days



Sports Diver
10 Days



Dive Leader
4 Days



SDC Dives
2 Days

The ultimate smile



THIS
GIRL
CAN

Try dives are the key to a buzzing club

Try Dives

These are recruited via word of mouth, the website, Facebook page and events such as This Girl Can and the Dive show. After initial contact, an instructor is organised to liaise with the try diver and a suitable Tuesday found. They are run through the pre-dive questionnaire and if suitable, are ready to get into the water. Try dives are kept simple and straightforward; the idea being to combine an exciting but safe experience that will entice someone into joining the club!

At Bingham SAC we can offer CCR Technical try dives for interested Sports Divers and above

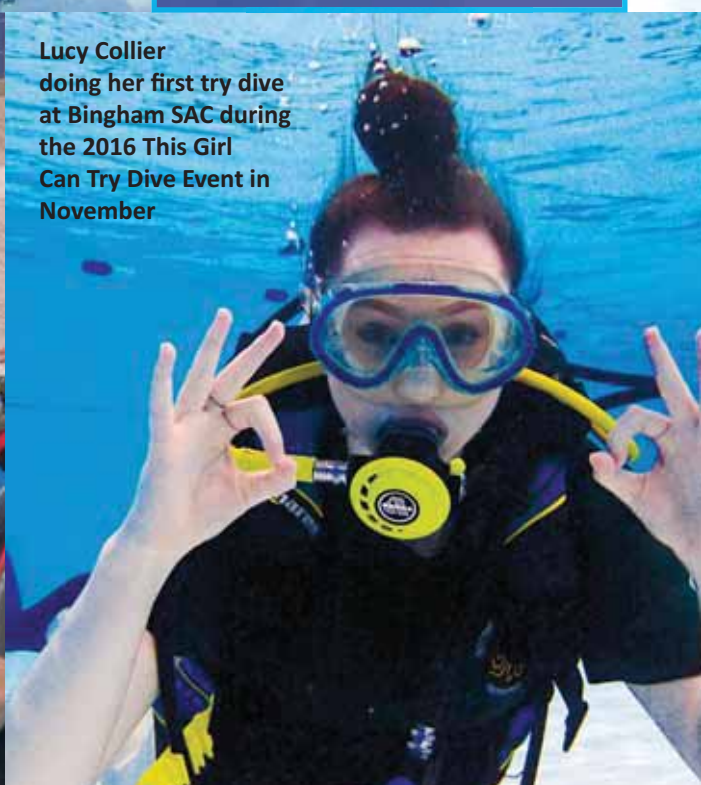
CLUB NETWORK

We do our best to ensure joining us is in their best interests; one diver from Leicester came to us through recommendation but when we discovered how far she had travelled we passed her on to LUEC, which she subsequently joined. Likewise we have members from as far afield as Sheffield who have trained with us because of personal connections and remained members despite the distance.



**THIS
GIRL
CAN**

Lucy Collier
doing her first try dive
at Bingham SAC during
the 2016 This Girl
Can Try Dive Event in
November



Sheltered water training

Steve Hickling our Training Officer
with some Ocean Diver Trainees

Ocean Divers at work

Pool training is done as required on a Tuesday evening at Bingham Leisure Centre and is carried out almost every week. We only have an hour each week, from 20.45-21.45hrs. The Club provides all the pool kit and hire costs and air for pool training are included in the initial training fees.

We aim to teach people in buddy pairs with the same instructor, so the trainees have consistency throughout the training. If this is not possible then another club member can be the buddy.

QUALITY CONTROL

Once the shallow water lessons are completed and standards met, the trainees do a check-over dive with

another instructor to verify their suitability to go into open water. This also ensures that instructors are teaching at current standards, as the performance of the trainees is usually a direct reflection of the teaching received.

INSTRUCTOR TRY DIVE

We take the opportunity to get members with an interest in becoming an instructor shadowing in the pool, and for those who have just completed the Instructor Foundation Course, an experienced instructor is on hand and in the water to offer support and advice as needed.



Open Water



Ad-hoc teaching

Wherever possible our Advanced Instructors are encouraged to teach ad-hoc using their advanced teaching techniques, often getting the best opportunities during trips. We have taught boat handling, voyage planning, dive management and much more during our 2016 trips.

Stoney Cove

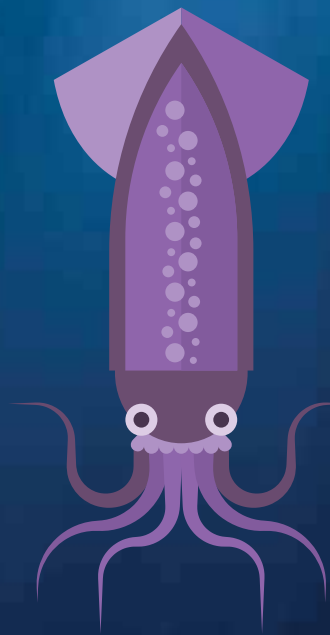
We are lucky that our open water venue Stoney Cove is only an hour drive for most members. The bulk of all training lessons are done here, however we also organise weekend trips to Capenwray. This makes a great weekend away, where we can get to know our new members better and vice versa. We ran two weekend trips to Capenwray in 2016 which were fantastic. We did Ocean Diver, Sports Diver and Dive Leader training and even included our most recently qualified CCR diver!



2. Diver Training

THEORY LESSONS

2016



For Ocean Divers, the lectures are linked with the pool sessions and tend to be done in short blocks rather than all in one go. Although this means it may take slightly longer to progress the Ocean Divers, it allows them assimilate practical and theoretical knowledge. We try to teach groups of students together when possible and if a lesson has been missed, catch-ups are provided. The venues for the lectures are Scarrington and Burton Joyce Village Halls and an upstairs room at Bingham Pool- the closed cafeteria! When we hire the village halls we tend to do the lectures in 2-3 hour blocks and any missed or odd lectures are done at the Leisure centre.

Sports and Dive Leader lectures are usually done over a day or two; as divers at this level have a certain amount of underpinning knowledge and can cope with the volume of information. Lessons can also be accessed via the East Midlands region, LASAC and other local clubs such as Lincoln 109 and Loughborough University.

Advanced divers can access theory lessons via the East Midlands Regional Advanced Diver weekend workshop. This event is organised by a well established team, the majority of who are Bingham members!

The Equipment and Boat Officers regularly get members involved in the maintenance and care of club equipment; this is a great way to involve new members, teach them the basics and hopefully encourage them into committee roles in the future!

During 2016, new member and OWI Andy Grattage shadowed Stephen Hickling, as he wanted to refresh and develop his theory teaching skills. This is an activity we strongly support; putting a lesser confident or in experienced instructor with a more experienced one is a common club practice for instructor development within our club.



Powerpoint ditched the real engagement begins. Helena does the weather.

Death to PowerPoint

Teaching theory the Bingham way!

By Helena Robertshaw

The most common objection I hear when trying to persuade experienced divers onto the instructor ladder is 'I'm not standing up in front of a load of people and talking!' Whilst it is usually the starting point to most people's instructing career, theory teaching is often the least popular aspect of teaching and the common perception of death by Power Point certainly does nothing to help. I am a professional teacher who has taught Basic Skills Literacy, as well as English as a Second and Foreign Language to both adults and children for the last 15 years; in my current role I mentor and develop newly qualified teachers

too. So teaching theory within the club wasn't quite as daunting for me as others found it but what really interested me was how we were doing it.

THE DARK AGES

Back in 2008, a small group of dive leaders from Bingham gathered around a laptop in someone's lounge and with pizza to hand, ploughed through the advanced diver theory sessions. I left shell shocked; as a PADI Divemaster crossover I had little experience of seamanship, the weather or tides. I was impressed by

the level of knowledge of my new British dive buddies but not by the teaching techniques and materials. I left overwhelmed and somewhat confused by the sheer volume of information I'd been expected to retain and nonplussed by its delivery.

In 2009 I attended an IFC, which I enjoyed immensely for the most part. The methods and techniques demonstrated to teach theory were old fashioned and limited in my professional opinion; whilst the emphasis on visual learning was good to see, BSAC was still using far too much PowerPoint at every level

– the modern day ‘chalk and talk’ – with assessments that needed good reading skills to pass and a time limit to make things unnecessarily difficult. If I’m planning a dive out of Lochaline on the Rondo, I wouldn’t give myself a time limit of an hour to check weather, tides and charts, complete a voyage plan and do everything else required to ensure a safe days diving.

We all learn in different ways, usually preferring one of the four learning styles; visual, auditory, read-write or kinaesthetic (doing). Learning can be affected if a teacher only teaches in one of the styles. For example, a kinaesthetic learner will not learn about knots from watching a Power Point presentation or reading a book; they will learn by tying the knot.. According to Kolb, in his research that produced the ‘learning cycle’, people learn best when exposed to a combination of styles which he categorised as doing, watching, feeling and thinking. (Kolb: 1984) To be an effective teacher you need to deliver lessons using a variety

of techniques which appeal to all learning styles in any group of learners. Activities which engage and involve promote learning, activities that get students out of their seats with hands-on can inspire, while those that allow quiet time for thinking and reflection can introduce welcome respite during a busy lesson.

During my time teaching Basic Skills I was trained to work with students with learning difficulties such as dyslexia, a condition now widely recognised that causes difficulty with writing, spelling and reading. Some dyslexics see the text move on the page or muddle b and d, whilst others can read a paperback in an evening but couldn’t write a postcard. Dyslexic learners have problems with information processing and remembering; written text gets jumbled, ideas are difficult to express in a logical order and, if overloaded with information, making sense of any of it can be a problem. Bear in mind the condition can also

go hand in hand with dyspraxia (problems with co-ordination and movement), dyscalculia (problems with arithmetic and processing numbers) and attention deficit disorder (impulsive, fidgety, lack of attention and focus). Dyslexics have strong visual and creative skills; they are often superb problem solvers who can think outside the box. They are imaginative and often successful entrepreneurs, engineers, artist and entertainers. They can make fantastic teachers, able to think on their feet and quickly come up with alternative explanations, drawings or demonstrations if a learner hasn’t got something the first time.

Over 10% of our population suffer from one or a combination of learning difficulties and as both teacher and learner I believe we are all affected to a lesser extent by these conditions. Hours of sitting looking at PowerPoint presentations, black text on a white background and listening to people talking is not conducive to



Advanced Diver Workshop
Helena with students having fun looking at the ingredients for a diving expedition.

most of us learning. Whatever we are teaching, from the world's pressure bands which give us our predominant weather, to how pressure changes with depth, it must be visual and active. We need to introduce realia (the real thing) or at least pictures or models, we need to get hands-on and get the students involved; we need to get them off their seats and out of the classroom whenever possible- after all, diving is an outdoor activity!

THE STORY

In 2013 the East Midlands Region team ran a pilot Advanced Diver Workshop for BSAC at Loughborough University; it proved a successful weekend and was followed by yearly – sometimes twice yearly – events. Three Bingham instructors were involved from 2013; Andy Jarvis, Adrian Collier and myself. The team were determined to make the event more fun and active every year. I became obsessed with sacking PowerPoint completely from the weekend event and in the 2016 planning meeting, when Bingham member Geoff Bacon joined us, I challenged the team to teach without it. We were already using a range of excellent student centred resources, but I knew we could do better.

BLUE PETER IN ACTION

Adrian Collier has developed a lesson on buoyage that was like something out of Blue Peter; being dyslexic himself he found using and creating more visual, student-centred resources easy! A graphic designer by trade, he has resources galore at his finger tips, which along with his time and goodwill, have been pillaged by the team in the effort to make this event unique!

He began using shapes and two-sided sticky tape, building each cardinal marker using black and yellow cones and triangles on a board. Then the lesson went 3D and the students were supplied with kitchen roll tubes, yellow and black paper, sticky tape

and scissors. The brief was simple- in 4 teams create each of the four cardinal markers- the best effort wins. With attention to the base/ waist/ arrows and lights Adrian was able to check learning had taken place; the winner even had seagulls!

KEEPING IT REAL - AND WET AND COLD!

We ran the O2 review in a workshop style, the group was broken down into 4 teams and spent 20 minutes at each 'station' with a different instructor, reviewing rescue scenarios. Using flash cards to set up scenarios with details of the incident and symptoms, students have to treat the casualties which were often found in confined spaces under the stairs or trapped between two upturned tables, as if in a small wheel house. In 2016 we decided to make this much more real and brought along the RHIB; we were clear in the joining instructions that

although this was a theory weekend, students would be expected to work outside and needed appropriate clothing. So Sunday saw Andy Jarvis outside in the pouring rain, in the RHIB on the trailer in the university car park, coaching rescue reviews. The feedback proved the value of this; all agreed it would be wet and cold; there is limited space to treat a casualty on a RHIB- managing the incident suddenly got a lot harder and provided all with a realistic insight into an actual event.



Building Cardinal Marker Buoys and placing them around a real hazard checks for successful knowledge transfer.



Using real O2 in
a rescue scenario

Keeping it real & engaging



Using the real thing to teach
parts of the boat.

THEORY LESSONS

USING REALIA, PROPS AND COMEDY

2016 was fellow Bingham member and Advanced Instructor Geoff Bacon's first appearance at the event. A somewhat 'larger than life' character himself, he quite clearly enjoys this style of teaching and rose to the challenge. The lecture on shots began with a demonstration of how to build a variety, using string, weights and helium filled balloons.

The students were once again instructed to put on their coats and went outside to be given access to a huge pile of equipment and asked to construct top and bottom tensioned shots, a lazy shot and a decompression trapeze. He then went on to teach the search patterns using the shots as datum on the grass. The helium balloons made the demo funny, there was little teacher talk- just nice clear demonstration.



Bottom tensioned shot

Then guess what? The students got to do it themselves- hands on the real stuff, ropes, weights and buoys! Fantastic!



BRINGING THE WEATHER TO LIFE

Having been baffled myself when I first came across the weather and theory behind it, I was cajoled into teaching it back in 2013, in order to improve my own understanding. I found the PowerPoint slides confusing myself and the information didn't appear to be in the correct sequence. The way in which the air rises and falls around the planet, affected by heat and the Earth's rotation creating wind and weather is a very visual affair.

A toaster and bin liner demonstrated hot air rising and cool air falling, and an old globe with red and blue electrical tape gave a visual representation of where we sit on the planet amongst the pressure bands. This idea developed further and onto twenty square meters of builders' polythene, I reproduced the graphic from the BSAC slides. On this scale the students could walk from warm to cold bands, and by adding the impact of the Coriolis Effect, determined the direction of the prevailing winds in each sector.

The wind direction could be determined by standing on a blue band, facing a red. Then by throwing out the right arm in the northern hemisphere, left in the southern, added the influence of the coriolis effect to the direction and made this often confusing concept



RULE OF TWELFTHS

Using fifty seven wine boxes, Andy Jarvis perfected teaching the rule of twelfths without PowerPoint. Starting with the basic information of the tide height and range, and running through the basics, Andy started to build the rising tide in wine boxes. For the first twelfth he placed one box on the table, for the second he placed another box next to that, then two more on top and so on. The rising tide was represented as the wall grew in steps, one for each twelfth. The students were soon

pre-empting what would happen next and were invited to build the next bit. Finally a wine box wall of water stood, clearly demonstrating the proportionate rise and time of the tide. Concept questions were used to check understanding and by dismantling the display, the behaviour of the falling tide could also be seen. The only thing left to clarify was whether Mrs. Jarvis was a permanent resident at the Betty Ford Clinic!!



THEORY LESSONS

easier to grasp. With the addition of some pointed blue and rounded red bibs made from old bed sheets and a fight at 60 degrees north and you have cyclogenesis- the birth of a weather system over the Atlantic.

Two students spinning; anti-clockwise in a red vest hands pulling in and up; clockwise in a blue vest hands pushing down and out, was all it took to demonstrate the movement of air between high and low pressures and by adding Guy Ballot's law the students could ascertain the direction of the wind.

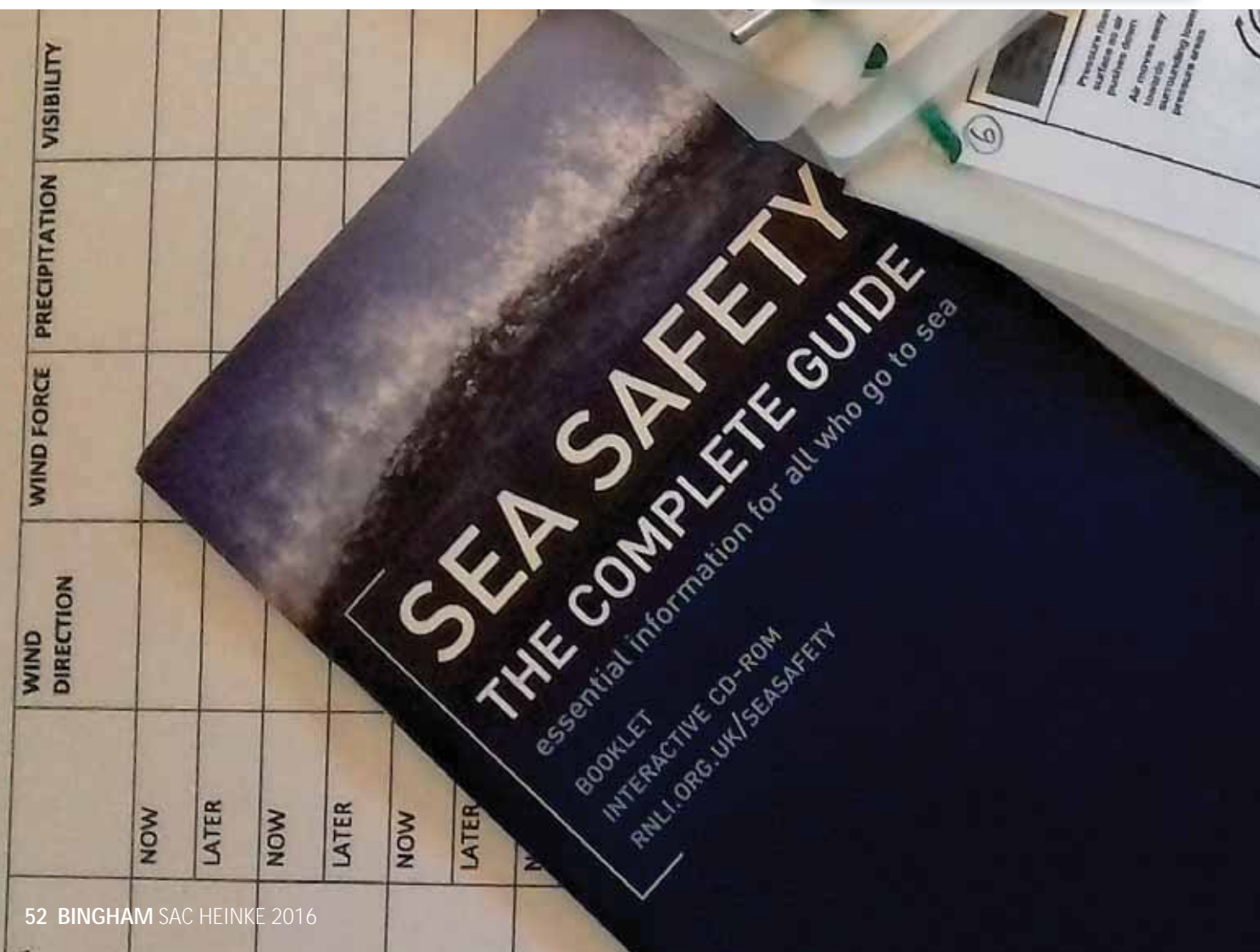
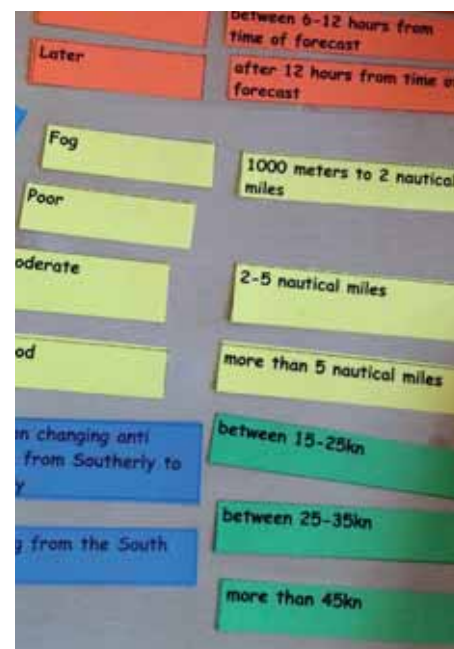
To teach the sequence of a weather front I used a rope which was halved and with a red bib - our depression - at the centre. I asked the red bibs to form a line holding half the rope with the blue bibs lined up behind holding the other half. As our depression at the centre of the rope span anti-clockwise the rope moved forward and the warm front, warm sector and

cold fronts were clear to see. Using A1 graphics of the clouds held high by other students, I introduced the different types of clouds and elicited from the team where they would be seen. Now the whole front was in motion - Cirrus leading the way and Cumulus Nimbus bringing up the rear, all that was needed now was the cold front to catch up the warm and we had the ubiquitous Occluded Front that spoils our diving trips! Back inside some consolidation thanks to the RNLI's fantastic resource 'The complete guide to Sea Safety,' an animation which shows the clouds developing, the front approaching and passing with a wind speed, direction and pressure dials all in action.

SHIPPING FORECAST

The Shipping Forecast, covered on slides 23 and 25, shows the terminology used in the forecast. This

was boring and the Shipping forecast is a Radio 4 institution! I made a simple matching activity to teach the terminology by printing out ALL the words and definitions onto coloured card and cutting them up and placing in an envelope. I made 4 sets



and mixed the card colours so the definitions were grouped by colour to help learning. For example the word 'Imminent' on yellow should be matched with the words 'within 6 hours' on yellow card but forecast times were orange, wind speed green, etc.

I downloaded the shipping forecast to my phone and set up a listening activity that had to be well planned to work. I put the group into pairs, giving them a destination each - St Abbs, Portland, Sound of Mull and a map of the inshore areas. Once they were confident what to listen for, I gave them a brief on their proposed

activities and a gap fill activity in the form of a table. After a couple of listens to the inshore forecast - using my phone and blue-tooth speaker - each pair could feed back on the weather and how it would affect their plans. I added useful links onto the bottom of the handout for further reference.

FINAL THOUGHTS ON TEACHER DEVELOPMENT AND PEDAGOGY

The projector spent a high percentage of the weekend blacked out and the feedback we got from

the candidates was testament to just how enjoyable and inspiring our delivery was. You need imagination and time to develop the activities I've detailed above but once you've made them they can be used time and time again. Talk to and work with other instructors, go and watch events at other clubs and regions and don't be afraid to experiment.

Reflection is the key to success; what worked and what didn't? What could you do to improve the lesson? Observe others and ask to be observed yourself. Take on board the feedback and finally- switch off PowerPoint and have fun!

RNLI's fantastic resource



2016 Theory Training Sessions

24 **12**
OD **SD**
Sessions Sessions

0* **6**
DL **AD**
Sessions Sessions

*Full Dive Leader theory course delivered
December 2015

2. Diver Training

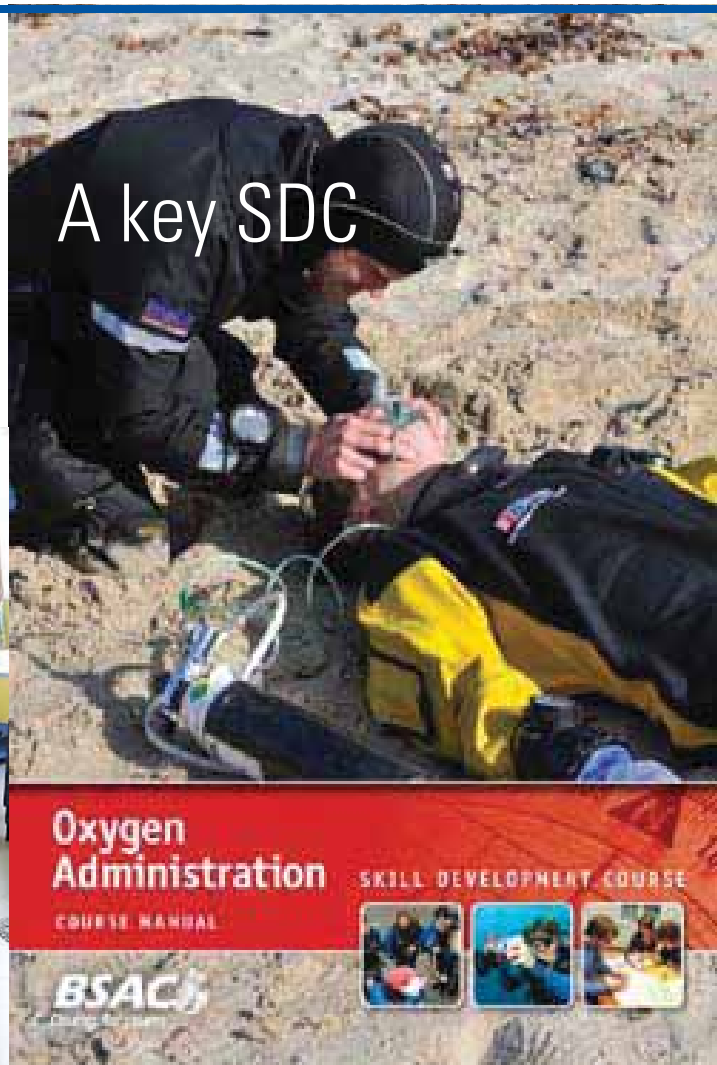
COURSES

2016



O2 Course

In February an O2 course was run at Scarrington Village Hall, along with an O2 refresher. This was attended by 6 divers and 1 non diver, who is a coxswain, and included divers from the East Midlands region, recruited by the regional coach. Instructors were Adrian Collier, John Harris, Geoff Bacon and Stephen Hickling. In the afternoon, 14 other divers joined us to refresh their skills.



Oxygen
Administration

SKILL DEVELOPMENT COURSE

COURSE MANUAL

BSAC



Learning DR ABC at Scarrington Hall

Boat Handling and Familiarisation

Last year we tried to utilise our RHIB Avalanche more on the Trent, to introduce newer members to the boat and allow others the opportunity brush up on skills. The boat was launched, recovered, and members got the chance to handle it. Not only was this a good pre-season activity, it gave several members aiming for exams like the Advanced Instructor and Boat Handling Instructors exams a chance to practice mooring, coming along side, turn on the warp etc.

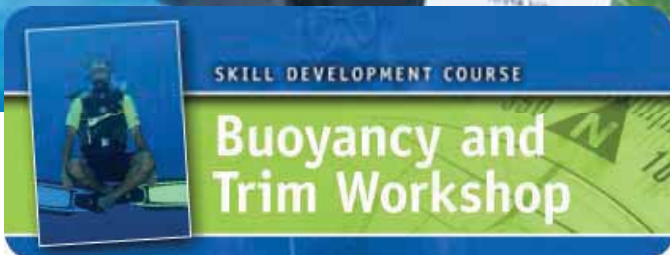
We also make a point of getting new members 'hands-on' as it definitely inspires them to go on courses and get involved with the boat. This is done by the various members of the club suitably qualified, and is an idea which we intend to continue with.



Rob and Steve, Bingham SAC's OWIs running their first Buoyancy and Trim Workshop at Stoney



Golds & Blacks
how about that!

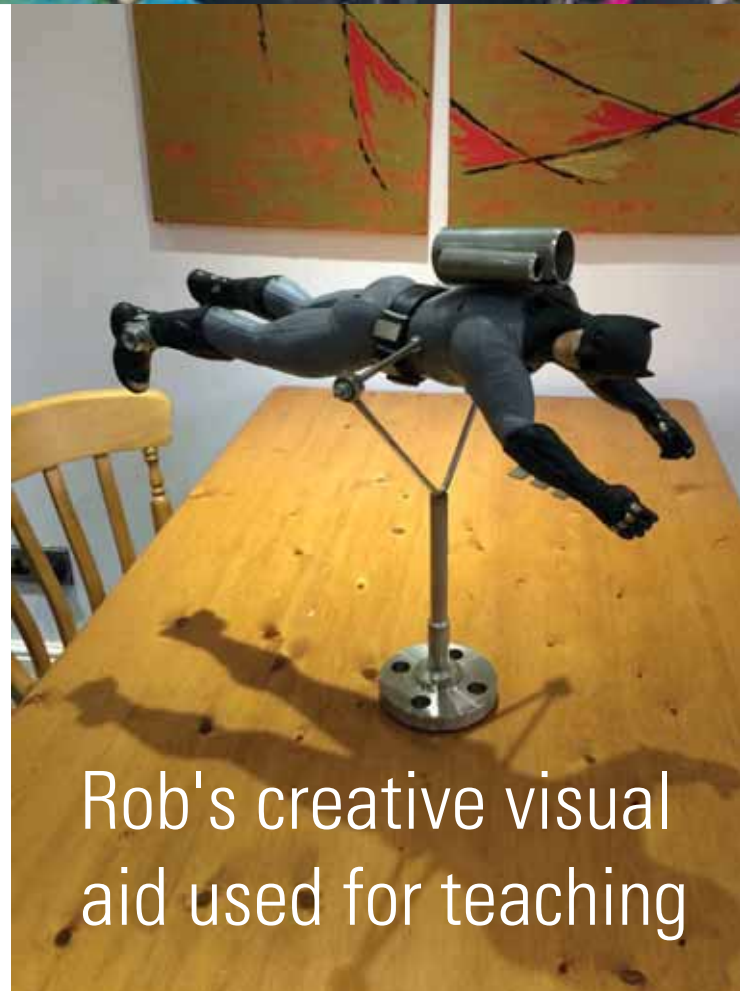


Workshop elements

- **Principles of good buoyancy; issues and causes of poor buoyancy control**
- **Correct weighting; drysuit and BC**
- **Perfecting your trim– body positions and techniques**

Done over 2 days in May by Rob Parnell, Andrew Shipley and Steve Hickling at Bingham and Stoney Cove, attended by 6 divers.

Rob, an engineer, created a fantastic model who we named "CAPTAIN TRIM" which by adjusting the cylinder positions was able to demonstrate the effects of trim on stability in the water and was a resounding success. The course went really well and we were extremely pleased with the results; Cathy Waterfield and Sandra Casey achieved GOLD, Richard Westwood, Ian Lowther, Andrea Riley and Cassandra Rawlings achieved Black.



Rob's creative visual
aid used for teaching

SDC courses attended in 2016

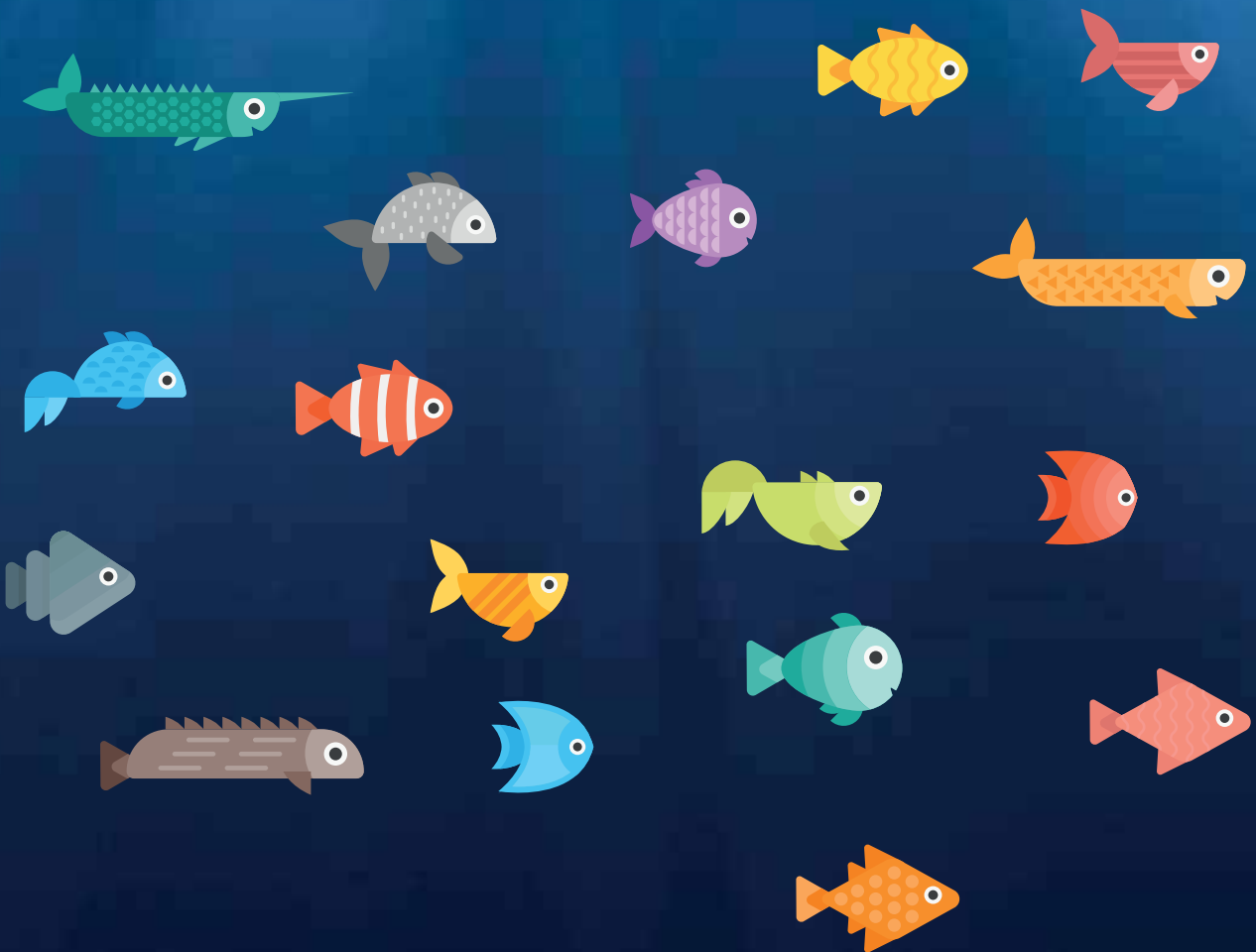
Accelerated Decompression Procedures	3	Boat Handling	0
Buoyancy and Trim	9	Chartwork and Position Fixing	2
Compressor Operation	0	Diver Coxswain Assessment	1
Dive Planning and Management	0	Outboard Engine and Boat Maintenance	0
Dive UK	0	VHF Marine Radio Operator	3
Dry Suit Training	7		
Equipment Care	1	British Divers Marine Life Rescue	0
Gas Blender (Nitrox only)	2	BSAC Beachcomber	0
Gas Blender (Trimix & Nitrox)	0	Ice Diving	0
Marine Life Appreciation	0	Nautical Archaeology Society Seasearch	1
Search and Recovery	0	Underwater Photography	0
Twin Set Diver	0		
Wreck Appreciation	0	Sport Mixed Gas Diver	0
		Explorer Mixed Gas Diver	0
Advanced Lifesaver Award	2	Advanced Mixed Gas Diver	0
Automated External Defibrillator (AED)	1	CCR Inspiration Evolution/Vision Diver	1
First Aid for Divers	1	CCR Poseidon Se7en Diver	0
Lifesaver Award	0	Sport Mixed Gas CCR Diver	0
Oxygen Administration	1	Explorer Mixed Gas CCR Diver	0
Practical Rescue Management	3	Advanced Mixed Gas CCR Diver	3
RNLI Diver Sea Survival Workshop	0		

Total **37** 2016

2. Diver Training

INTRODUCTION QUALIFICATIONS

2016



The bigger the club, the bigger the buzz!

By Helena Robertshaw

Like all clubs, our diver training programme is essential for growth and survival. We are lucky to have a fantastic group of instructors, whose experiences range from National Instructors bossing instructor training events, old club instructors who have updated their skills on the recently introduced Instructor Development Course, PADI crossover and snorkel instructors, as well as newly qualified assistant instructors fresh off the IFC.

INSPIRING OTHERS

We are instructor rich at the moment, which is a great place to be. Back in 2008 things were very different and we hadn't qualified a new Open Water Instructor for several years. Instructor development was stagnant and all diver training was done by 3 or 4 individuals. Things gradually changed as 2 of our OWIs Andrew Jarvis and Adrian Collier set their sights high, qualifying simultaneously as 1st Class Divers and Advanced Instructors by 2012. They in turn encouraged me, a new female member and PADI crossover, who qualified as an OWI in 2011. This in turn inspired first Stephen Hickling and then Rob Parnell, who realised that if I could do it so could they! In 2015 Andrew and Adrian became Bingham's first ever NIs. As a club we became more active within the region, teaching along side the BSAC East Midlands team and LASAC (Lincolnshire Association of Sub Aqua Clubs). We started to attract new members that were already qualified instructors; in 2014 Adrian took over as the regional coach and over the

next 3 years Bingham's reputation began to spread.

National Diving Officer Sophie Heptonstall said at the conference 'The bigger the club, the bigger the buzz!' We began to realise that the opposite was also true, 'The bigger the buzz, the bigger the club'. As the club started to buzz, both inside and out, we started to attract new, highly qualified members. In 2013 Mark Owens, OWI with experience teaching within the joint services environment joined us. Fleur Tinsley, OWI and recently graduated from Loughborough University where she is now DO also joined, along with Sean Gallagher who was a club instructor. 2015 saw Advanced Instructor Geoff Bacon join us and quickly get involved at both club and regional level. 2016 was probably the best year in the club's history for attracting new instructor members! Having worked closely with Adrian, Geoff and myself at regional events, Sallie McMullen, OWI chose us as her second club. George Lindsay OWI, also with joint forces experience, signed up and Andy Grattage OWI was welcomed in and went on to become Training Officer.

A WEALTH OF EXPERIENCE

Such a variety of instructors provide members with access to a wealth of knowledge and experience; having instructor trainers within our ranks ensures standards are current and safe. Progression seems to have become a way of life now, the norm rather than the exception as it was in 2011.

LANDLOCKED BUT NOT A PROBLEM!

Being so far away from the sea certainly affects our diver training programme and unlike those lucky clubs who can dive and snorkel on summer evenings in the sea, we are reliant on inland sites like Stoney Cove, which is on our door step. Open 363 days of the year as well as every 1st and 3rd Wednesday evening and not at the mercy of the British weather, this valuable venue is where most of our diver training takes place all year round. In days gone by we would insist that divers had experience of sea diving before they were signed off as Ocean Divers; as DO I have realised that times are changing and we need to change too. As long as our trainees are exposed to a range of diving experiences and meet the competence standards in the Diver Training Programme, then we can sign them off. I've experienced some of my toughest diving at Stoney cove in less than half a meter of visibility, driving sleet and 4 degrees!

In order to meet the needs of trainees at all levels, we nominate an instructor for each. In 2016, Stephen Hickling was Training Officer and he headed up the Ocean Diver training; Mark Owens dealing with the Sports Divers and Andrew Shipley, AOWI, the Dive Leaders. This takes pressure off the Training Officer and gives the trainees a go-to person with their needs. Members can also access training at 'boot camps' organised by the region and LASAC and often

access training with other local clubs, Loughborough, Swadlincote and Lincoln 109. Both Advanced and First Class Diver training needs are met by the regional team- a high percentage of whom are Bingham members. The annual Advanced Diver Theory Weekend and 1st Class Diver Prep Group were headed up by Adrian Collier and Andrew Jarvis.



Club Awards night 2017

Instructor profile 1



Steve Hickling Training Officer 2016

I have been Training Officer for the last three years with Bingham SAC and have been a member of the

club for the last 10 years. I currently am an OWI and Diver Coxswain and just qualified as an Advanced Diver. I really enjoy training the new divers from try dives and Ocean Diver training through to Dive Leader awards. It gives me a great sense of achievement seeing them progress safely and happily through the BSAC levels, appreciating the buzz and diversity of the sport.

We as a club try to have a flexible approach to teaching and we are lucky to have a wealth of experience and skills within the club, with a wide ranging group of talented, enthusiastic and committed instructors. They are generous in giving up their time to support the club and participate fully in coaching. The experience is immense, ranging from Assistant Instructors through to our two recently qualified National Instructors Andy Jarvis and Adrian Collier. In 2016, we rolled out a wide variety of training for the club.

The speed of progression is determined by the individual divers' abilities rather than by set timescales, and this is tailored to the individuals competency and confidence allowing them to develop in an unpressurised way.

Everyone develops at their own speed and this flexible approach allows us to progress divers at their own rate. This can take more time, depending on difficulties encountered but this approach ensures people achieve eventually.

Instructor profile 2



Helena Robertshaw Diving Officer 2016

I learned to dive in 1996 with PADI in the Red Sea, when Dahab was still a Bedouin Camp. Enthralled by the beautiful reefs and marine life, went on to dive in the Philippines and Thailand, eventually qualifying and working as a Divemaster with Scuba Junction on Koh Tao. After moving to Australia I started training as an assistant instructor and did a fair bit of teaching on Gili Trawangan for Manta Divers, where I also worked for a short time. When I returned to the UK with Paul, I really missed diving regularly but for a few years was content with a couple of trips abroad. I met a BSAC diver and instructor Paul Noon in our local pub, who went on to be a good friend and he persuaded me to go to Stoney and trained me to use a dry suit! As our local Grantham club had just folded, he took Paul and me over to Bingham one Tuesday evening and we joined the club.

I remember our first trip to Oban in March 2008- it was freezing

and what a learning curve. The weather was superb and the scenery stunning and I remember scalloping for the first time ever and enjoying our catch for dinner. I got to know other members well and was impressed by the skills and knowledge they shared. Despite having worked in the industry I had some huge holes in my experience. These were slowly filled; training for the Advanced Diver award, completing the Boat Handling and RYA Day Skipper courses as well as going on as many club trips as possible.

In 2010 I achieved a long time goal and qualified as an OWI; I really enjoyed teaching in the club and couldn't believe I was taking in novices on wrecks in the English Channel! I also enjoyed being taught and began working my way through the various BSAC SDCs with the club, LASAC and East Midlands Region.

I got roped onto the club committee in 2008 as Training Officer, a role I held until I finally off loaded it onto Steve Hickling in 2013. Then after a year as Lead Instructor I inherited the role of Diving Officer, which I was informed would 'do me good'! It has taught me a lot and not necessarily about diving. Sometimes I feel like a one woman branch of the UN! Luckily, I have always had support from some of the club's most experienced members and when Sophie Heptonstall became NDO, I realised I had access to the support and advice I needed from someone who saw things from a similar point of view.

2016 was really busy year for the club with plenty of trips and training; we had the healthiest membership levels I've ever known and our members have been involved in diving activities at club, regional and national levels. We were well represented at the BSAC diving conference where Adrian Collier, current regional coach, was host for the day. The new regional coach Geoff Bacon is also from Bingham- what a result, not one but two regional coaches! In September I realised another diving goal and along with my friend and fellow instructor Sallie McMullen, gained my Advanced Instructor status- we are the first two female Als in the club! It was a tough weekend but our teamwork and sense of humour carried us through.

The icing on the cake was hosting the 2016 This Girl Can Try Dive Event at Bingham in November. With 89 try-divers and over 40 female volunteers from around the Midlands, it was an amazing afternoon. It took over 3 months to organise and our members made up nearly 50% of the volunteers. I was extremely proud of the contribution our girls made both on the day and in the planning, proving that 'These Bingham Girls Really Can!' We have a phenomenal team of girls in our club who aren't afraid to set their sights high; however, I best mention the fantastic male members who supported the event too. The diversity and camaraderie in our club is what makes it so special.

Instructor profile 3



Geoff 'Butty' Bacon - a finger in every pie!!

With a surname like 'Bacon' you are highly unlikely to go by the name of 'Geoff' in anything other than the most formal of situations; so it was 'Butty' who joined us in 2014 and has made a significant impact on both the club and region since then! Butty learned to dive in 1984 in Saudi Arabia during a spell of R&R after the first Gulf War and continued with his BSAC training in the somewhat colder waters of Northern Europe where he qualified as a Sports Diver.

After leaving the Air Force he returned to Saudi to work for BA Systems and got heavily involved in Baecavian SAC over the next 6 years, where he completed his Advanced Diver and Club Instructor qualifications and served as Chairman, DO and Equipment Officer. With the nearest chamber 650 miles away in Jeddah, diving the beautiful but remote island of Farasan close to the Yemen border had to be tightly regulated with no decompression diving allowed. In 2002 Geoff returned to the UK for a few years and checked out local BSAC clubs Bingham and Cotgrave. Bingham was a busy, thriving club, but Cotgrave was struggling so sensing their greater need, Butty joined the latter. A member for 4 years, he helped the branch develop and encouraged them to do more adventurous diving in the hope that

this would attract new members. 2008 saw him back in Saudi, where sadly the worsening security restrictions were making diving nearly impossible so by the time Butty joined Bingham in 2014 he was a little rusty! With Cotgrave no longer in existence, Geoff found Bingham still busy and thriving but also a family friendly club keen to welcome new members. Having called into the club's regular Tuesday night pool session and made his pedigree known there was no escape and he quickly got involved with training and club activities. Club member and then regional coach, Adrian Collier helped Butty up-skill and get his teaching up to current standards and he soon found himself teaching with both the East Midlands Regional and LASAC teams! It didn't stop there either; Geoff soon found himself heading up the 1st Class Diver group and at the end of 2016, when Adrian's role as regional coach was drawing to a close, Butty found himself in the running as his replacement!

2016 saw Geoff play a key role in Bingham; as one of our most active instructors he signed of countless training dives including an Advanced Diver's trip to Normandy, qualified as a Boat Handling Instructor, and put a substantial dint in his 1st Class Diver preparation which also included a major kit upgrade and proved himself to be one of the club's best cross dressers at Jarman's Jollies! 2016 was a year of self development which, in the bid to get himself back up to speed after a break from diving, landed him in the regional coach's role!!

Instructor profile 4



Andy Grattage New Training Officer November 2016

‘Oh dear, what have I let myself in for, but it looks like a club which know where it is going’
Andy Grattage on being appointed Training Officer
‘Little does he know!’
sic JM Chair

After 3 years in the role, Steve Hickling sadly decided to step down as Training Officer in November 2016. The club knew it wouldn’t be easy to fill his shoes; the training officer is at the heart and soul of the club. The obvious candidates

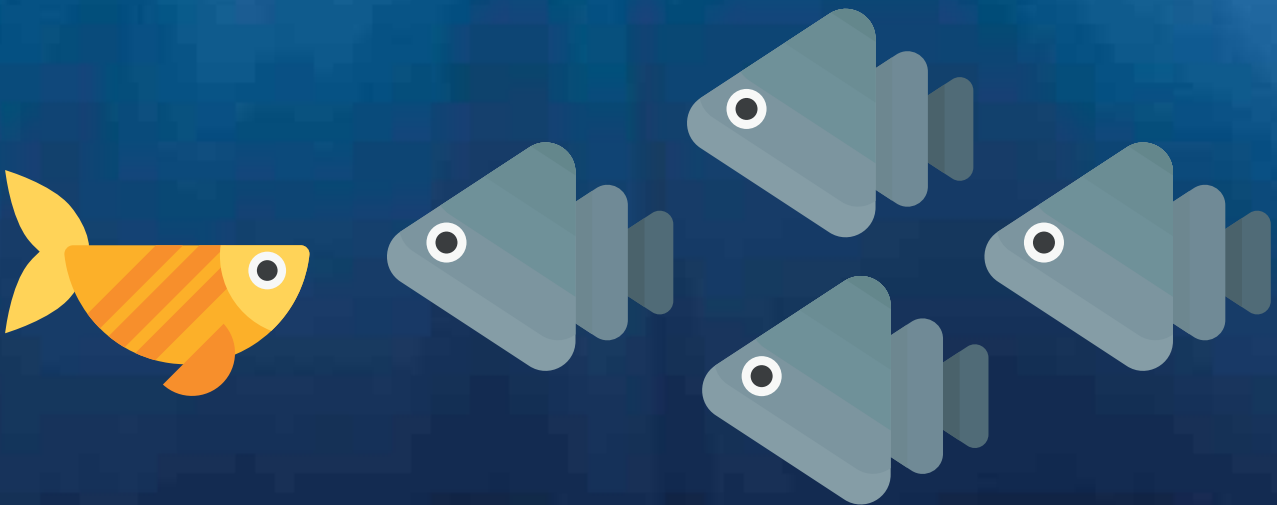
were busy elsewhere or just about to be with East Midlands Coach’s role available! However, current coach Adrian Collier, always on the lookout for new members, spotted a potential candidate! This was Andy Grattage an Advanced diver with more than 30 years experience, who had been out of diving for about 10 years. He had decided to get back in the water and joined a club near his home on the other side of Nottingham. This club was experiencing some difficulties at the time so he moved to another, taking up the position of DO. Things were not working out when he met Adrian in early 2016, who persuaded him to come over to Bingham one Tuesday night. After sitting talking late into the evening with Adrian and Helena that evening he realised that Bingham was a club with a difference, where he would be encouraged to develop his skills

and valued for his experience. It was enough to convince him to join us, along with his wife Nikki, who was part way through her training. Andy felt that his teaching skills were a bit rusty but with Adrian’s help they were soon updated! This was refreshing and opened up new opportunities for him; he soon proved to be a real asset to our club. He shadowed Steve for a while and worked closely with the DO, so it was no surprise that he was soon organising training for our band of Ocean Diver trainees and getting immersed in club life. In November 2016 he was inaugurated as the new Training Officer with the usual Bingham enthusiasm. Nikki didn’t get off lightly either as she is now our Members Secretary! Lets’ just hope Andy continues to enjoy the Bingham buzz and camaraderie.

2. Diver Training

QUALIFICATIONS

2016



QUALIFICATIONS

1st Class



Trainees

Our 2016 trainees

There were **28** OD trainees in the system during 2016 and we qualified **3** of them during the year; another **3** of them qualified in early in 2017. Many of the **28** completed pool and theory sessions but not the OW stuff. **10** trainees left before qualifying due to a variety of reasons; pregnancy, illness and injury, work/ family/ study commitments and **10** are still in training. We also had two family groups start, who managed to complete all the pool and theory but not the open water dives. Towards the end of the year we had a large influx of new members, some of whom joined BSAC directly at the dive show who we hope will graduate in 2017.

There were **15** SD trainees in the club during 2016 and we qualified **4** of them; only **1** left and the others continued with their training.

Whilst we didn't qualify any Dive Leaders during 2016, we have **6** active trainees a couple of whom are very likely to qualify in 2017.

We had 6 active Advanced Diver trainees during 2016 and qualified **2** in early 2017 with all continuing with their training.

We have **5** First Class trainees; all of whom completed training that would go towards their qualification in 2016. **1** is expected to qualify in 2017.



Advanced Divers

14

Dive Leaders

14

4 new

Sport Divers

15

Ocean Diver

14

3 new



The start of the journey

Ocean Diver bootcamp, train hard and play hard

By Peter Murphy and Claire Bradley



Peter and Claire being put through their paces by Steve Hickling one of our experienced OWIs

After countless snorkelling trips while on holiday abroad including Egypt and the Caribbean, along with numerous conversations about “wanting to be down there with those divers”, we finally decided that it was time to ‘dive straight in’ and learn!

After some research on the internet, we decided that BSAC was a better option for us, even though we knew that other ‘not so friendly’ diving organisations were also available. Imagine our luck when we found Bingham SAC just a few miles up the road. A couple of conversations later between Andrea and Claire, and our ‘Try Dives’ were booked.

Tuesday evening arrived, some paperwork was filled out and we were ready to get our hair wet. Pete went diving with Geoff ‘Butty’ Bacon, while Claire jumped in with Andy G. Approximately 45 minutes later, a shivering but still grinning Claire and Pete had found their next sporting adventure! But the evening hadn’t finished... a visit to the Horse and Plough with the ‘mad’ group that is Bingham SAC and several stories later about the strange social nights out...the club had grown by two new members.

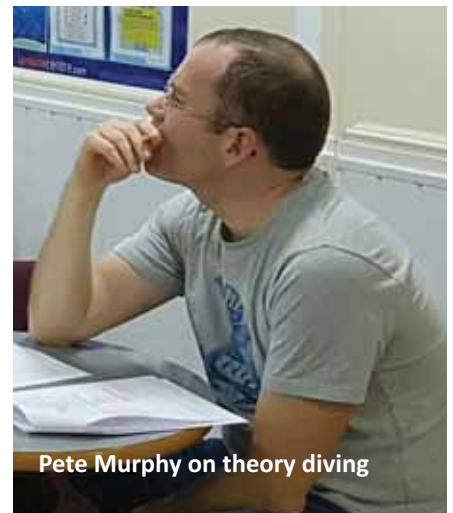
Can you see the cogs turning?

The evening of our first diving lesson arrived. We met with our designated trainer, Rob Parnell. The following weeks went quickly, arriving before anyone else and leaving the pool last, we made the most of the time that we had. Rob was always supportive and surprised by how keen we were. He put us through our paces and we quickly progressed through the pool lessons and exam.

THE THEORY OF DIVING

Theory lessons commenced, with plenty of tea and biscuits. Steve, Andy and Rachel delivered entertaining yet informative sessions, ensuring that we passed our theory exam first time.

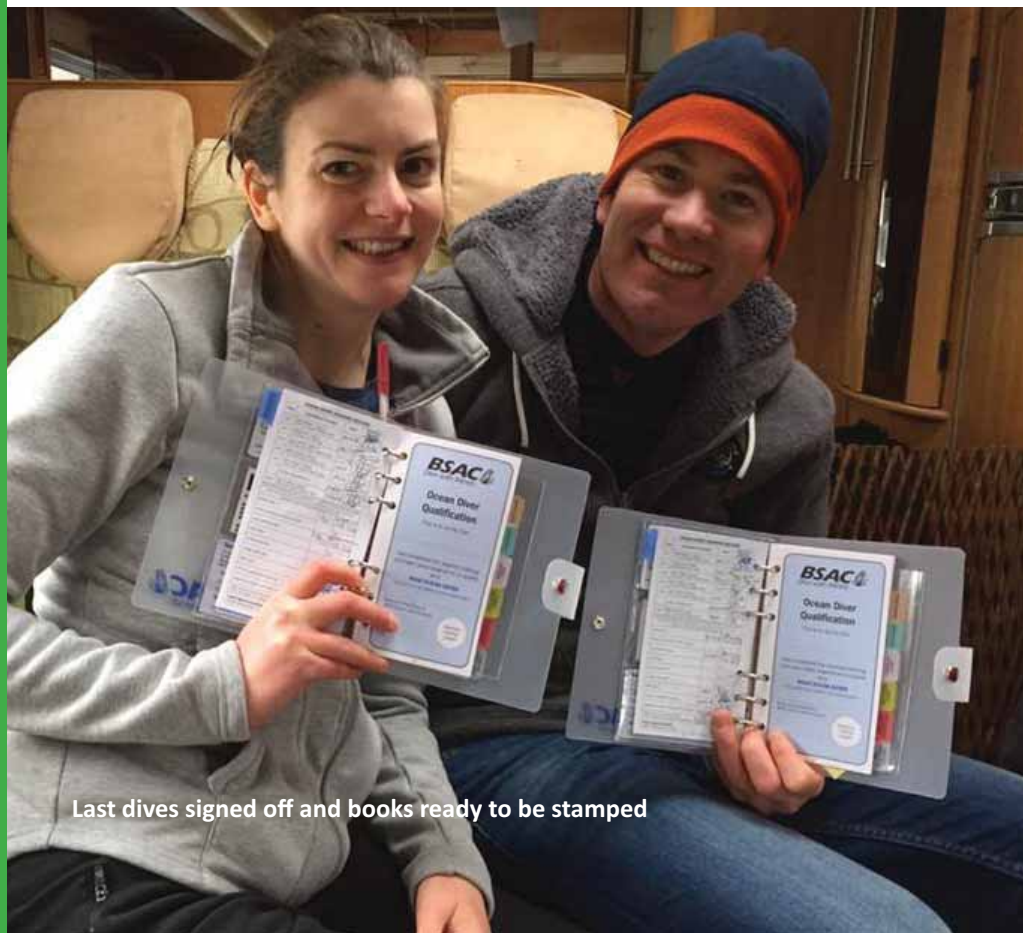
We were ready for our first trip to Capernwray, and our first open water dive. Four dives, several instructors, different dry suits, new kit, good digs, great company and topped off with a couple of drinks. What a weekend! We were certainly introduced to what a dive weekend with the Bingham SAC was all about.



Pete Murphy on theory diving

We qualified to Ocean Diver and got our stamp in February 2017, a mere five months after our first session in the pool. Due to the winter season, the open water training sessions at Stoney were not as regular as in warmer times of the year, but due to the dedication and commitment of the great instructors, especially Rob, enabled us to be qualified for our Easter holiday to Mexico.

We are now looking forward to our next adventure with Bingham SAC to St Abbs.



Last dives signed off and books ready to be stamped

Involvement
& great friendships

**THIS
GIRL
CAN**

Andrea, Tracey and Claire helping all involved with This Girl Can 2016

Training hard, but playing hard too. .

A few weeks later was the social event of the year... Jarman's Jollies. Fancy dress is the norm, but seeing six foot bearded divers in drag is not your normal night out! In true spirit Boy George and Kiss's Gene Simmons made an appearance.

Pete soon signed himself up to the first available course – the RYA VHF Radio Course, where Claire trained him on the phonetic alphabet prior

to attending! A day and a half later, following a rigorous theory and practical exam, all participants had passed.

Claire was keen to be involved and helped during the "These Girls Can" campaign. A very successful, busy and enjoyable day was had by all, capped off with the usual rehydration at the Horse and Plough.

An Ocean Diver is born the talc rights of passage



Claire not sure who to punch!!!!



A year in the life of a Sports Diver trainee

by Ian Lowther



Ian and Jill, Gozo's Inland Sea
Photo: Mark Owens

Bouncing Bomb Award



I have always been interested in water whether it is swimming, snorkelling, fishing, rowing, canoeing or just generally messing about with boats. I even had a job on the Police launch on the River Trent in the summer of 1992. So it's no surprise that I had an interest in SCUBA diving; friends from our village way back in 1996, Petra and Gavin, were long standing members of Bingham Sub Aqua Club and encouraged me to try and I never did anything about it! In 2014 that all changed. I had seen a 'Groupon' offering two for the price of one try dives with a training company in Nottingham and talked my 17 year old daughter Katie into accompanying me. She was not too keen but the promise of a McDonalds afterwards convinced her.

HOOKED

We both loved the try dive and I was reminded what Petra and Gavin had said about Bingham Sub Aqua Club. I booked two try dives with Andrea Riley, the membership secretary, who was very friendly and welcoming.

I loved the BSAC ethos "Dive with Friends" which was exactly what I wanted. The try dives confirmed that we liked diving and the friendly, welcoming club so we both joined in the summer of 2014 and were soon training as Ocean Divers. We qualified in September 2015, just in time for Katie's and my first club diving holiday to Gozo a few weeks later.

2016 started with me as an Ocean Diver with 53 open water dives in my logbook. I had decided to enjoy diving and take a year maybe two to become a Sports Diver. I was also getting more involved in the club as I had been invited on to the Committee as Assistant Treasurer. January and February saw me day and night diving at Stoney Cove with the water at 7 degrees it was bracing.

I had had a few buoyancy issues, which I thought were solved but I'd been noticed and at Bingham SAC awards ceremony in February, I was awarded the prestigious "Bouncing Bomb" award 2016. Well at least it

wasn't the pink snorkel Award!

By mid March 2016, Katie had gone off to Africa for 10 weeks with The International Citizen Service to do charity work but we'd had a few dives together on our own as qualified Ocean Divers, which was great. In April 2016 I started the Sports Diver Theory training in the classroom and the sheltered water lessons in the pool.

FINE TUNING

Spurred on by my success with the "Bouncing Bomb" award, I signed up for a Buoyancy and Trim course in May. I ended the day with a black grade which is the best you can get, thanks to Bingham SAC instructor Rob Parnell

Katie returned home and we managed a couple of dives at Stoney Cove before she went off on a year long trip backpacking to the Far East and Australia. She talked me in to paying for her PADI Advanced Open Water Qualification, which she did

I passed my theory assessment. . .

in Thailand. She was reported seeing barracuda, moray eels, and turtles and was even attacked by a Titan triggerfish! Her BSAC Ocean Diver qualification had prepared her well!

SPORTS DIVER THEORY

By early summer, my priorities had changed as I had just arranged a round-the-world trip with my wife and wanted to dive in the places that we were visiting. I would need to finish my Sports Diver training in 10 weeks! The club rallied and I started my open water Sports Diver training at Capernwray the end of July. I was fascinated to see the Sturgeon eat off the bottom here and hopefully gained a useful insight into their feeding habits for my next Sturgeon fishing trip to France. We reviewed rescue skills, did SMB/DSMB training and navigating using a compass and line; with the water at 21 degrees, it was a stark contrast to Stony Cove at the start of the year. It was

very interesting when we practiced navigation work in the car park to see how the cars adversely affected the compass reading, useful to know when navigating near wrecks. The open water lessons were finished by the end of August, I passed my Theory Assessment and was signed off as Sports Diver just 10 days before I flew to Miami. My wet suit was too heavy for my bag so I persuaded my wife to carry it for 25,000 plus miles and 8 flights!

WORLD TOUR BEGINS

Months previously I'd made arrangements to be taken snorkelling off the reefs at Key Lago and to dive the reef and wreck off Key West but Hurricane Matthew had just passed through! No diving in New Zealand either although I managed a snorkel session just off the beach in clear warm water.

The next chance to dive was in Australia, where I only managed 1

days diving. I was so keen and excited to get to the dive site that I picked up a speeding ticket on the way! I met the boat at Brunswick Heads and dive master said my suit was not suitable for the cold water! It was 23 degrees, Byron Bay was as warm as Gozo where I'd dived in the same suit and if I certainly wasn't going to let Mrs Lowther think she'd carried that suit all the way for nothing! I had two dives off St Julian's Rocks and a ride in a fast boat up and down the Brunswick River; I had never dived in a rough sea before and struggled a lot on the surface. Once under I was OK but then came the big shock - nobody had told me I would see sharks! I don't mind admitting I was a bit scared but later I was told that they were female Nurse sharks more interested in breeding than me and 'not generally perceived as a threat'. I took my camera on the next dive and saw more Nurse sharks, Wobbegong sharks, a large stingray of the type that killed Steve Irwin, turtles and



Selfie
Photo: Ian Lowther



Nurse Shark
Photo: Ian Lowther

QUALIFICATIONS

loads of fish. The stingray was massive; the photo doesn't do it justice. I missed another large turtle, which was estimated to be around 100 years old.

The next day I was invited by my friends Sarah and Roger to visit the Byron Bay Surf and Life Saving Club where they were members (They'd given up diving and taken up Surf Skis which were a bit like big sea kayaks). They gave me a pair of Club budge smugglers with Byron Bay on the bum and took me out for a swim along the coast amongst the Bluebottle jelly fish which "don't sting too much" They were all fascinated by the concept of diving in a dry suit and in cold water. Stoney Cove raised its head again.

The next possibility for diving was Dubai where my friends and ex Bingham SAC members Petra and Gavin were now living and diving. They had arranged for a day's boat diving from Fujairah but yet again disappointment struck, a storm was brewing and the trip was cancelled. We tried Sunset Beach Dubai, where the local dive clubs train but even that was too rough and the lifeguard wouldn't let us in the water. The local BSAC club is the Desert Sport Diving Club in Dubai who had invited us to their Christmas Party. It seemed odd, all the Christmas trimmings including Christmas jumpers in bright sunshine and 24 degrees. We were made very welcome and I was interested to stories of frequent Whale Sharks sightings!

Back to the UK mid-December and the club's Christmas dive at Stoney Cove, with Jarman's Jollies to look forward to between Christmas and New Year. The 'Jollies' is a fantastic social event to celebrate Paul Jarman's birthday and all are welcome. This year's theme was pop and rock stars, in keeping with the trend of the men dressing up as women, I went as Lady Gaga!

So, in 2016 I qualified as a Sports Diver and learnt a lot; I need to ask what to expect on a dive, be aware of the weather, which often foils the best laid diving plans and don't drag big, unnecessary items of dive gear around the world. It just upsets your wife!

Next stop, Dive Leader training!



Climbing the ladder

A Year in the life of a Dive Leader Trainee

By Cassandra Rawlings



QUALIFICATIONS

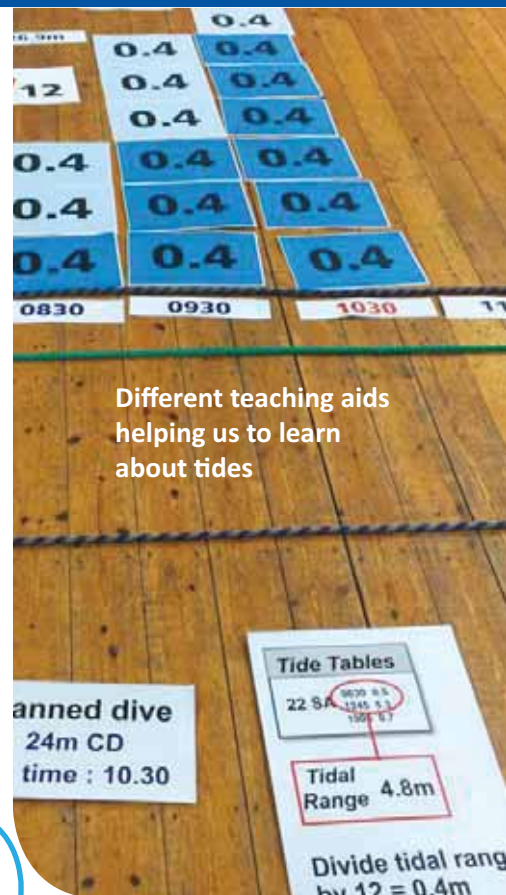
Stoney Cove

AUGUST

Buddy testing new kit configuration, all went well. I feel Navigation is my weak point, visibility virtually nil, so a good chance to practice on the second dive. I was ecstatic, I had found Belinda – short lived when I realised I had gone full circle and ended up back where we started!

Bingham run buoyancey and trim workshop

Theory by Steve and Rob with their box of props followed by session at Stoney Cove. The day started badly with the motorway being shut, no map in the car and Sat Nav taking me round in circles. By the time I got to Stoney I was very late and stressed, everyone was ready to get in the water. The dive didn't go well and I failed spectacularly to maintain any reasonable level of buoyancy, not something I usually have a problem with. Lesson learnt, sometimes it is better to call it, I could have taken over the dive management and helped my buddies and the instructors and I would have had a more constructive day. On a positive note, having time for someone to observe and feedback on a training day is invaluable, I adjusted my cylinder position and weights and have felt more comfortable with my diving position since.



Different teaching aids helping us to learn about tides

JANUARY

Stoney Cove

Buddy Mat Polkey testing his new kit. Good to get in the water early in the year and keep up with basic skills

Cold, Cold, Cold

CHARTWORK and POSITION FIXING

East Midlands Region brought together participants from all over the country. Thanks to local clubs working with each other 6 RHIBs were available for the practical day with enough instructors and boat handlers giving up their time so that we could all successfully complete the course. Another great example of working together with different clubs across the region.

MAY

APRIL

Diver Training Centre York with Sheffield 36 SAC

Dry Dive and 50m Chamber- great experience and if ever unfortunate enough to have to go in 'the pot' should help it to be less frightening. Funny to see how narcosis affects different people, hopefully will help in an underwater situation to recognise signs at an early stage.

JUNE



Chartwork and Position Fixing Course



Opps my buoyancy aid went off, someone let some air out please!

Bingham SAC trip with club RHIB to Plymouth

1st time on small RHIB so new technique for getting back on the boat required. Was much easier than I thought it would be. The weather was superb, calm and sunny, but underwater the visibility was terrible due to plankton bloom. It's all about making the most of every dive, so looking closely in cracks and crevices and seeing what you can find. I also was introduced to boat handling by Paul, taking the RHIB back to its mooring and some dive management experience.

MAY

JULY

Corsica

Scenic dive and WW2 B17 Bomber wreck. We finned over a ridge and the aeroplane was below. An amazing sight.

SEPTEMBER

Portuguese Man of War on the beach in S.Uist

Bingham Barbeque

Always a great night down at the boatyard, chance to catch up with fellow members, have a few beers, play some daft games and raise money for the club

AUGUST



Cassandra with Becks and Fleur enjoying the club BBQ

QUALIFICATIONS

Bottom left
Cassandra gets
ready to head out
to Mackenzie Rock
South Uist



Best British Dive to date

Mackenzie Rock South Uist. Great visibility, massive wall, full of colour and life. My first scallops, smoked to perfection with some fresh Mackerel and eaten for tea. The weather wasn't great and we were blown out much of the week. Was it worth it – for this dive and the scallops? YES

SEPTEMBER



NOVEMBER

**THIS
GIRL
CAN**

Hosted by Bingham SAC

One of the highlights of the year and a great feat of organisation involving members from clubs in the Midlands and Leicestershire and the University. Experience gained from the previous year in Derby meant the event ran like clockwork and 89 women and girls had the chance to experience a taster session, many having the confidence to give it a go due to the all-female environment, so much encouragement helped them overcome their anxiety and fears to get underwater.

Top Gun 2016

Mission completed: BSAC Advanced Diver

By George Lindsay



Great Experiences Great Encounters

Since
joining, we
have never
looked
back

George encountering a South
American Sea Lion in the Falklands

I moved to the area with my partner Fleur in May 2014 having met at Loughborough University and both climbed the diving ladder to leave as Open Water Instructors! Keen to continue our diving, we joined the Bingham Sub Aqua Club on a recommendation from a former East Midlands Regional Coach. Since joining, we have never looked back and in 2016 the Bingham Sub Aqua Club helped me to achieve a long standing ambition to become an Advanced Diver.

As a member of the Armed Forces, my activity in the club was limited in the early part of 2016 when I was deployed to the Falkland Islands. After a couple of phone calls and a generous donation of biscuits to the RAF Movers, my dive kit was on the next aircraft and would be waiting for me at the other end. Needless to say, the diving was fantastic. The interaction with Commerson's Dolphins and South American Sea Lions at less than arms reach was unlike anything I had previously experienced and likely due to diving in water rarely entered by others. In

my spare time I was working on my Advanced Diver Trip Plan to share with Bingham on my return.

Having dived a number of UK coastal sites, I wanted to challenge myself to run a trip to a less well known location to prove to myself that I was ready to make the step up from Dive Leader to Advanced Diver. To ensure a high level of interest, and to cater for my own, I settled on Normandy, France, as the location for the trip. As there were few trips available for the more experienced, the trip aim was to offer depth progression for Dive Leaders to 50m while also experiencing the wrecks associated with the D-Day landings.

UPTURNED SHERMAN TANKS

The trip to Normandy took place aboard MV Salutay from 17th – 22nd July 2016 and was jointly attended by Bingham SAC and a number of ex Loughborough University SAC members, with Geoff Bacon, one of Bingham's many Advanced Instructors, acting as my mentor.

The trip was a wreck diver's paradise and included dives on the LST 523 with Sherman Tanks upturned on the deck, the Empire Broadsword with huge Anti-Aircraft gun and the USS Meredith III with over 60 rounds of live ammunition still in position in the ships magazine. The highlight of the week came when the group dived the wreck of the SS Léopoldville.

This 11,500 tonne Belgian troop carrier rests at 50m outside the port of Cherbourg and the dive was made even better by a visit from a pod of dolphins! After this we made the four hour crossing back to Weymouth, with one final drift dive in Portland. The trip was a huge success, helped by the amazing weather and has even resulted in other members planning further trips to this exciting location. In October 2016, I took over as the Bingham Equipment Officer.

In my first three months, my focus was to take a full kit inventory, ensuring all items were tagged correctly and further raise the club funds through the sale of surplus kit. Separately, the club bought 50Kg of extra scrap lead and using the trade



within the club, transformed this into shiny new lead blocks of 1Kg, 1.5Kg and 2Kg denominations. This has made a big difference to the clubs ability to provide quality equipment to club members.

MALTA HERE I COME

In addition to diving with Bingham SAC, I have also used my skills as an instructor to offer adventurous training to RAF personnel as part of the RAF Eagles Scheme. This saw me visit Malta in November 2016 as part of team of six instructors to offer Ocean and Sports Diver training. Over



two weeks, we dived a range of sites including St Paul's Bay, Suzie's Pool, The Rozi, P29, Adrian's Reef and HMS Maori. We even found the time to complete some of my Advanced Diver Open Water lessons using the other Advanced Instructors on the trip.

In total, 19 personnel qualified as Ocean Divers, with a further 12 qualifying as Sports Divers. Overall 370 dives were completed with a total in water time of 8 days, 17 hours and 59 minutes!

My final dive trip of 2016 was a weekend in Dover with the Loughborough University SAC. This was a special occasion as I was able to complete a rather strong drift dive; the final experience dive needed to complete my Advanced Diver. 2016 was a busy year with 51 dives all over the world; ...who knows what 2017's diving adventures will bring.

Diving with Dolphins in Normandy



Dolphin encounters

Becoming elite

Making the decision to go for the First Class Diver



MY FCD JOURNEY

Making the decision to finally go for the First Class Diver grade after having been an Advanced Diver since Nov 98, my first port of call was to register with HQ. Deed done and after some consideration on how to approach this task, first act was to book onto the FCD prep event to see what I had let myself in for and get some understanding to see if my in water skills reach the mark.

So off to Stoney Cove for the weekend of dry runs, surveying, photography and report writing all with a group of like minded divers aspiring to the same goal, all under the watchful gaze of the FCD instructional staff. It turned out to be a busy but great course which really opened up my eyes to the required standards and processes need to run a successful project. It helped that there was a great bunch of divers on the course and we still keep in touch helping each other out on our journey towards First Class.

Geoff Butty Bacon surveying Pink Sea Fans in Bigbury Bay, Plymouth on the wreck the Periser.

Having bagged the prep event and feeling confident I booked myself in for the theory exam which was a couple of months away. Plenty of time to get my nose stuck in the manuals and with the able assistance of Google get as much crammed into my head as possible.

TAKING THE PLUNGE

News filtered out through the branch and regional team that I had taken the plunge into FCD which brought me to the attention of a pair of fresh faced NI's keen to practice their new found mentoring skills. Their guidance and help has been greatly appreciated, but receiving questions about equipment, weather, DCI and numerous other subject at all hours of the day and night wasn't what I was expecting.

Suitably studied and prepared the day of the exam arrived, quietly confident I turned the first exam page over, an hour later I walked out shell shocked with a heavy heart. My knowledge was good, I could answer nearly all the questions but it was my exam technique that let me down, I just couldn't get the information onto the paper quickly enough. So as they say a pass is a pass and a fail is a deferred pass and I achieved a deferred pass.

This took the wind out of my sails and I initially backed off, my expedition plan which was well underway got shelved and I needed time to consider things.

A month or so passed and then at a regional meeting a group of us decided to work together and focus in on our FCD. Initially we had a group of around eight divers which over a couple of months due to other commitments whittled down to five.

We struck up a plan, liaised with the powers that be and got back on the path.

Now I am working in a team who all have the same goal, we started with monthly meeting to plan practice projects and developing our diving skill sets. This soon increased to once a fortnight for event planning and theory work. We have run some in-house projects, a survey of the Jump



The art of tasking under water,
Geoff shows black level buoyancy skills
while deploying his DSMB

A rollercoaster, mentally & emotionally

Andy Jarvis, one of Bingham SAC's National
Instructor briefing the team on their FCD preparation
project at Stoney Cove. Geoff Bacon on the right.



Using run times and decompression stops in a first class diving project

Only 978 BSAC First Class Divers have qualified worldwide since 1953

seat (MK10b Martin Baker Ejection Seat) at Stoney Cove, had skills days messing about with knots and shots, line laying and just getting used to diving with each other. For more guidance we completed several external courses with Sea Search, Nautical Archaeological Surveying (NAS) and free online coursework on weather, history of ship building, etc via various universities.

We have also just completed a Sea Search Pink Sea Fan Survey out of Plymouth and all the data collected is going to the national database. In four days of diving we managed to collate information on 120 fans from five different sites in some interesting conditions.

The preparations are still ongoing, we have booked the same hard boat for practical preps and the exam, we have the hard boat a week prior to

the exam for general seamanship skills, navigation practice and boat handling. Just hope the skipper doesn't go to grey!!

So all the hard work is going to come together soon. My journey so far has been a bit of a rollercoaster mentally and emotionally, it has required a lot of time and dedication from everyone of us who are still


very active in other areas of our diving lives. As with all rollercoaster rides they are very enjoyable, even the really scary bits, and so far it's a journey thoroughly worth taking. I am also happy to report that I did not defer the pass on the theory exam this year and confidence is high, now I had better go find that expedition plan and blow the dust off it.

British conditions test the very best of FCD preppers - Geoff Bacon



A torch bearer in the Tech Revolution...

One Diver's Story



Adrian Collier on his final assessment dive at Stoney Cove

In the 1990s, technical diving was mysterious art reserved, for the military and a few elite. It fascinated me back then and still does. Why? Because I'm an 'air-pig'; a gas guzzler fed up of carrying twin 15 litre cylinders about: the opportunity to extend my dive times was too attractive to ignore.

However, it was just too expensive at that time so I watched and followed the changes over the years until I was doing my First Class and National Instructor preparation. During this period, I came face to face with instructors on rebreathers and had my first exposure to them. I was even more interested but the cost was still prohibitive.

Fast forward to November 2013, and I met TDI Instructor Mark Powell at a Lincolnshire Association of Sub Aqua Clubs' charity event and I started to see opportunities for me and for other divers. Helena, our DO, organised for Mark to do some open water try dives with his CCR unit at Stoney the day after his talk. Five of us from Bingham went along and were all dead keen, as well as intrigued about what it will be like. For me it was not the revelation I was expecting, the unit was small, the counter lungs were small and I'm a big bloke. I couldn't take the breaths I wanted and I thought I was going to die! The others enjoyed it but it was the old issue money again. This would prevent us from going further with it and we all put it down as an experience for now.

Then in 2016, I met Woz (then Chairman in waiting) on the ITC circuit as an instructor trainer and we got talking. He was already a rebreather diver and had just bought another unit to add to his existing Classic. As Regional Coach for the East Midlands at this time, I started thinking about how we could introduce CCR training in the region. That breakthrough came when BSAC were given two AP Vision rebreather units, at last we had some equipment to use. We set up a small team of rebreather divers from the coaching team, hired the units from HQ and with some personal kit from some members of the team, set up a travelling CCR try dive event at dive club venues around the East Midlands.

We went to four pools and took 30 students through the equipment and then underwater, on a 1:1 basis. It was immensely satisfying to see divers from all over the region coming together and enjoying exploring a new aspect of our sport with each other. Just what I wanted! One of the events was at Bingham Pool and several Bingham SAC members were able to give it a go. In fact it was over-subscribed that some



Mark Powell putting one of our club members through a CCR try dive at Stoney Cove

Bingham members had to travel to the other venues; this was proof that this was a good idea.

GREAT PUBLICITY FOR BSAC

Those were exciting days as the momentum and interest in CCRs began to grow in the region. I filmed the try dives and the footage was used by BSAC to promote CCR training on their main website. I just had to do it myself now- how could I in the position I was in not follow this through. I managed to persuade Woz to lend me his original unit (on terms of course!) and got lucky when two rebreather colleagues decided to train to be instructors. I presented myself as their guinea pig student, on the basis that they could hone

their skills and we could explore the teaching content together, with a view to roll out CCR training on a much bigger scale and at a more realistic price.

They accepted but they made me pay a price; they worked me so hard and gave me a tough time, it was unbelievable but they did know me and knew I wouldn't go down without a fight! I did nearly go down when I bailed out at 30m, took up my octopus, turned my O2 off and then lost the octopus reg. It was flailing about behind me and I had nothing to breathe. It turned out the hose was too short and it had pulled the regulator out of my mouth. I won't do that again!

Despite this, I was the first Bingham SAC diver to gain a BSAC CCR qualification, which makes me very proud. I'm hooked now and what is great is that with other members are jumping on the bandwagon, completing training and buying units. I now can dive for much longer, it's quiet, it's warm and the underwater life is not scared away. There is more preparation but it's a small price to pay, and as more divers cross the line it will become normal practice. I now need to help spread the word further and develop skills across the region.

The next project I am working on is TRY TECH 2017, which will offer open water closed circuit rebreather try dives at Stoney Cove with four different types of unit. It is an opportunity that I am sure that Bingham SAC will embrace, along with our many regional diving

friends and I look forward to seeing new friendships forged as we move forward.

On a personal note, I want to train as a CCR Instructor eventually but first I have to do my first rebreather sea

dive. That will be something else; to be quiet, warm and surrounded by sea life with time on my hands for the first time ever. I can't wait!

Adrian Collier, Air Pig, Gas Guzzler and Pink Snorkel winner



My first open water dive after qualifying with our chair lady Jill.

Adrian Collier learning to dive all over again.



QUALIFICATIONS



Instructor trainers



Advanced Instructors



Open Water Instructors



Club Instructors



Snorkel Instructors



Theory Instructors



Assistant Instructors

National Instructors

Instructors 2016

2 x Advanced Instructors

1 x Assistant Instructor

Supervisor

2 x National Instructor Bosses

1 x PADI Cross over OWI

A quality cross over

PADI Instructor to BSAC Open Water Instructor

By Chris White

2016: my First year with Bingham SAC

I first started diving in 2000 when I completed my PADI Open Water Qualification with First Stage Diving in Ruddington, Nottingham. In 2001, I had the chance to work in Turkey for a season and started out with a local dive company. It was here that I began to get the picture of just what was involved in becoming a good diver and just how many different skills I would need to become proficient.

When I got back from Turkey, I wanted to improve my skills and knowledge so carried on my training with PADI and First Stage Diving until I qualified as a PADI Master Scuba Diver Trainer. I worked for the centre for a couple of years and then decided to see a bit of



the world and was lucky enough to be able to go travelling.

During my time away I had the chance to dive a variety of different environments and locations including sites in Malaysia, Australia, Thailand, and Fiji. Whilst in Australia I managed to get a job for a few months working for a dive company called Calypso, running trips from Port Douglas in Queensland, to the outer section of the Great Barrier Reef. I truly loved getting to show the customers such an amazing part of the underwater world, especially when a lot of people that had never even been snorkelling before. Working in such

an environment was definitely one of the best jobs I have ever had! Well, except for cleaning up when people were sea sick!

When I returned to the UK I again went back to First Stage Diving but after a short time the owners sold the shop. Afterwards, it became difficult to find people to dive with or arrange trips with. Over the next few years, with my regular dive buddy Josh Swanson, I looked to find a PADI dive club that we could join but we never found anything that could provide us with what we wanted.

At the end of 2015 Josh had been working with someone who was part of a BSAC club and he had explained a bit about what the club had to offer and thought it would be great for us to join. This would enable us to meet other divers and also give us chance to learn some skills from a different training agency. This sounded great and I was also very excited to discover that the Club had its own boat, ran trips and provided diver training and could mentor instructors. It was possible to do boat handling courses, diver coxswain training, chart work and position

fixing and then take the boat out on trips. This was something I had never had the chance to do with PADI. At the end of January 2016 Josh and I went along to a pool night at the Bingham Leisure centre and met with Andrea Riley. Andrea explained a bit about the club and how it worked; she also looked at our existing PADI qualification and explained where they could cross over into the BSAC system.

PADI TO BSAC: 1-2-3

As I was already a PADI instructor it was explained that if I completed the BSAC Open Water Instructor Course that I could cross over as an Open Water instructor.

Following on from Andrea's advice I spoke to the East Midlands Regional Coach Adrian Collier (who also happens to be a member of the Bingham Club) about the best way forward regarding the cross over to BSAC Open Water Instructor. Adrian explained that as a PADI instructor I could already teach under the supervision of a BSAC instructor, so I booked onto an OWIC at Stoney Cove and Adrian arranged for me

Chris White working with fellow PADI Instructors at Calypso





Chris White playing with a CCR rebreather at the Bingham Pool

to help teach in the pool, under his supervision, with the training Ocean divers.

OWI BAGGED

On the 11th May, again under Adrian's support, I completed the OWIC. It was very interesting to see how a different agency teaches new skills to their divers especially just how much BSAC breaks down the skills into small chunks. I was also very interested in how BSAC seem to give more freedom to instructors on how they conduct their lessons. Although due to family and other commitments, I have not been able to do as much diving as I would have liked to in 2016, I have still had the chance to try things I have never previously had the chance to do. Since joining the club at Bingham I have the opportunity to handle the clubs RHIB and complete a try dive on an AP Inspiration rebreather.

During 2015 I had been working on some depth progression both to improve my personal experience and skills but also to enable me to be able to dive locations that were deeper than I had previously dived in the UK, so in April 2016 I also completed my deepest UK dive at the NDAC in Chepstow when Josh and I dived to 45m. In 2016 I have also been able to join the Club on dives at Capenwray and on night dives at Stoney Cove.

Josh, my buddy and I, have started training towards our Advanced Diver qualifications, with an amazing weekend undertaking the Advanced Diver theory lessons at Loughborough University. This was one of the most memorable weekends of the year for me where I learnt so much! I really got a great understanding of what it takes to be a BSAC Advanced Diver..... and just how much I still had to learn.

GREAT ROLE MODELS

I also realised how lucky we are to have such a huge experience base within our club, with so many

instructors to gain knowledge from. I was also so impressed, as a previous PADI instructor, to see just how imaginative the instructors were with explaining and presenting topics from Geoff Bacon 'Butty' and his helium balloons to demonstrate shot lines, Helena Robertshaw's toaster and bag trick to explain weather systems, or Andy Jarvis' blood vessels made from household guttering and beads. Although I have only been with the Club for a short time I feel like I have learnt so much already and I'm really looking forward to learning a lot more. I'm still getting used to how the Club itself runs and how to best utilize the facilities on offer. However



First time handling the club RHIB on the river Trent with Boat Officer Paul Jarman, one of our many experienced diver coxswains

Supportive and welcoming

I am so pleased to have found a club that is so supportive and welcoming, with such a degree of knowledge and experience.

Over the next 24 months I'm hoping to undertake some training in chart work and continue my training with the clubs RIB so I can complete the boat handling course and then possible diver coxswain course, I'm also looking to gain more experience as a BSAC instructor. The next step for me is to carry on working towards my Advanced Diver qualification and from there who knows, Advanced Instructor, 1st Class Diver ?? What I have learnt is that there are many training options available to me and Joining BSAC and especially the Bingham Club, has opened the door to a wealth of experience and opportunities that are not only affordable, but are not available through other training agencies.

New qualified OWI Chris White

These girls can!

Advanced Instructor Exam - If At First You Don't Succeed!!!

Story by Sallie McMullen, interfered with by Helena Robertshaw

*"Thank you all
for coming and
sticking your
head above the
parapet"*

Sallie and Helena
prepare to do battle



‘Thank you all for coming and sticking your head above the parapet’ Those were the opening words the National Instructor said when I went on the Advanced Instructor Course. What they don’t tell you is how many times you have to stick your head above the parapet to pass, meanwhile getting it blown off in the process! Some people get there and pass on their first attempt but not everyone can pass an exam first time. Some like me struggle with nerves and get stressed and fail. To carry on and go for it again takes guts and determination.

ADVANCE INSTRUCTORS EXAM – PORTLAND 2016.

Two weeks before the exam everyone was emailed the project we were to complete, it was a marine life survey and we were to use lines and substantial weights to mark out an area in such a way that it would remain in place for subsequent divers to re-survey the area at a later date. Helena (fellow club member, friend and candidate) having managed to deviously get contact details of the other candidates, emailed everyone and a conference call was set up. This was a good way to introduce ourselves to each other and to chat over our ideas; after all everyone has

different ideas and thinks they have to do the whole project themselves. We needed to establish how we were to work together and who was to bring what equipment, otherwise you have enough gear for 6-8 complete projects!!

Two days before the exam Helena and I went down to Portland and booked in at the Youth Hostel, which turned out to be a fantastic place to base ourselves. We booked a couple of days on Skin Deep’s hard boat on the Thursday and Friday before the exam was due to start. We had planned to familiarise ourselves with the lay of the land, as well as check out kit and buoyancy, and practise teaching each other.

On Thursday, we managed to persuade the skipper to take us to the Countess of Erne and Bally Bay, which in my mind were likely sites for the project and instructional dives. ‘What!’ the skipper asked, ‘2 Advanced divers and you want to dive the Countess of Erne. It’s a beautiful flat calm day! We can get out to do something interesting, the Countess is our back up dive if the weather is too bad to get out!’ We knew he was talking sense but the chance to do a ‘recce’ was too valuable! After a great dive mapping

the Countess and teaching each other, we were dropped in 10 metres of water in Bally Bay so we could try setting up the project, again teaching each other as we went. It was good practice for the real thing, allowing us to get to grips with any problems. Funnily enough, despite knowing each other for a couple of years, this is the first time Helena and I had actually dived together and we gelled together well. Friday found us on the Alex von Opstal and a fabulous scenic drift dive right past Durdle Door. With Ian allowing Sallie to pilot the hard boat home and joining in our quest by testing our knowledge and sharing local information with us, we were all set to go!

We spent Thursday evening going over chart work, sorting out routes, planning tides and times for every possible dive site in the area and studying the weather, producing plans A, B and C. By Friday we had prepared what we anticipated we would teach for our instructional dive on the Countess of Erne, and even had a drawing of the layout on our slates – sorted!! Yes, we had prepped well. Helena kept getting calls and texts from well wishers but I got none! Andy Jarvis texted wishing her good luck. Adrian Collier phoned her on his hands free, en route to HQ

Dorset diving delights!

with Woz, answering some questions and offering support, as well as wishing her good luck!! They didn't know I was there, as I'd not told anyone from the club I was going but I was listening in! What a hoot!! Friday evening and an invite to meet the Chief Examiner Andy Proctor, other National Instructors and the rest of our exam candidates at the Breakwater Hotel. I didn't want to go, Helena persuaded me to go and have a drink with them. I told her that whatever happened, whether I passed or failed, I'd had a cracking time these last couple of days diving, thank you very much. Helena reassured me that we were a team; we had helped each other and learnt from each other. This was it, I felt sick! Time to face my demons!!! Later that same evening 4 of us were out in the car park doing a dry run of the complete project; Kim had put together a project using thick blue ropes, cable drums, weights, empty plastic bottles for floats- all of which took up most of her car space and included a couple of half dustbins to contain it! Isambard Kingdom Brunel would have been most impressed by this engineering feat.

'Err, I think we are missing the point here, the examiners want to see us teach line-laying, compass work as

well as lift and shift,' I said. After some discussion, we abandoned the rope and drums; fortunately Kim whole heartedly embraced what Mike, Helena and I were suggesting. What a star! It must have taken her hours, if not days to put her kit together just for us not to agree to not use it. My admiration for her doubled as I realised what a team player she was!

Saturday morning saw us selecting a dive site and teaching planning and chartwork. Helena's dive buddy is Rick, local DO and photographer, I am buddied with Mike on his CCR. At the harbour we start the dry run, with all the gear in an open space adjacent

to the marina. We now have the company of an inquisitive dog who sits in the middle of the chaos, resulting in some rather off-the-wall comments from Helena, as usual engaging mouth before brain! At this David George is rolling about laughing! This breaks the ice and with it sets the upbeat mood for the rest of the weekend. Paul, Kim's dive buddy, volunteers to be first to be dive manager. I get told I take over when we get to the dive site. WHAT!!! I wasn't expecting this and my stomach is like a jelly in a drift dive. Paul hands over to me out on the water and I feel sick, my throat is dry. I can't do this. I tell myself off, of course I can- I have been preparing





for this. Keep calm and carry on dive managing! I don't have enough time to even think about it, I just do it, something kicks in, I know what I am doing. The acronyms, the weather, the site traffic, buoyage; of course I know it, I always have. Andy Proctor asks me questions I answer all except one. Divers up and it is then time for Mike and me to do our part of the project dive. Day one over, I hope I have done enough. At least I won't have a sleepless night worrying about dive management.

Helena and I get in the car to drive back to our digs, Portland Youth Hostel, she drives off with her slates, mini cylinder and dive hood on the roof of the car. We have to stop and run back for it all. This is what makes Helena and I a good team, she forgets kit, is well untidy and misplaces things, so I keep an eye on her. I cannot eat, forget to bring food, drink and get so stressed my stomach closes up, so she makes me eat, puts food in my hand, I eat automatically, she keeps me going. What a team!!

On the evening we meet up for a meal at the Breakwater Hotel. Asked where we were staying, I declare the cheap seats at the Youth Hostel. Today was good and the whole team are gelling well, there are no big egos, no one trying to outdo each other, none of that. In fact the opposite is true, we've all helped each other.

Even the examiners look as if they are having a relaxed time.

Day two the instructional dive and its a blowing a westerly force 5/6 and we cannot dive the Countess of Erne which is what we have prepared for! My stomach starts doing a jelly wobble. We look at the charts, we will have to dive inside the harbour in the mud. Helena looks across the room at me mouthing

'We can do this on the dredger!' She is determined to get out and winds up the whole team until they are convinced that we go and have a look it on the other side of the breakwater.

OF COURSE WE CAN!

We teach dive planning and multiple dive planning, with times so every examiner gets a surface interval. We teach loading the boat, knots, marks and leading lights, I even used my regulator necklace to teach a Prusik knot. Is this teaching on the fly! I ask Andy if I need to do any more dive management and am told no. Is that a half smile I see or does Andy have wind! I relax (then wonder if that half smile/wind means I am useless). Helena, Rick and David George go and do their instructional dive, David comments on the laid-back attitude of the candidates who are taking 'selfies' on the shot line!

Time for the instructional dive for Jon Parlour, Mike and me. I taught several skills going down the shot line, then taught parts of the wreck and how to measure and record parts of wreck. Then it was time for the critique, what was he going to do with a CCR diver? I could not for the life of me think. Jon started going for Mikes side mount, of course, AS! My instructor mode kicked in, yes I identified what he missed and re-taught this. I finished up by teaching mid-water delayed SMB. Then back on the boat and raced back to the marina, loaded our cars, I did the REAP on Jon, finished off his PDP, it's over. It's finished! We felt elated and

deflated; wired and exhausted! We were great team and that's a great feeling.

Everyone says goodbye and sets off for home but Helena and I say we are stopping over and partying tonight! We head up to the very top of Portland to the hotel for a celebratory pint of beer; just to celebrate getting through the weekend, I don't think we care if we pass or fail at this point! We eat in the digs, too shattered to go out, open a bottle of wine and pull our performances apart. What we could have done better, what opportunities we missed, it's all too late now. And yes we are in bed and asleep by 9pm, some party animals we turn out to be!

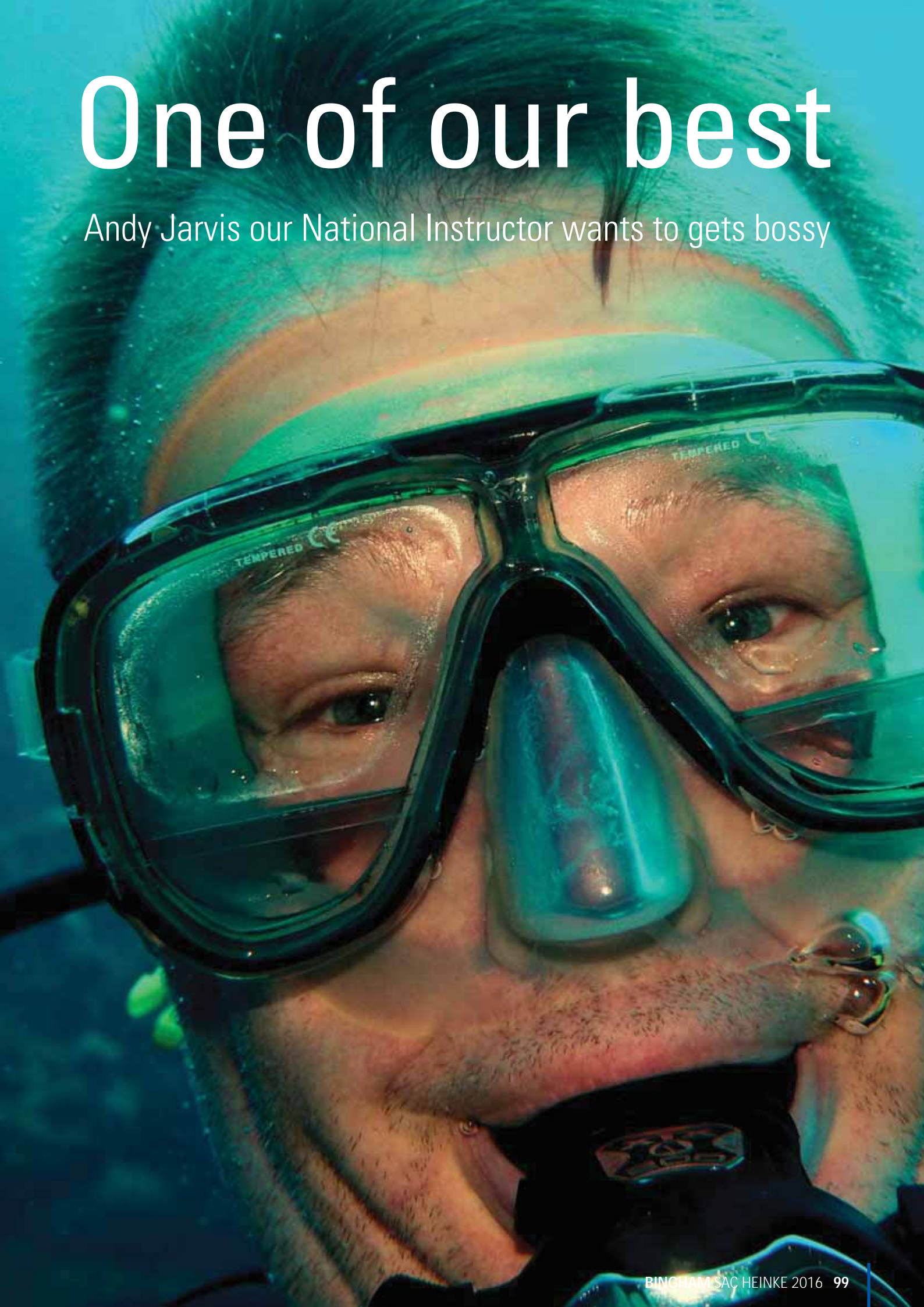
Now the wait! I lay awake at night pulling the weekend apart, reliving it over and over. It's Friday, the results are in, Helena texts me from Switzerland and asks if I have heard. I haven't rung, and don't want to. She tells me to ring and I am told I have passed! 'Sorry?' I say, 'can you check, you are not having me on, are you?'. 'No, congratulations Sallie you are an AI' said the person at HQ. 'WOW' was all I could say, as my throat had closed up and tears were running down my face, I had longed to hear those words I had finally done it. I phoned Helena and told her I had passed, she was really pleased, even more than her for own pass she said and she was.

What a friend, what a team, what a club, Bingham.

**The moral of the story?
If at first you don't
succeed try try try again!!
I stuck my head over the
parapet and did it. If you
don't get the support from
your club to do what you
want, join another one
that will support you!**

One of our best

Andy Jarvis our National Instructor wants to gets bossy





Bossing an IFC

Every student is engaged. . . what a skill

2015 was without doubt one of the most challenging years of my diving career up to that point with National Instructor preparation (Preps) events for pool, presentation, small boat and hard boat to name but a few. All capped off with 'Four Days Fun in the Sun' for the National Instructor exam. It's fair to say, this was only the start of the entertainment. December 2015 saw the Boss's workshop at BSAC Head Quarters under the auspices of the Three Musketeers – Jim Watson, David Wakelam and Maggie Driscoll, which was to give us a good strong grounding for what was to come in 2016.

The role of The Boss is to oversee instructor and diver development events to ensure BSAC standards are being maintained and adhered to. The level of responsibility became clear from the outset. Just as with any other 'Instructor Trainer' training, the Boss has to 'observe' on different courses to be signed off as 'Live' to run events themselves.

My first attempt was on an Instructor Foundation Course with Andy Procter as my mentor. I had met Andy on a couple of previous events, not least as an examiner on my National Instructor exam. As such, I knew I was



Demo do teaching point

in safe hands and was given a lot of guidance and information ahead of the event which proved invaluable throughout the two days. As it turned out it was a fully attended event with sixteen students and consequently four Instructor Trainers plus a Local Organiser and Andy to contend with. Suffice it to say, no event can be successful in the hands of one person. BSAC are fortunate to have an array of dedicated skilful volunteer Instructor Trainers who worked tirelessly to not only teach their students, but support my efforts to manage the event. I must have got something right as the event was deemed a success and my first observe was signed off by Andy.

THE PRESSURE WAS ON

The events came thick and fast this year and my second observe

was a Theory Instructor Exam with Duncan Locke in attendance. With three quarters of a day to complete in, there was no less pressure and greater expectations from the attendees who were being examined with high hopes of a pass. Things however don't always go according to plan. In addition to a candidate who needed the paper reading to them due to a language barrier, I also had to write a report on a presentation that had to be failed. No one said this was going to be easy! This was something of an experience because the desire is always to look for a pass. Failing someone is as much of a challenge as giving someone a qualification to teach people about diving. Another candidate was also borderline so with both Duncan and Instructor aficionado David George, we exchanged emails, thoughts and opinions and satisfied ourselves that the student had done enough to warrant a pass. It was becoming clear just the level of responsibility that I was taking on. Expectations of would-be instructors are always high, so the prospect of letting them down was not only daunting, but also had to warrant very careful consideration. Two observes completed satisfactorily and I am signed off as a live Boss. No

more hiding behind the experienced observers.

SOLO TIME

Time to stand front and centre and be counted! My first 'Solo' event was an Open Water Instructor Course at North Cave in Lincolnshire. As a Boss, it is impossible to run an event on your own; the support of the local organiser is paramount. I was fortunate to have the experience of Frank Lintott to guide me round the site and set up, this took some of the pressure off.

There were five students and two instructors working together on lesson plans and then in the water on the training platforms. So what to do now? Everyone was very busy and I was just watching.

I now had to think about instructing on a higher plane, when to step in and give guidance, making assessments of the instruction that was being given. It is important to ensure BSAC standards are maintained and the activity taking place meets all those standards, whilst remaining safe and consistent. We have also to deliver a satisfactory and enjoyable experience for the students.

Next up it was PIE time (Practical Instructor Exam) and this really was a challenge. Prospective Open Water Instructors are given 45 minutes to deliver a lesson from the BSAC Diver Training Program and just 30 minutes to prepare. Nerves, expectation and anticipation are clearly evident. A lot of work has gone in to preparing for this. This is a challenging environment to examine in. You have to be close enough to see and hear what the candidate is doing and saying but also unobtrusive both on the surface and in the water. As Boss you have to watch not only the lessons being given, but also the position and actions of the Instructor Trainer team who are examining. On this event I had four examiners, two observers and eleven candidates. I must grow some new eyes in various parts of my anatomy! This was especially challenging because I was not only responsible for seeing that the candidates were given accurate reports, but also to ensure the observers were getting the experience and understanding they needed.

Once exams are over, it is not simply a case of pack up and going home. Reports have to be written correctly which follow the criteria and reflect

whether the report contain a fail, pass or merit.

November saw a slight change in activity. I have been very fortunate in being asked to help on First Class preparation events and with the help of my good friends at Stoney Cove, I was asked to be both local organiser and instructor with Andy Hunt's First Class instructor team; a great privilege.

The end of the year was drawing near but the chances to teach new instructors continued.

At the end of November I joined up with the West Midlands team to take part in my favourite course the Instructor Foundation Course. I was not bossing this event, but had the opportunity to watch and learn from John Kermode. Being able to work alongside instructors from across the country has enabled me to continue to learn and refine my own skills. The role is all about managing people whilst they volunteer their free time to teach and assess others, who are taking part in a hobby they spend much of their free time enjoying. The role of the Boss is both challenging and satisfying and one that all instructors should aspire to.



Leading the way
on how we teach

Instructor profile 5

Adrian Collier NI and East Midlands Regional Coach

Adrian joined Bingham SAC originally in 1978 when he was just 13 years because he wanted to be a navy diver. Introduced by a neighbour, he started snorkelling and was desperate to get his hands on an 'aqualung'. He found the Club difficult to infiltrate; as a teenager the hard core members didn't want to know him and he found accessing training frustrating. He turned his attention to the Scouts who taught him to paddle and in 1988 took a break from his degree to concentrate on training for the Olympics. He competed in K4 1000m sprint event at Seoul, was the winner of several Commonwealth

medals and won the K2 event at the National Championships. After retiring from Kayaking, he took up rowing winning a silver medal in the National Championships 8 man event.

Returning to the club in 1997 he was taken for a try-dive by, Adam O'Brien and was hooked. Adrian completed Novice 1 and 2 and by 1999 was 'Club Instructor', and gained full OWI status in 2000. Adrian has filled most of the roles on the committee over the years, including Training and Diving Officer- the latter for almost 10 years. It was in this role that he was determined to make a difference after his own negative experience of the Club back in the seventies. Recognising the club membership was made up of entirely middle aged males he set about trying to change this, setting out to attract more women, youngsters and families to the club. He has been instrumental in engaging new members and

developing existing ones; his passion for developing and mentoring people has left a real mark on many Bingham members. (Some of us are scarred for life.....)

Along with friend and fellow club member Andrew Jarvis, Adrian gained his 1st Class Diver award in 2012, simultaneously bagging the legendary Wilkinson Sword and went on to qualify as a National Instructor in 2015.

By 2013 he was getting involved in regional events and when the Coach's role became available in 2014 he was the obvious choice. To say he had a big impact on the region and the way BSAC operated at this level would be an understatement and by the time he passed on the role to fellow Bingham member Geoff 'Butty' Bacon in 2016 (who he had of course mentored) I don't think there was a club in the area that hadn't heard of Adrian Collier and Bingham 378!



Adrian with some of Bingham's SAC's youth -
Tim & Katie join Adrian for an ice cream

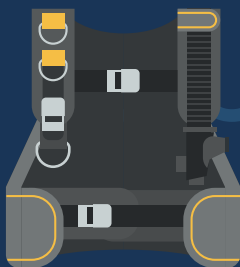
2. Diver Training

EQUIPMENT

2016



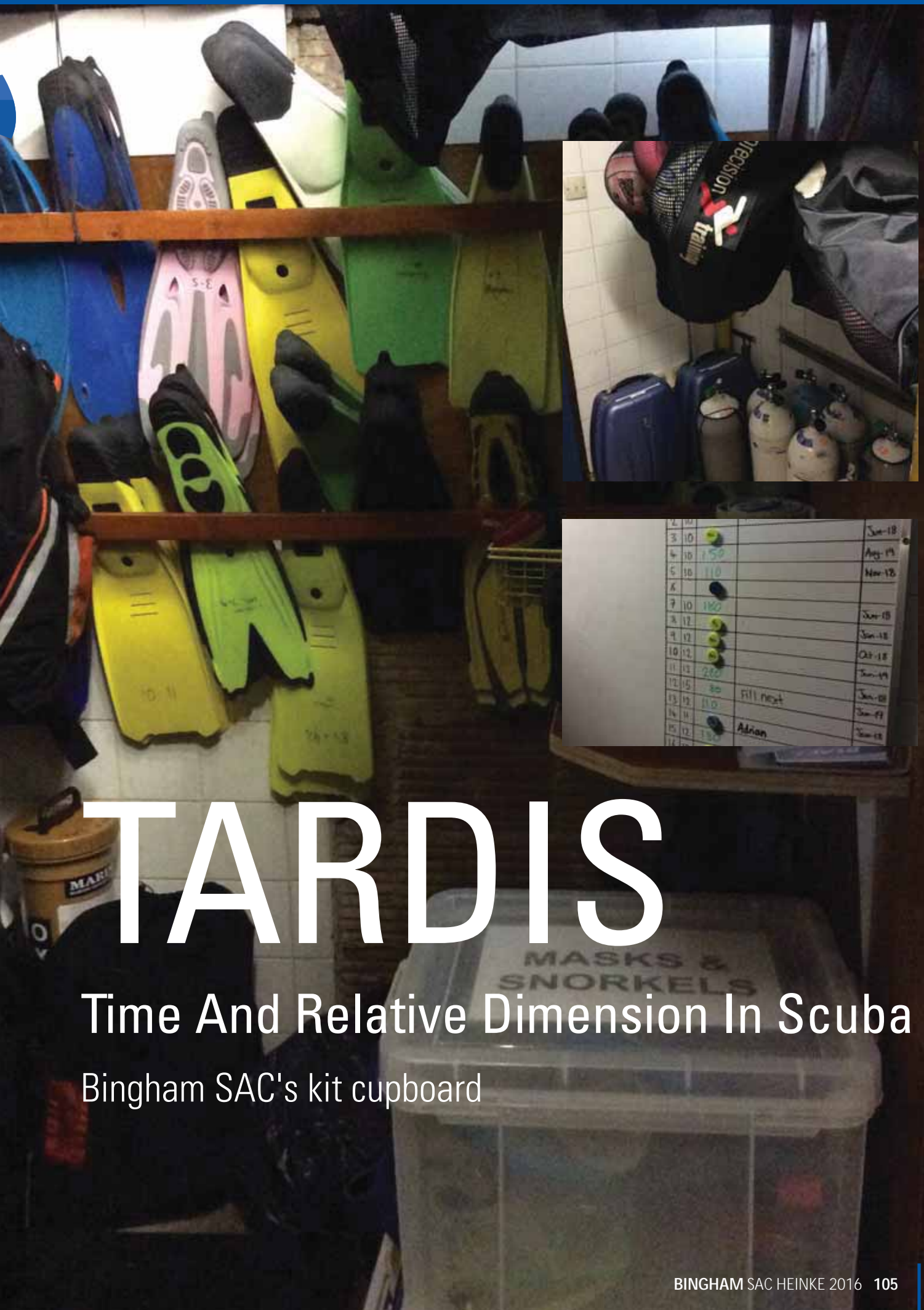
Summary of club kit

**Club Kit**

Cylinders	19
Regulators	15
BCDs	23
Masks	19
Fins	34
Snorkels	11
Weight Belt	11
Weights	43
DSMB	1
Reel	1
O2 Cylinder 10L	1
O2 Kit	2
Live AED	1
Training AED Kit	1

Miscellaneous

Little Anne Mannequin	1
O2 DIN Adaptor	1
Red Buoy	1
Yellow Buoy	1
10m Rope	2
Mesh Bag	3
Semi Dry	2
Boots	1



TARDIS

Time And Relative Dimension In Scuba
Bingham SAC's kit cupboard

HOW TO PIMP UP YOUR KIT ROOM

by one of the Kit Bitches..

The Kit Cupboard, oh my, the kit cupboard, the job that nobody wanted. Two words that would clear a room faster than a bomb alert. Don't get me wrong, the kit was in good order, the tanks were in test, BCD's and regulators were there. It took a bit of time to match them up but it was workable. It was the detail and the order that was the trouble. We had a pile of slightly mouldy masks, a surplus of extreme sized fins, boxes of miscellaneous stuff and a tiny space in which to store everything: an ex- loo on the back side of the local swimming pool changing area where we meet.

THE TARDIS

See the table to see what we had to fit into a space 160cm x 345cm. It was asking the near impossible for a voluntary position.

Two relative newcomers had been co-opted to the job at the previous AGM in 2015, but their lack of available time and inexperience meant the problem festered. The previous incumbents stoically turned up many times to run it on training nights on an ad hoc basis, but they had received a well-deserved honourable retirement from the role after many years of service, and could not be depended on any longer.

The committee rose to the challenge and came up with a small working party that set about reorganising the lay out of the space, fitting hanging



facilities and shelving and generally making more sense of the space. However we still had no one person who was able to take on the role.

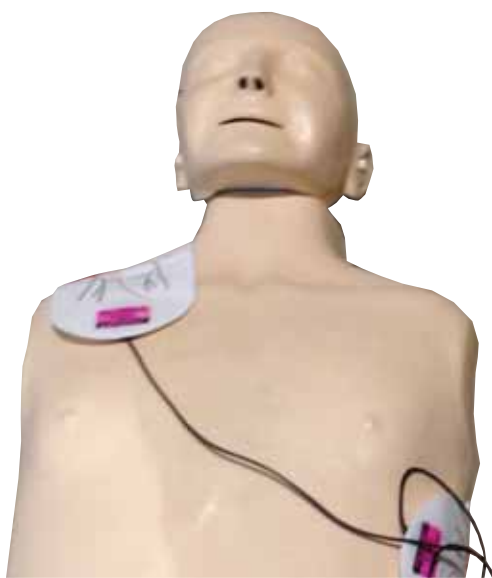
KIT BITCH SYSTEM

So was born the 'kit-bitch' system. A somewhat inappropriate term, coined during a committee meeting that represents our sense of humour. It is this humour that went such a long way to helping solve the ongoing problems with the kit room. One person would run the cupboard for an 8 week period, 4 weeks under supervision of the previous holder, and then 4 weeks supervising the next volunteer. This proved to be a remarkable success. Each person was able to contribute something to the improvement of the cupboard arrangements, streamlining bookings out, doing long standing repairs, improving the tool kit, tagging and logging the kit, as well as running the room on training nights. It also

meant that there was a pool of people who knew their way around and could be called upon in times of need to stand in for the occasional night.

As it happened, a miracle occurred at the latter end of the year when we were joined by George Lindsay, an experienced diver and military man, who showed an interest in what we were doing. He found himself in the role of Equipment Officer at the AGM, and has since fast forwarded the earlier work into a silky smooth operation worthy of any Commander's inspection. We are eternally grateful for the time he and his partner Fleur have put into this, and are so proud of what we now have. Applications for grants are being prepared to upgrade some of the equipment, and there is still the problem of the netballs which have to share our space (how can a netball team need SO many balls..?), but hey....what a difference a year can make!

This is Andy the Mannequin named after our ex-chairman. Bingham SAC was the first club to carry a live AED on a RHIB



Avalanche-Vital Kit

Every dive club should have their own RHIB

At one point, Bingham SAC had 8 member owned RHIBs. Now Avalanche is a vital piece of kit used for expedition diving and teaching seamanship skills alike. A lot of UK clubs have lost their boats, and skills but not Bingham SAC!

Club Ocean Divers experiencing Avalanche for the first time at Plymouth. Trainee Diver Coxswain John Harris on the helm

The boat

Our boat is a 6m Humber Destroyer, single engine RHIB. It replaced the old RHIB the Argonaut in 2005, which by that time had become unsuitable for the type of diving activities the Club was undertaking. The boat is named 'Avalanche' after a vessel that was wrecked in 1877; Club members found her remains and lifted the bell in 1984 near Weymouth on the south coast of the UK. With a new 150 hp outboard funded by a Lottery grant in 2013, she will carry 6 divers with twinsets cruising at a speed of 25 knots in good conditions.

The club bought the boat in 2005 with the help of a funding grant awarded by the lottery. In order to qualify for the grant we had to ensure that it was made available for a wide

range of uses and to increase the learning opportunities for as many people as possible. To this end we try to maximize the use of the boat as much as we can both in the number of trips it gets used on and also the number of training events it is used for.

CONFIGURATION

Avalanche is a single helm and console with a double-sided cylinder rack behind, which can accommodate around 10 bare cylinders or around 6/7 sets of assembled kit, depending on configuration. Aft of the rack is an open area of deck before the transom containing a single outboard engine and the 'A' frame, which accommodates the V.H.F. antenna, RADAR reflector, Navigation lights and mounting for the divers 'A' flag. The console houses the steering wheel, navigation instruments and V.H.F. radio. There is a 90 litre fuel tank under the seat and console.



SAFETY EQUIPMENT

Flares, tool kit, first aid kit, space blanket, head torch- all the usual emergency tools are carried in the flare boxes on the A frame and checked before every trip. She carries a standard Marincox oxygen kit, as well as a dedicated 10 litre O2

Avalanche and Bingham SAC diving the Glupe, a collapsed cave in the Orkneys

Exploring new places

cylinder with a special adapter so it can never be used with a standard regulator; the club's AED rides in the bow at all times. A new radio was necessary in 2015 and was purchased and fitted up in Orkney; an Icom IC-M323 at a cost of £210.00. The radio is DSC enabled so when a distress signal is sent it automatically includes information such as our MMSI number. The radio is linked to the GPS, so can give our location at the same time. A CG66 is updated annually and logged with the MCA, this can be called up on receipt of a distress signal being sent and the Coast Guard has detailed information about the vessel and its operators.

UPGRADES

The boat has had several upgrades over the years, sometimes as new equipment or technology becomes available and sometimes when the

need for a new piece of equipment becomes apparent.

In 2013 the engine was upgraded from an 115hp Evinrude outboard to a 150hp E-TEC at a cost of just less than £10,000. The club applied for a Sport England Grant and with

the help of HQ helped us win the application. The need to change the engine became apparent for a couple of reasons.

Firstly, as more of our divers started to use twin sets, there was an



Paul Jarman, Boat Officer, on the right with Avalanche's new 150hp E-TEC engine



Seamanship & expedition diving



Avalanche with Rob Parnell's private RHIB on a club trip up to Uist



John Harris volunteering his time and professional skills to repair the keel on Avalanche.

34% of total club expenditure in 2016 was on boat expenses.

Team work & volunteering skills

increase of weight on the boat and we noticed that the old engine was starting to labour occasionally and was also becoming unreliable. Secondly, as more divers came on dive trips away, we needed a faster turnaround to ensure everybody got a chance to dive. It was purchased via Lincs Marine Services based at Kingfisher Warf and it was fitted by their technician. New instruments came with the engine, including an I-Command and ICON Pro rev counter, speedometer/ tachometer gauges. These are linked to the GPS to provide accurate information on speed and distance.

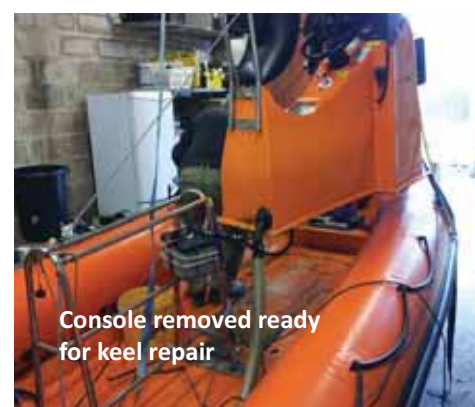
REPAIRS

We are lucky to have some extremely handy members which keep down repair costs. Our Boat officer is an electrical engineer and self professed

Mr. Fix-it; he has been known to have the guts of the boat's electrics out all over the deck at sea in order to get us going! Rob Parnell is all things metal and mechanical; if Paul can't fix it, Rob just makes a new one! Long time equipment officer John Harris has been a glass fibre moulder since 1964, specialising in after market vehicles. In order to fix a leaky hull, he has removed the helm, cut a mitred hole in the RIB floor and patched the hull from both in and outsides, before replacing the helm and sealing. Russell is always good to lend a hand and for maintenance on the new engine we use Lincolnshire Marine Services based in Russell's Kingfisher Wharf. Jim Mills, friend and long term member of the regional team, services all the club diving equipment at a very reasonable price and it is because



Keel



Console removed ready for keel repair

Remote expedition loading boat



**Expedition team load
Avalanche to dive one of the
many sites around Uist.**

of these people that we are able to keep our equipment in top condition whilst accruing few costs.

OUR TRIPS

Being located in central inland England, we can travel in any direction towards the coast for a trip and the boat regularly goes to such places as Plymouth and Dartmouth, Pembrokeshire, St. Abbs, the Sound of Mull, the Hebridean Islands and the Orkney Islands. It is used for a variety of different training events held both in house for our club members and externally for others. The boat is stored at Kingfisher Warf, a marina on the river Trent, owned

by our President Russell Hunt. We regularly launch on the river for training or testing after work has been done, negating the need to take the boat all the way to the coast. We have 15 diver coxswains, 4 boat handling instructors and 2 diver coxswain assessors within the club, enabling a fair bit of formal training to be carried out with ease and at relatively short notice. We also carry out other coaching and boat familiarization sessions with our experienced coxswains for new members, or members wishing to just build on their own boat hours and experience. The boat is also used for an annual charity event to ferry

participants of an RNLI sponsored walk across the river Trent.

Externally our club has very strong links with both the East Midlands Region BSAC group and the Lincolnshire Association of Sub Aqua Clubs. Both of these bodies organise regular events involving our boat; boat handling and diver coxswain training and assessment weekends at Whitby, Chart Work and Positioning, First Class Diver and National Instructors preps and training, it even goes to the Advanced Diver theory workshop and O2 course to make training as realistic as possible!

3. Diving activities

BRANCH DIVES

2016

At first glance it is a surprise to see such a large and established diving club in a landlocked Midlands town. However, the membership and activity data shows we are a truly active and adventurous branch.

Being in the heart of the country comes with the added advantage of everywhere being pretty much equally as inconvenient to get to. As such, Bingham members can travel in any direction to dive (and it has been known in the opposite direction when the weather on one side of the UK has made the opposite side look more attractive!). The greater problem is managing the range of alternative options in our expedition contingency planning. We are strategically placed in terms of location and road networks to access easily a number of the high quality inland sites for training, development and post-sea rinsing. Being less than 40mins drive from Stoney Cove makes this our staple training ground but by no means our only one.

2016 was a fairly typical year for Bingham Sub Aqua Club with dives encompassing a range of general branch sport diving for all levels, training activity and 'boot-camps', developmental diving and technical activities for skills or special interest purposes. This section provides a detailed insight into that activity and how our calendar flows through any given year.

Rachel Quinn, AD, OWI 3523

Bingham SAC's dive data for 2016

Instructional dives

330 27%

Sea water

494 40%

Fresh water

744 60%

UK Seas

307 25%

UK Inland

747 60%

Abroad

184 15%

**Total
dives in
2016**

1238

60% of all diving took place in inland waters (mostly at Stoney Cove and Capernwray) with a large proportion of this diving linked to training activity. This inland and 'day diving' is important to the club as it can take place all year, even when the UK coast is out of realistic range in the winter and can be tailored easily for all levels of training and experience.

Club expeditions to a range of other locations accounted for a further **25%** of total activity with the remaining sea diving

15% of total being undertaken by individual members on their travels abroad.

So where did we dive?

Being in the heart of the UK we have a great choice

In addition to Stoney Cove and Capernwray, our club diving activity took us all around the UK coastline and also overseas. During 2016 we could be found testing the waters at St Abbs, Pembrokeshire, Plymouth, South Uist, Portland, Cornwall, Swanage, and the Delph in Lancashire.

In addition to club-based expeditions our members dived extensively on holidays and independent expeditions. Locations included Lanzarote, Cyprus, Australia, the USA, Crete, Mexico, Indonesia, Malta, Colombia, Corsica, The Falklands, Thailand, Gran Canaria, Bonaire and Majorca.

2016 began disappointingly though with a planned trip that didn't happen - the Red Sea. This trip had been fully planned and was being led by Training Officer Stephen Hickling, with 12 divers and a number of non-divers booked to go. It was unfortunately cancelled as a result of political disturbances and security risks in Egypt and the subsequent cancellation of most outgoing UK flights. We are likely to resurrect this trip in January 2018, circumstances allowing.

WHO ELSE DID WE DIVE WITH?

Bingham SAC is a very outward looking branch and as the home branch for the 2 most recent East Midlands regional coaches (Adrian Collier and Geoff Bacon) we have forged strong relationships with other branches around the UK to share training, expertise and to widen our diving activities. In 2016 we dived

collaboratively, either for training purposes or on expeditions with all of the following:

- Falkland Islands SAC
- RAF High Wycombe SAC
- Loughborough University SAC
- Bovington JS
- Orkney SAC
- Swadlincote SAC
- Rolls Royce SAC
- Sheffield BSAC 36
- Belper SAC

TOP DIVER OF 2016

In 2016 our most prolific diver by far was Mark Owens. Mark completed a whopping 193 dives during the year – this is what he had to say about 2016:



I think it is fair to say I am probably just a 'dive junkie'! I'd like to say that 2016 was a particularly unusual year for me but actually, it was only just beyond my normal annual activities – 100 dives in a year would be low. I've been diving for many years and my former travels and experiences in the forces mean I have a very wide group of dive mates that I still meet up with and dive with regularly on top of club diving.

In 2016 I went on every trip I could manage, usually bringing with me my

partner, Trudi, who fortunately is very supportive of my hobby. I am one of the regular divers on Rob's mid-week night excursions to Stoney and I also help out with club open water training as much as I can.

Dive numbers were particularly boosted by my purchase of a Megaladon CCR in 2016 and all the cross over (from my previous Inspiration qual) and building in-water experience with it that I felt this investment required. As for 2017 – I'm hoping for more of the same and have already completed over 50 dives before even going on a trip. I'm planning to continue to enjoy my diving for as much and as long as I am able.

Mark Owens – Expeditions Coordinator 2016. AD, OWI

PLANNING TO DIVE

Bingham SAC takes the planning and preparation for diving activities seriously. However we are also a pragmatic club that makes efficient use of our internal knowledge and experience. We share tools, resources and previous plans regularly amongst the membership to ensure people aren't 'starting from scratch' for every trip.

We also make sure that our members feel involved and informed in the planning process and become embedded as part of an expedition team. Technology and social media have really transformed the way we do this. Increasing we have evolved from using email circulars, to Facebook groups and more recently WhatsApp has proved to be the best

and most efficient communication tool for rapid circulation of information to a specific group. The degree and style of planning depends a lot on the diving being undertaken. Regular daytrips to Stoney Cove are very formulaic – requiring just the appointment of a Dive Manager and assistant for the day and a prior check with the DO to cover any potential issues or learning points relating to specific divers. In contrast, our Stoney night diving

needed a little more thought as a result of lower numbers of divers and less on-site surface cover. For these we now use a back-up system of a large white-board outside one of our vehicles which logs each diving pair, time in and anticipated dive time – divers log themselves back on surfacing.

Additional resources such as dive management slates, template risk assessments and the boat check

list are made freely available to all members. New members are encouraged and supported to plan trips and are buddied with an experienced Dive Manager to help them do this for the first time – we want people to feel they can suggest activities right from the start; after all that's why many start diving in the first place.

For extended diving activities the approach is more structured.

DIVE PLANNING AND MANAGEMENT FOR TRIPS AND EXPEDITIONS

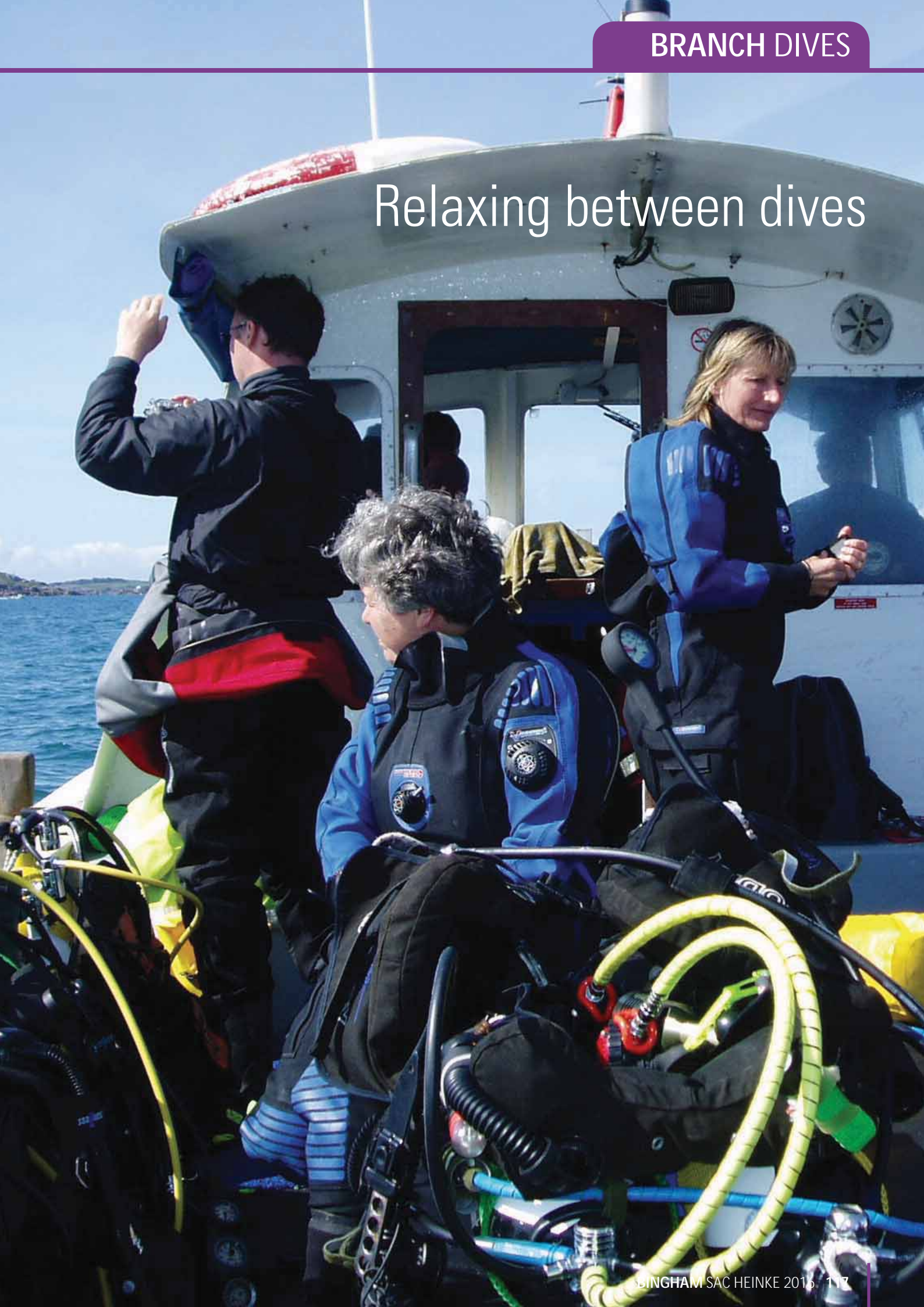


Prior to every club trip or expedition a trip plan is produced by the group or lead and is submitted to the DO and Expeditions Officer, who then check the details and approve the arrangements (or suggest amendments). The first and most important aspect is the appropriate number of qualified divers to ensure safe diving and boat operations; we are particularly keen to see provision is made for increasing experience at every opportunity. This plan contains key information needed by those on the trip and those back home. The document covers all the following points:

1. Names, contact and next of kin details, qualifications and diving dates.
2. Accommodation details and directions, local amenities and other necessary information such as parking.
3. Boat-related information including slip ways/ recompression chamber/ coastguard/ harbour master/ marina and fuel/ air sources/ local dive shops with phone numbers or VHF frequency, including any local regulations.
4. Tides and sources of weather that would be used. (DO's note- I have found by experience that specifying this reduces confusion as people bring information from a variety of sources. I suggest using tide times from Reeds Almanac and adjust them as necessary, tidal set and drift from the appropriate Admiralty Chart and weather from the local coastguard or harbour master.)
5. Local information; contact numbers/ names to check out our plans or ask for advice about a plan B. Very important.
6. Dive site information; usually the most popular bit of the plan. Again cross referenced with local knowledge. Where possible organisers should include details of marks, brief descriptions including depths and what to see; permissions or restrictions etc.
7. Risk assessment as per BSAC guidelines published in 2004
8. List of safety kit carried by RIB.
 - Flares/ O2/ AED/ 1st Aid Kit/ kill cord/ radio and handheld back up.
9. Reminder of basic safety procedures.
 - Dive management
 - Gas management and dive times
 - Buddy system
 - Using a DSMB, torch etc
 - Recall system
10. Expedition management: List of duties for each day of trip; dive manager and assistant; cox and assistant; O2/ 1st aid providers etc

Helena Robertshaw - Diving Officer. AD, AI

Relaxing between dives



Night diving

Night (or evening diving) has become a staple component of Bingham SAC's scuba diet. The regularity of our night diving is driven mainly by one club member, Dive Leader and Open Water Instructor Rob Parnell:

As a working dad, running my own business, weekend diving can eat into the time I have with my family. Because of this, mid-week early evening and night diving really works for me and I've become the regular organiser of 'Stoney Wednesdays' for Bingham SAC.

For me this type of diving offers other benefits beyond just managing around family commitments; it's generally less busy so offers a good mid-week relaxing break, and on summer evenings it becomes quite a social event – watching the sunset after a dive or two from the pub balcony!

The experience varies greatly depending on the time of year –

although the summer dives are really pleasant and sociable, the site isn't open late enough for it to become 'dark'. However, in the winter it's a completely different story. Real night diving offers some additional benefits, not least that the same venues that we use all the time, such as Stoney Cove, take on a whole new persona. It looks different and feels different and even the water life behaves differently – the fish become more docile at night and the need for torches mean you notice life that you don't pick up on during the day. From a practical perspective night diving is great training for compass navigation skills – because pilotage and usual methods of orientation just don't apply! Night diving is also great training for those progressing in depths to the often dark realms of 40m plus diving – the blackness of a 20m night dive is good preparation

for the sometimes claustrophobic darkness of 40m plus but with less risk.

A lot of people haven't done a night dive and are anxious about it. I often encourage these people to come along so they can help overcome any anxieties in a safe environment. I haven't had anyone yet come out after a night dive that didn't enjoy it. At the very least it gives them a new dive type to cross off the experience list.

Night diving opens up an aspect of winter diving that keeps us active all year and certainly helps keep me dive-fit year round. In 2016 I organised or attended 14 separate midweek evening trips resulting in 10 'evening dives' and 17 'night dives'. I'm pretty pleased with that!

**Rob Parnell, Social Secretary.
DL, OWI**



3. Diving activities

EXPEDITIONS

2016



Expedition data for 2016

Jan **Red Sea**

Mar **St Abbs**

May **Plymouth**

May **Capernwray**

June **Pembroke x 2**

July **Normandy**

May **Capernwray**

Sept **South Uist**

Sept **Portland**

Oct **Orkneys**

Dec **Capernwray**



12

Total
expeds in
2016

In addition to our regular programme of day diving, the 2016 calendar included a wide range of extended activity through expeditions. Here's a summary of the expedition calendar (excluding our day and night diving trips – these are too numerous to mention!)

This is what we train for

Expedition diving is the core and heart of our amazing club



The stories of each trip are best told through the eyes of those that participated, here are a selection.....

PEMBROKESHIRE

The plan for Pembrokeshire was to take the RHIB over on July 1st for the weekend then leave it there for the rest of the week until the following Friday 8th July. This would make good use of the RHIB and allow 2 separate trips to take place whilst only having to tow the RHIB one way per trip. Both trips were offered to all divers and trainees, with plenty of venues to complete sheltered water training.

The main reason for choosing the location and dates was certainly not the tides (we were on a high spring) but the fact that it was my

birthday on the 2nd and I just love Pembrokeshire. I was running the trip with my trusty side-kick Rob Parnell (who happens to have nice van for towing and carrying kit). We decided it would be nice to take 1 or 2 people who hadn't been on the RHIB before – those were Ollie Jones (new club member) and Scott Triston. Andrea Riley and Dave Jackson completed the crew for the first weekend.

We left the boatyard at 5.30 am Friday morning on a steady journey and arrived at Neeston Lodges at 11.45am. Perfect timing for our shakedown dive at St Brides bay. High water was 16.32 BST (incoming tide) which meant we could leave the RHIB at the lodges and have a shore dive 20 mins up the road.

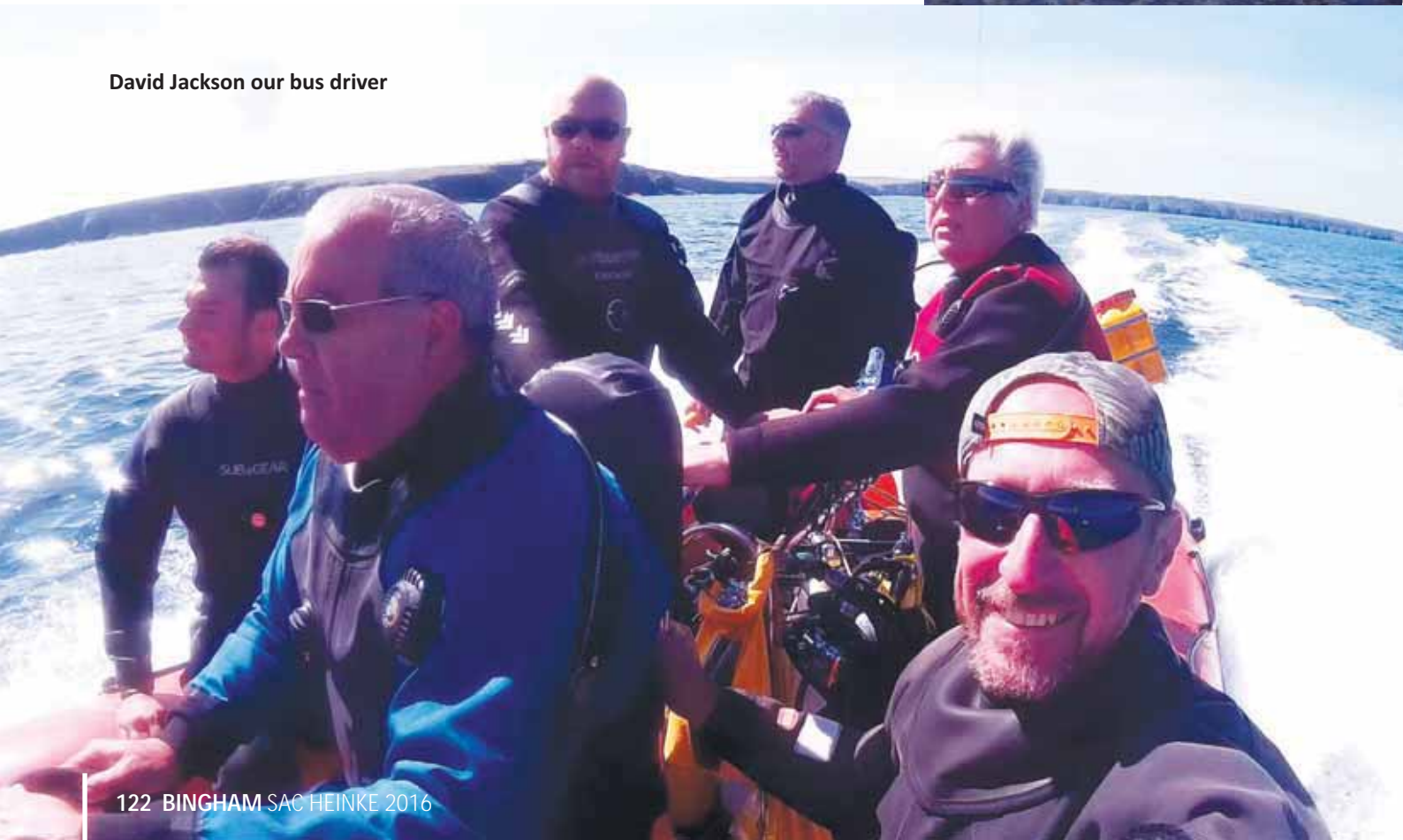
Next morning we awoke hoping to take the RHIB out but unfortunately the weather was not kind with strong westerly winds. I decided we would try a back up at Stackpole Quay. The difference was amazing as the Stackpole is on a sheltered south position and the sea was in a flat calm state. With the beach right next

to the café and an ice cream shop this was proper birthday diving!! We all had 2 dives here each, apart from myself and Andrea, who were dive managing and on ice cream duties. On the way back to Neeston we decided to check out Gelliswick Bay and the Yacht Club slip. The slip was excellent for launching so we went in to enquire – they were very helpful and said we could use all their facilities- they also invited us to their summer BBQ and band that night. As it was my birthday – we couldn't say no.

After a great night out we woke on Sunday morning to glorious sunshine



David Jackson our bus driver



and light easterly winds. Time to launch the RHIB – we arrived at Gelliswick, launched and set off for Stack Rock; approx. 14 miles from our launch point. This provided good experience for everyone to get a feel for and opportunity to handle the boat.

I had chosen Stack Rock specifically because it can be dived at any state of tide, has really good write up by local clubs and is suitable for all levels of divers.

Our club had never dived this site before so for me it was interesting exercise to work out the logistics

involved. After an eventful dive with seals, lobsters, scallops etc (great for Ollie – this was his first UK sea diving experience) we made our way into Martins Haven for lunch. After an hour sunbathing and filling our faces we went off to dive the north wall of Skomer. This was dived as a threesome and a pair, leaving me on the RHIB as time was running short. But it turned out to be one of my most enjoyable experiences on the sea as there were thousands of puffins to watch while keeping an eye on the diver's bubbles below. Up the next morning and one last dive in Martin's Haven before

heading home – luckily the ferries don't run on Mondays so we dived the favoured left hand side. After a quick recovery and rinse of the boat we had it stowed for next weekend's crew and we were heading home.

Stephen Hickling – 2016 Training Officer. AD, OWI



Ollie giving it the thumbs up



Scott's had too much Welsh Sun



My nails are looking good

Scott sun bathing in Wales

ORKNEYS

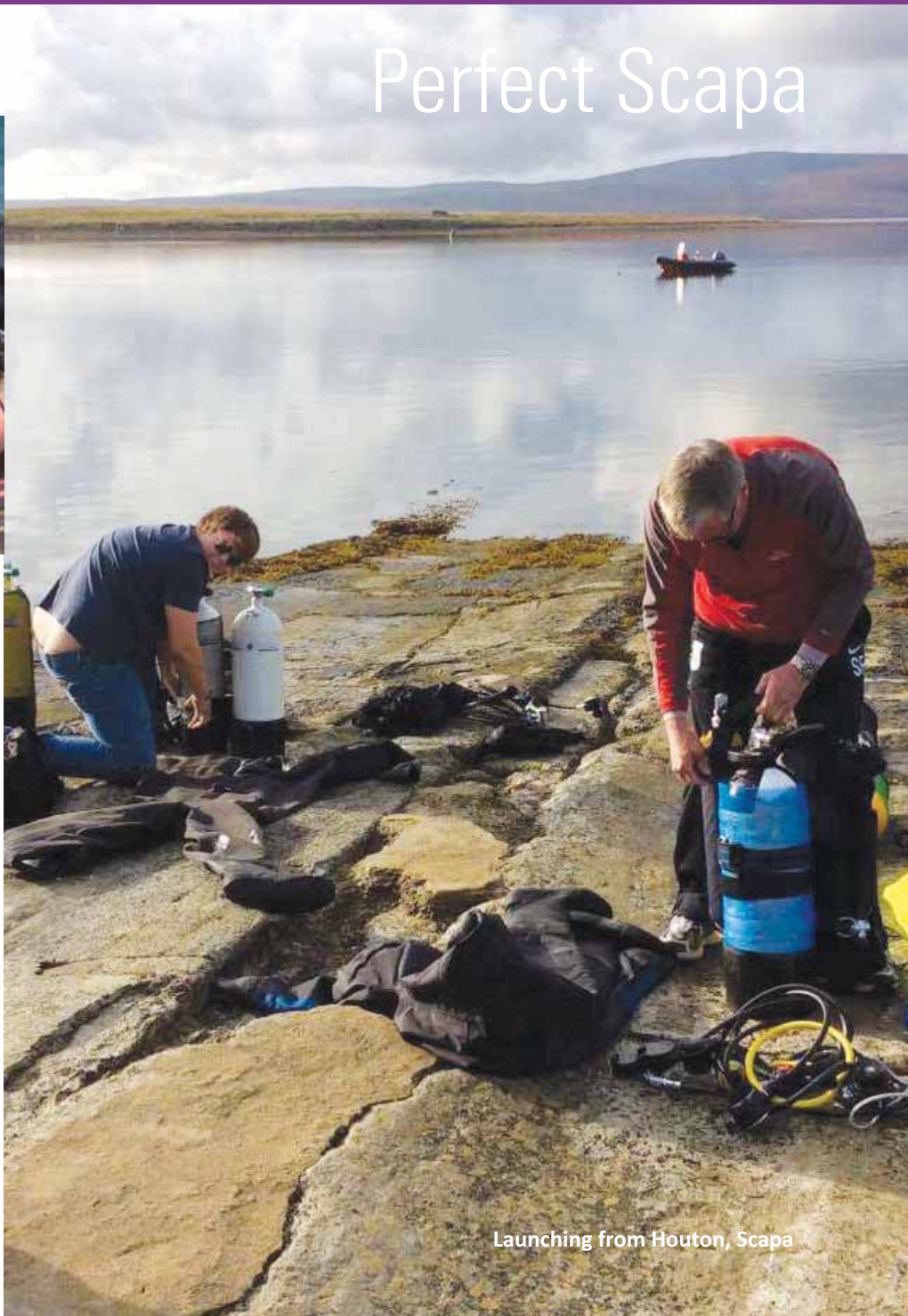


I was 14 when I started diving with the club, although I had done some garden diving! In the blow up pool in our back garden. My Dad, Adam, would have a cylinder and regulator in the pool which you could just swim around with and sit under water, which was great fun when you are around 10 to 12. However my real training started in the pool at Bingham with Steve and Adrian and then progressed to open water on the Barriers at Scapa for my first Ocean Dive which was great.

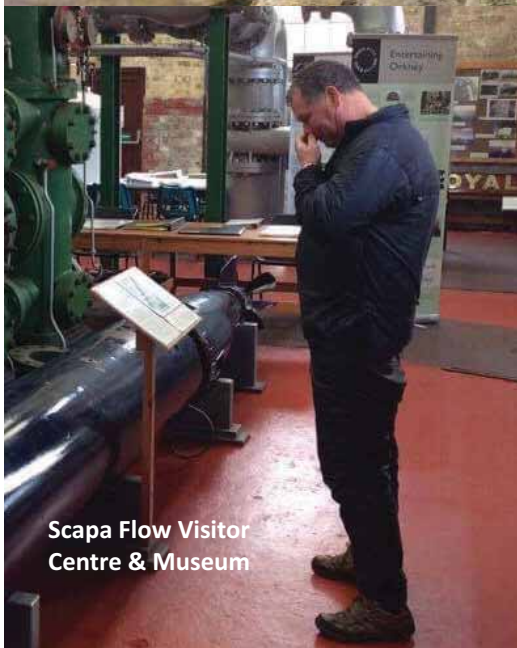
The club did a small trip to Orkney in October 2106. On the trip were Adam O'Brien, myself, Mike Verner and Russell, our President. We all stayed at Russell's house on Scapa Bay just outside Kirkwall which he bought a few years ago and has been gradually renovating.

The club used the Orkney RHIB which they shared for the week with the Orkney club, who used it on some of the days we went North. We didn't manage that many dives due to the weather which was windy. However we managed to dive the SMS Karlsruhe, the U83 and also Scadhead, which is a good scalloping dive and depthwise ranges from 15 to 24 metres. Air fills were made available at the Orkney Clubhouse; the compressor works on a meter that is fed by pound coins! All in all it was a great trip, if a little short on numbers.

Perfect Scapa



Launching from Houton, Scapa



Scapa Flow Visitor Centre & Museum



Orkney RHIB, looking at Hoy

All levels of divers had been invited to attend and the Barriers provide a great training ground, which are easily accessed by shore. In previous years we have taken a wide range of abilities to Orkney and carried out training from the shore, whilst the RHIB headed off with the more experienced to dive the deeper wrecks.

Tim O'Brien, Sports Diver

SOUTH UIST

South Uist would seem an unusual choice of dive site at first glance but for me it was an opportunity to explore another of the lesser dived Outer-Hebridean islands. In my diving career I've had some amazing diving in the Outer Hebrides but mostly on the other more frequently visited islands such as North Uist, Harris and Lewis. South Uist seemed a great opportunity to try something more adventurous and exploratory (very little is written or logged about this

location) that would cater for a more experienced Bingham cohort. There were 16 divers booked on the trip plus an additional 2 non divers. We were taking 2 RHIBs with us (the club RHIB and one owned by Rob Parnell, club member) so diving would need to be a mixture of shore diving and RHIB diving using shuttle systems where necessary. This trip was restricted to Sports Divers and above to give the higher level members the opportunity to extend their experiences.

We rented 2 houses to accommodate us all on South Uist and after a long journey, including an overnight stay in Skye on the way, we settled in. We used the harbour at Lochboisdale for launching. Unfortunately the weather was very unkind for our efforts – it basically blew a hooley all week. As a group we managed a handful of nice dives in sheltered nooks. We made our way to Barra

and got some time on the sheltered eastern coast and squeezed in a great dive on the famous 'Politician' (the whiskey wreck) but very little else. Additional problems with the breakdown of the island's main compressor affecting our access to fills, boat problems and some accommodation restrictions meant that on the whole this was not the expedition we had hoped for. After more time than was reasonable trying to mend boats and fishing we reluctantly succumbed and returned back home a day early.

I still think South Uist would be a great option for another try at some point but for me I have my next Hebridean sights firmly set on Coll for 2018. But with no air fills on the island we need to sort a compressor for that one first!!

Andrew Shipley, outgoing Chair and incoming Expeditions Officer. AD, AI

Wild Uist





You take the high road
and I'll take the low...



The happy
team set off for
McKenzie Rocks

PLYMOUTH

In May 2016 we took the club RHIB and 11 members to Plymouth, in the hope of exploring some of the best wreck and scenic dives the UK has to offer. Over the week we had a fluctuating number of divers, peaking with 9 over the bank holiday with 2 non-divers, one of whom is a handy coxswain! Having done some serious homework I wasn't troubled by the volume of divers and only one boat; we are keen boat handlers in our club living so far from the sea and time at the helm is prized. The trip was offered to all qualified divers, as there were many sites suitable for everyone.

We had permission to dive the Coronation and do some surveying which was very exciting; Ginge and the Coronation team had given me loads of advice and ideas for the trip, as had Dave and Danny at Discovery Divers. The plan was to moor the boat at Mountbatten but operate out of Fort Bovisand as it was close to

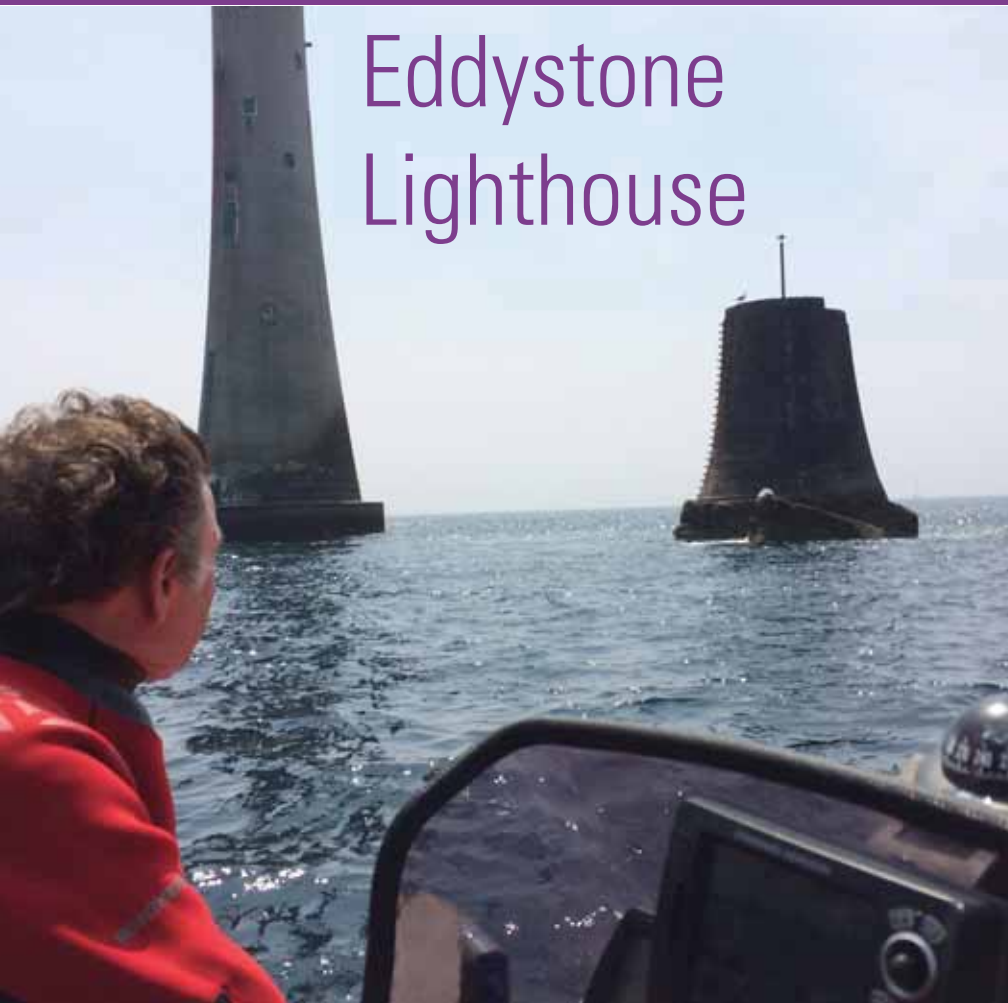
the dive sites for a quick turnaround. There were plenty of close, easy dives for the group and the weather forecast was promising!

I was aiming to do the Advanced Instructor Exam in September and the diving was the least of my worries; this was a chance to get my boat and navigational skills up to scratch, so I was happy to Cox and to teach as much as I could. We had a good team; the Boat Officer was alongside, as well as members who had been on many trips with me and whose abilities I knew well. We had the necessary range of skills and many of the others had expressed the desire to learn more on the trip! We towed the boat down on the 25th, the new trailer performing fantastically. Avalanche was launched that afternoon from Mountbatten; Paul and I set off on a shakedown run before the masses arrived. Checking in with the 'Longroom', familiarising ourselves with harbour regulations, making sure all the electronics and kit worked, listening in to the weather

forecast- a high was in- and giving the Coronation a buzz on the way past to see how good our location skills were!

In some respects weather was fabulous with flat calm seas but there was a horrendous plankton bloom that had been causing issues for a few weeks and fog which was problematic. Thanks to local advice we made the best of it but it was frustrating with flat calm seas. After shakedown dives in the harbour at Bovisand we set out further to the infamous James Eagan Lane, Scylla and Mewstone Island. It was apparent from listening to the experts that we had to get further off-shore so Eddystone and Hand's Deep it was! Trying not to think about the cost of the fuel, we did multiple trips over the next few days and were rewarded by much better visibility. Having picked a week with a neap tide bang in the middle of it, we had maximum flexibility. The lengthy commute meant everyone got loads of boat handling in and I got loads of

Eddystone Lighthouse



First Class article comes in handy

chances to teach non-stop. As always it was a real learning curve for all of us; Tracey and Kev got to do their first sea dives together, Bex got in after a break due to pregnancy and the arrival of little Isobel, Matt got to grips with his new side-slung set up, Steve got hands on again on the RHIB, Jill and Cassandra got involved with the planning and management and with Stewart, got plenty of boat handling in.

The digs were great, 3 neighbouring cabins at Churchwood Valley, Wembury with several good pubs on the way home! Plymouth is such an interesting place; we got to see lots of it both by ferry and our own RHIB with various trips to the Plymouth Gin Distillery, old town, aquarium and even the Eden project. My only regret was that by Monday, the day we had permission to dive the wreck of the Coronation, the plankton

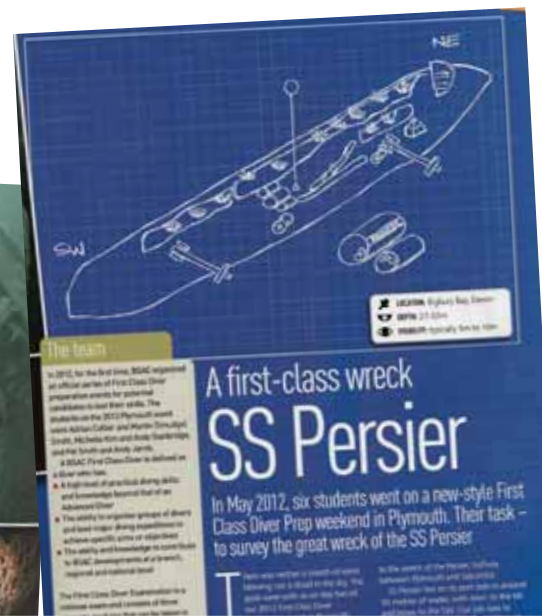
bloom was intense due to lack of tide and the wind had picked up so we went for plan B and headed out to Hillsea Point in the lee of the wind.

Looking back it was a good trip; good planning massively helped by making contact with several experienced locals and a great team all helped. For me it was seeing our divers doing things they'd never done before; Tracey's face before and after the shakedown dive said it all!

Helena Robertshaw. Diving Officer. AD, AI

In response to Helena's article a few words from Tracey gives a slightly different and important perspective on how we all view the diving experience very differently...

On arriving at Plymouth we found we were unable to take the RHIB out, our 1st dive or shake down dive had to be done in the harbour area which was a shallow 5 meters but was



very murky. I found this extremely difficult and found myself panicking. Our DO was amazing, she made me feel safe and didn't judge me; she gave me the support and reassurance I needed so I could test my kit.

Following day we took the RHIB out to Eddystone lighthouse; having joined the club several years before and dived with a number of very experienced divers, I now had the opportunity to plan and complete a sea dive with my partner Kevin Scoles. As it was our first sea dive together, we were both given all the information about the dive site and how to surface, so the boat could pick us up safely. I was made to feel really comfortable about the whole dive.

Diving the Eddystone lighthouse, with its beautiful sea life, was an amazing and incredible experience. Due to an unusual plankton bloom close to shore, we opted to dive the same site the following day – fine by me. RHIB diving is so much fun, it gives me a feeling of excitement as the boat is speeding across the sea, as well as being our transport to dive sites. Our weekend trip to Plymouth in May 2016 was really well planned for us- from the RHIB ready to take divers out, accommodation booked and a detailed expedition plan which helped me to prepare for the trip.

Tracey Harrison, OD

CAPERNRWAY

Stoney Cove is good but it is our staple meal – Capernwray makes a great alternative and a change. It's a nice site and location and the clear waters and easy entry make it a great trip for novices. It also introduces new club members to social weekends away with diving friends. We have a regular formula for Capernwray trips now which usually involves a journey up Friday evening or early Saturday morning, comfy beds with breakfast at the Royal Station Hotel in Carnforth (only 3



miles from dive site) and a cooked meal at night; returning home Sunday evening.

There are usually 8 or 9 divers per trip and in 2016 we did 3 weekends at Capernwray to my knowledge. In May, on the way back we also went to the Delph – another interesting one to try but very silty!

Rob Parnell, Social Secretary. DL, OWI

NORMANDY

What can I say about our July trip to Normandy other than the weather was awesome, the boat was awesome, the diving was awesome and the food was extra awesome. A fabulous trip on flat calm seas – it was a full 4 days until anyone aboard was sea-sick (a club record to my knowledge).



The marine life was phenomenal including dolphins swimming around divers on deco stages.

As George's Advanced Diver trip the expedition is included in much greater detail in section 2. However, as a cross-club joint trip with Loughborough University (LSUSAC) it catered for the more experienced members (dive leader and above) - progressing throughout the week in terms of depth and technical complexity; culminating in a dive on the Leopoldville. I'd go again in a heartbeat.

Fleur Tinsley - Bingham SAC member and DO of LSUSAC. DL, OWI

ST ABBS

When Geoff 'Butty Bacon' put out a weekend at St. Abbs to the whole club, I thought 'great- I would really like to go on that weekend'. First priority to get back into the sea again, second priority was to try and get out to the Farne Islands to meet the puffins at last. Well number two got well sat on as they didn't open until the 1st of April due to breeding season – foiled yet again.

Anyway, our group of 7, with Steve Hickling, Sandra and Geoff Casey, Mark Owens, Rob Jones and Geoff Bacon headed up north. It was pretty blustery weather and the forecast wasn't great. We all bunked up at

St Abbs



Rock House Diving and were made welcome by Paul Crowe and his family.

The next day the wind was slightly against us at force 2-3 so we had to head north to the more sheltered area of Flattcarr Reef. There were lots of narrow gullies with anemones, nudibranchs and corals which made the dive scenic but was quite disorientating as several times we seemed to hit dead ends trying to navigate through the gullies. After lunch the sea swell picked up a little more so we returned to the same area but this time dropped in on the far side of the bay near the 'letterbox' - a swim through with a bend in the middle. We needed torches out as it was totally dark and the exit wasn't visible until you were half way through. There were pieces of a broken up wreck nearby at quite a shallow depth which I was told was an old boiler – not so sure about that though.

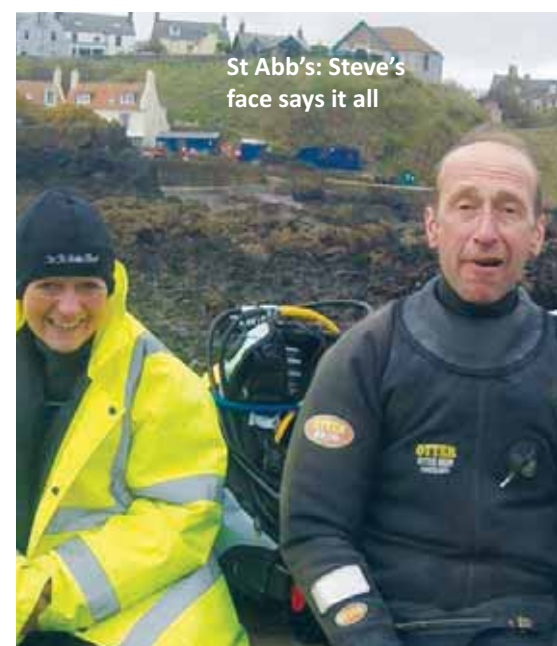
Well if it was blowy on day one it was more so on day two. We left two of our divers at St Abbs as one had felt sea sick the day before and didn't fancy their chances keeping breakfast

down on day 2. Even the boat ride out was like a roller coaster and as for kitting up on board, entertaining trying not to overbalance and a swift hand over hand exit was required. The Anemone Gullies at Petticowick was not only a pretty dive but a different (if not exactly text book) dive. Despite the swell we found a great gully with loads of anemones, dead men's fingers and a few sun star fish. Things then became a bit more exciting as we ended up in a really narrow gully where I got caught in the swell at around 8 metres and disappeared upwards in what my buddy described as 'a cloud of bubbles'. I called it being 'washing machined'. This ended in having to surface swim out of the gully as fast as possible in order to be picked up by the boat. Not an ideal way to end the dive. The lift back onto the boat was quite difficult as there was a lot of drag due to the swell but I somehow managed it and once safely aboard parked myself firmly on one of the seats around the dive boat, got my breath back and de-kitted. The sea conditions were getting rough and the spray frequently showered us on the return trip. We all

decided that it was time to call it a day at this point as conditions were deteriorating.

All in all an interesting but somewhat weather-challenged weekend. I look forward to better conditions on my next foray up north. A donation made to the St Abbs lifeboat which we thankfully didn't need and several Tunnocks caramel wafers consumed, we headed south again.

Jill Mellink – incoming Chair, SD, ADI



St Abb's: Steve's face says it all

EXPEDITIONS



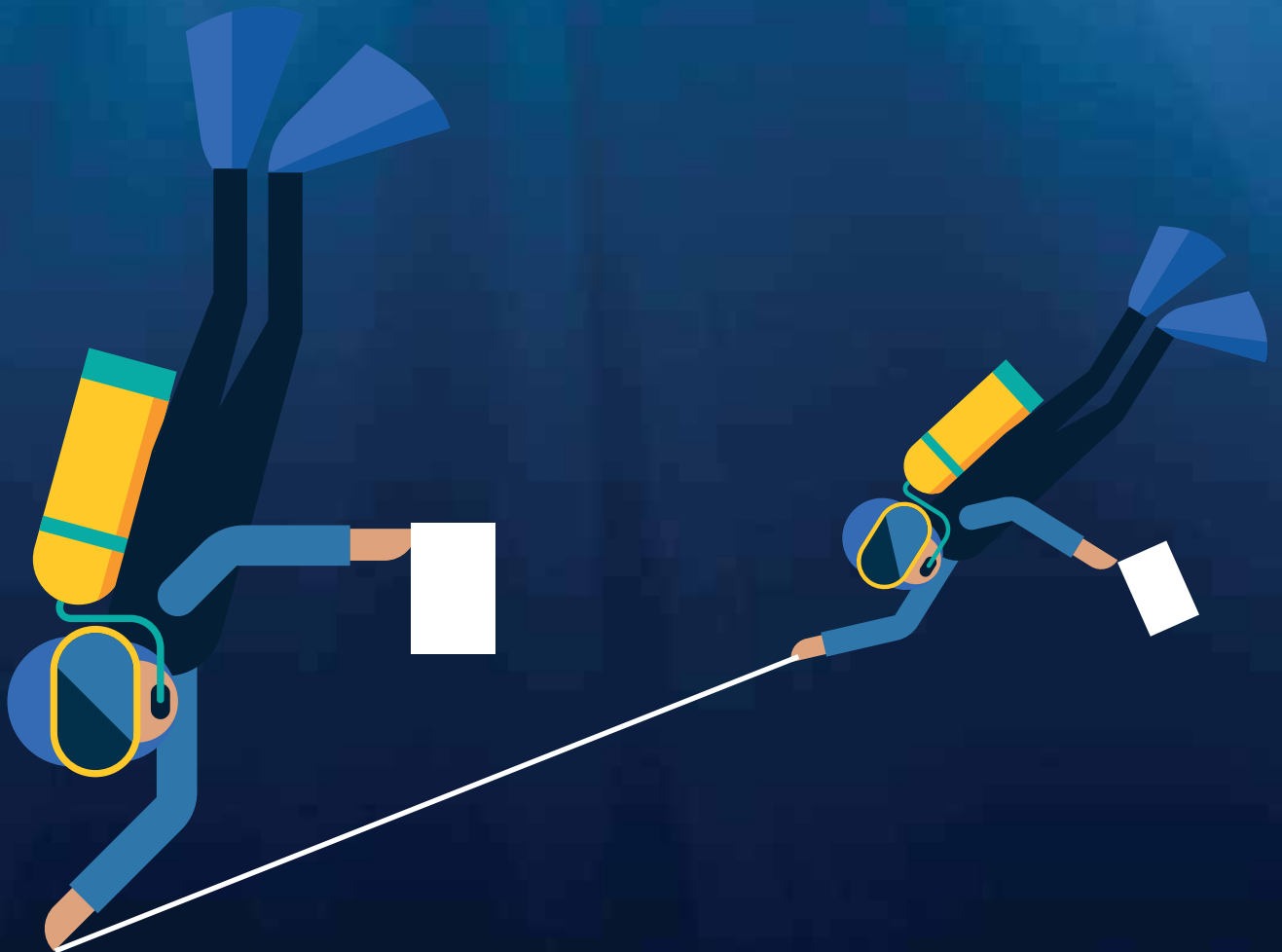
Bingham SAC Members abroad – 2016

1. Colombia (Sue, Thomas and Andy), March 2016. The best coral reef diving in the world with 40m visibility and plenty of Pelagic marine life. Isla de Providencia with Sonny Dive Shop.
2. George Smith, Lanzarote June 2016.
3. John and Eve Harris – Chicken ha Cenote, Mexico. December 2016.
4. John and Eve Harris – diving the Xenobia, Cyprus. September 2016.
5. Sallie McMullen, Diving the Komodo National Park in Indonesia on the Mermaid II liveaboard. Manta's, white tip sharks and turtles a-plenty. October 2016.
6. Cassandra Rawlings – Corsica- WW11 B17 bomber wreck 32m wingspan, 22m long, 4 engines on July 2016.
7. Fleur Tinsley and George Lindsay – Diving 'Wreck Alley' on the California Coast with Marissa Dive Charters of San Diego. HMCS Yukon and Ruby E. May 2016.
8. Ian Lowther – Byron Bay, Australia, November 2016.
9. Stewart Mireylees – Dwarf Minke Whale expedition- liveaboard diving with Mike Ball Dive Expeditions. Northern ribbon reefs of the Great Barrier Reef and out to Osprey Reef in the Coral Sea. July 2016.
10. Andy Jarvis – Bonaire September 2016.
11. George Lindsay – Malta, May 2016.

3. Diving activities

SCIENTIFIC

2016



Putting our skills to use

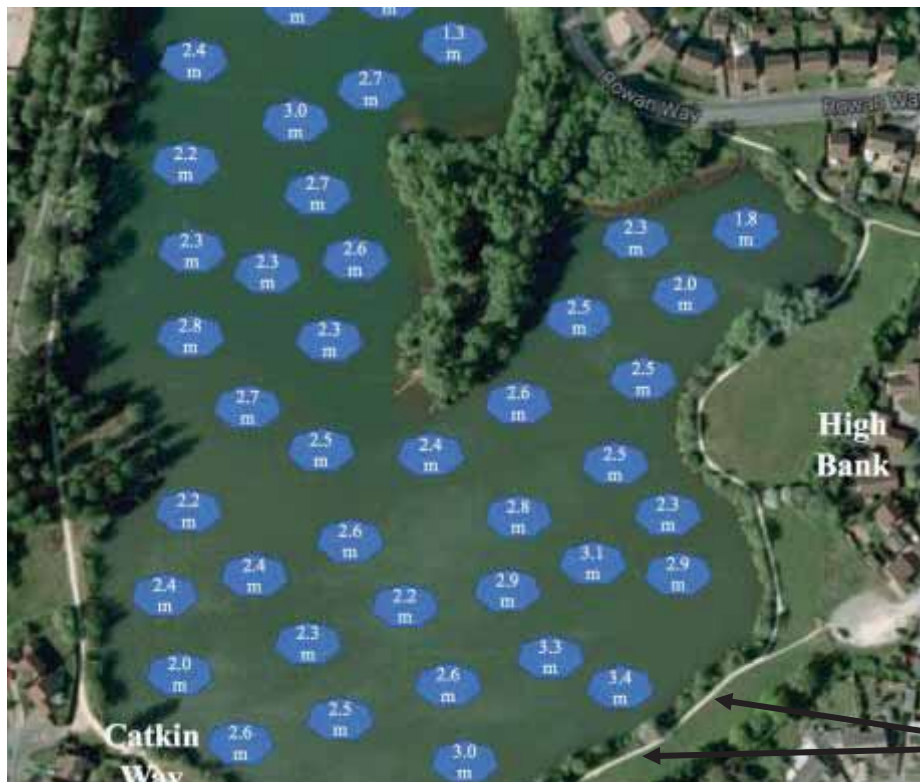
Advanced Divers developing skill to survey

The progression of senior divers within our branch during 2016 resulted in multiple opportunities to undertake and practice scientific research and survey techniques. Preparation for First Class Diver and Advanced Instructor qualifications amongst others helped build skill levels in the club. As a branch, we then utilised these developing skills to undertake additional survey work late in the year, to aid one member to take forward a project linked to his day job at Nottinghamshire YMCA. Here are the stories of how these skills and techniques have been learnt and deployed.

BALDERTON LAKE SURVEY

Balderton Parish Council requested a report on Balderton Lake to identify its suitability to offer water sports for the local community. The survey included tests of the water quality, depth and identification of any surface or underwater hazards that could prevent the safe use of the lake. The project was led by Mark Owens, an employee of the supporting organisation, who asked myself, Fleur Tinsley and Geoff Bacon to assist. All were experienced divers and local residents in the area.

The lake had been previously surveyed by Newark SAC in 1992, however the lack of an appropriate boat and equipment meant that accurate depth measurements were not completed and the survey was left incomplete. Instead, estimates had been made based on the average depth of gravel pits within the area. With Mark providing surface cover, we ran through an extensive dive plan which included a history of the lake's use, anticipated depths and water conditions. The known hazards were also briefed, as well as the dive

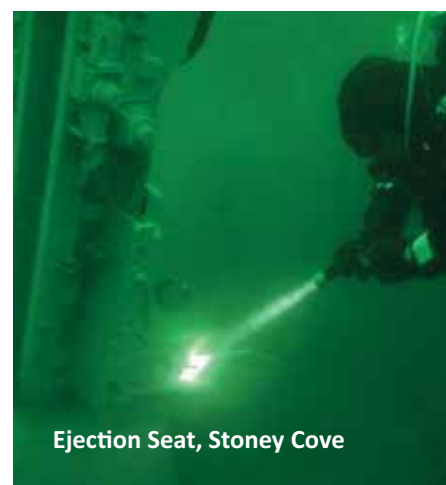


procedures and equipment required. The dives themselves were conducted by myself and Fleur and went relatively well despite the near zero visibility. Our planned square searches to investigate potential hazards were successful and we were able to report that no hazards needed to be removed.

Unfortunately, issues with the boat's fuel line meant we were unable to complete the survey on our first attempt. However, a return visit in February 2017 allowed us to complete the depth readings and finalise the report for submission. It was a really interesting project to be involved in and a unique opportunity to assist the local community. I am looking forward to seeing the site develop and having a go at the activities on offer. George Lindsay – DL, OWI
A full copy of the final report is attached as Appendix 1.

FIRST CLASS DIVER PREPARATION- EJECTION SEAT SURVEY AT STONEY COVE

This was the next logical step for the FCD prep group who had all completed the two day FCD project prep course at the Cove, brimming with confidence it was decided to map a route and survey the ejection



Ejection Seat, Stoney Cove

It's not all done in sea water



Mark, George and Fleur sounding the lake



seat. The planning started in earnest; how many dives would be required, decompression considerations due to the depth, fixed start point and route to be traversed.

Having settled on the search techniques required to first find the ejection seat, a line was set from the entry datum point, distance and bearing recorded and we set about measuring the seat. We also attempted a series of photographs which we hope to combine into a photogrammetry image, which is using software to change 2D pictures into a 3D image.

Dives completed, equipment retrieved, we looked through the information gathered and self-assessed the day. Happy with the results we collated a report and uploaded the images into the photogrammetry software. A footnote on the report simply read.... we need a lot more practice at photogrammetry!!

Geoff Bacon, EM Regional Coach.
AD, AI

RIVER TRENT DEPTH SURVEY

The exercise acted as both a pre-season test of the club RHIB as well



as a preparation for what a group of us could later expect on the FCD preparation event. A visit from first class examiner Colin Yule meant the opportunity was too good to miss. Our RHIB is stored at our President's boat yard on the bank of the River Trent. We first spent time at the yard with charts of the river to assess likely depths and plan an approach with guidance from Colin. We calculated distances and bearings from charts and produced a map of the river contour for the section in question, 2 nautical miles from yard. Colin then selected the specific section to be surveyed – using the chart we identified latitude and longitude for the section. Using the chart plotter to find the location we then went from bank to bank identifying depth variances across the river bed. Using both the boat depth sounder, backed up and compared with sounding lead-line and a 'long stick'. We also used a lead sampler to collect samples of substrate across the river bed.

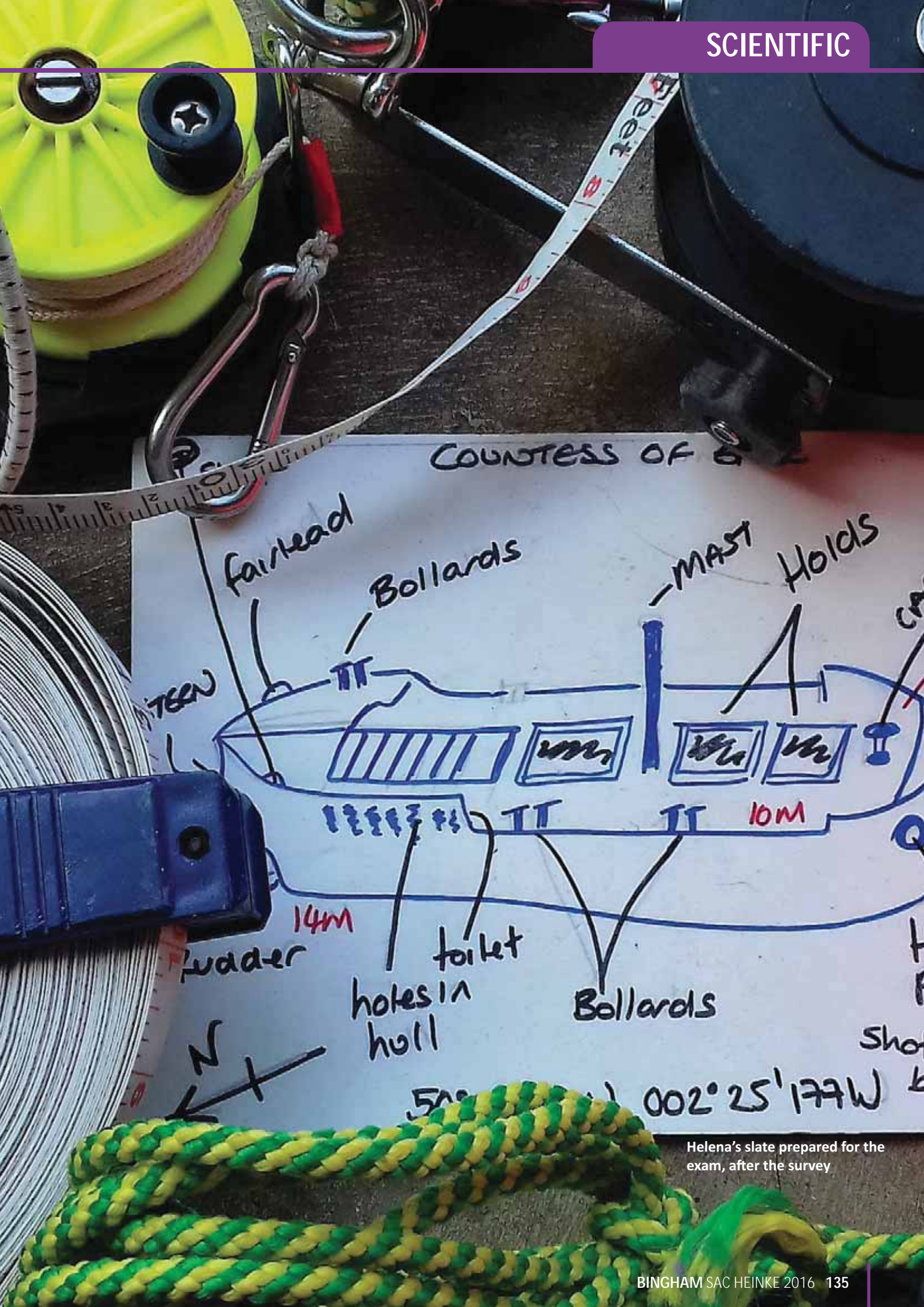


The sets of readings taken provided a detailed overview of both depth variance and river substrate. More importantly the exercise was good practice on how to break down the teaching of survey skills. It was an unusual opportunity to have the space to think about how to find, record (and potentially retrieve) data about the water environment that we wouldn't normally do in the course of diving – another way to use our kit and knowledge to a different end and another way in which we can put our boat to use.

Paul Jarman – Boat Officer, AD, ADI

AIE PREPARATION – PORTLAND: SURVEYING THE COUNTESS!

If you live and dive the south coast of England, the chances are you will have dived the Countess of Erne as your first ever wreck dive or as a last resort when the weather has been less than favourable. Located on



Helena's slate prepared for the exam, after the survey

the inside of Portland Harbour wall, between the northern and eastern entrances, she sits in 15m of water with her top deck in just 8m. At 80 meters long she is a sizable vessel and much intact, beautifully adorned by marine life and a firm favourite of locals and Advanced Instructor Examiners.

Prior to the AIE I knew 2 things for definite; the Countess would be one of the target wrecks and the Wreck Appreciation and Marine Life Appreciation SDCs were on our list of objectives to teach over the weekend. Having never dived in the area, there was only one thing for it- a 'recce' to prepare for what could only be a stressful weekend!

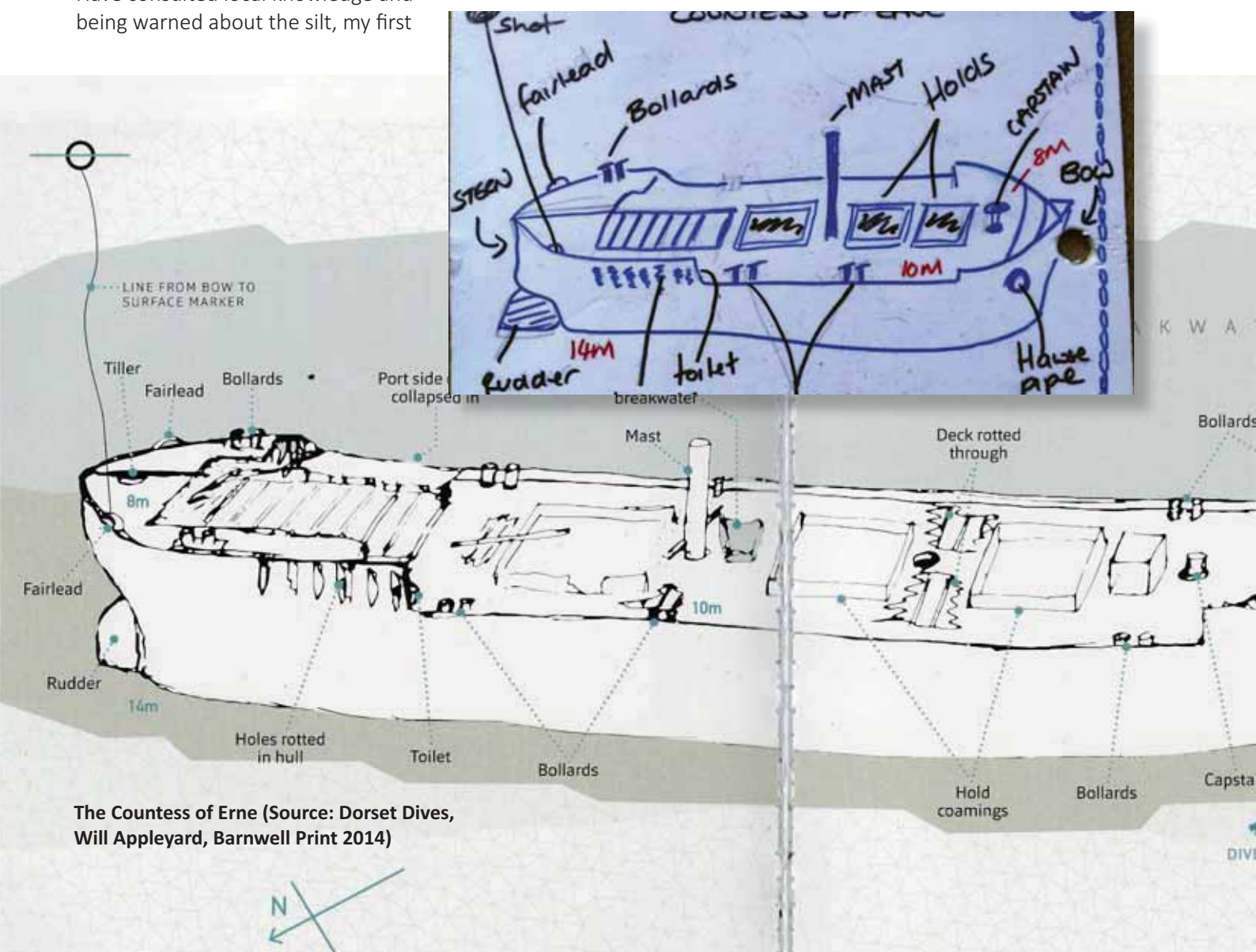
Have consulted local knowledge and being warned about the silt, my first

dive was an orientation dive to get a general idea of the layout of the wreck. Two further dives allowed me to explore the stern and bow separately, as well as the areas just off them. My main objectives were to be able to identify key parts of the vessel and an array of marine life and to teach my 'student' necessary skills during the AIE. Sketching as I went, taking measurements and bearings to interesting objects on the sea floor, I built up a 2 sided slate that was both teaching aid and aide memoir! I noted key points for certain activities; a solid area in front of the capstan for DSMB deployment, a swim from the bow to the nearby fixed shot gave the opportunity to teach both line laying and compass bearings, the beautiful open structure of the rotted

hull towards the stern was full of life and sketches were made so species could be correctly identified and then referred to! By combining notes and sketches, as well as talking to locals, my buddy and I were able to put together comprehensive slates for the exam. One thing was for sure, in that silt a thorough knowledge of the site was essential.

Sadly the weather was not in our favour and a strong westerly ensured the Countess was not diveable on the day! However, looking at the slates we produced from the survey and details of vessel and local marine life we compiled, it was a worthwhile exercise.

Helena Robertshaw – Diving Officer.
AD, AI

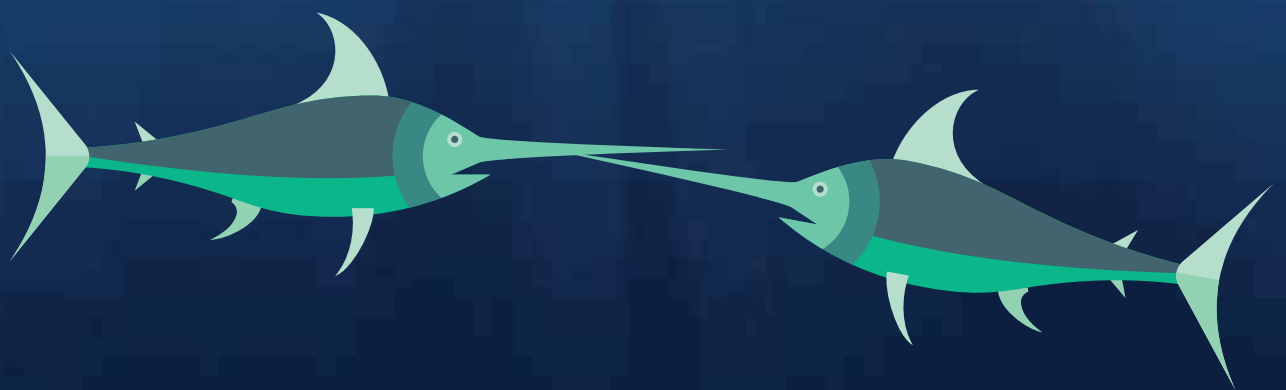


The Countess of Erne (Source: Dorset Dives, Will Appleyard, Barnwell Print 2014)

3. Diving activities

COMPETITIONS

2016



Inclusion more than Competition

When it comes to diving and general branch activities the term 'competitions' sits uncomfortably with the Bingham ethos. With such a diverse membership we have found it invaluable to focus more on inclusion than on competition; maintaining an even playing field where all can flourish. That said, it is vital that we recognise and celebrate those within the club who gain notable and personal achievements, go above and beyond to support the club or fellow members or who have overcome barriers to progress and enjoy their diving.

With that in mind the Annual Awards Dinner is the most important fixture in our social calendar. This section explains how our awards are made, what they represent and tells the stories of our recipients for 2016 who recently received their awards at the annual dinner in April.

There are times when competition can and does rear its head; our social activities often have a competitive

element (anyone attending the ten pin bowling or go-karting social will testify to that) and some of our members compete in external photography competitions and similar with some success.

WHAT'S THE STORY ABOUT THE AWARDS?

A frequent question asked by new members at their first Awards Dinner, we are conscious that as the years have passed, so the history behind each of these awards has faded. Even with some recent research, we have not been able, as yet, to put much detail to the older ones. It is important to record what we do know and to continue to search for more information so that we can eventually tell the story in full. We are after all an extended family, and our history goes a long way to making us who we are.

THE OK AWARD

Designed and created by the Club in the early 1980s from materials allegedly recovered from the wreck of the Canada, off Withernsea on the Yorkshire coast. First awarded in 1981 to Keith Rhodes it honours a Club member who, in that year, has given the most to the Club in terms of effort and time for the benefit of the whole.

It has recognised leadership of multiple training dives, fulfilment of multiple roles within the Club, development of publicity, recruitment, facilities, showing a reliable and tireless presence to support the day to day running of the Club....the list goes on. The roll call of names around the base represent so many who were or went on to be long term members, many of which still are. This award beyond all others celebrates the spirit of Club diving exactly because it honours those who go the extra mile to help make the branch a success.

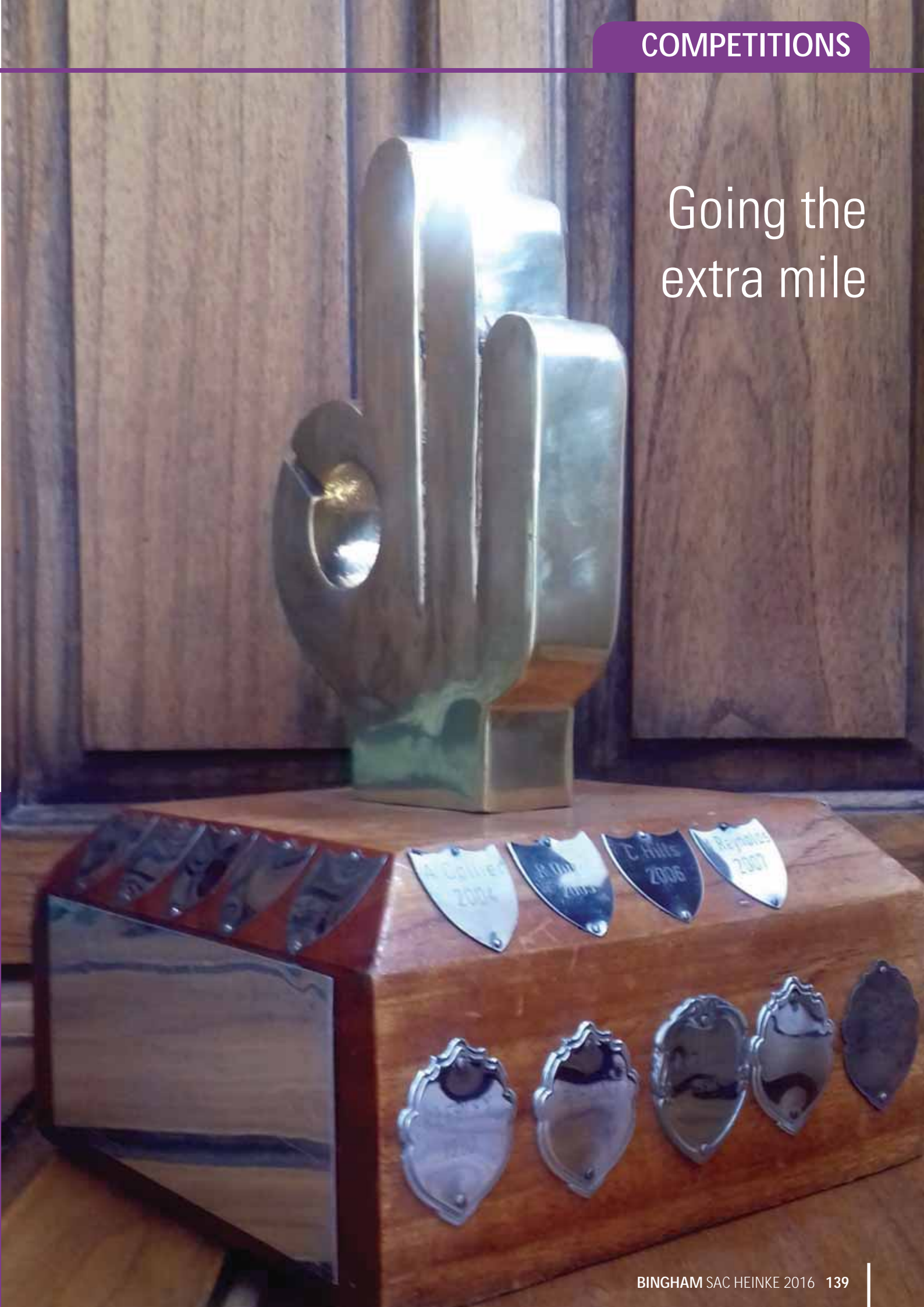


DIVER OF THE YEAR - The Shell Case

This was found and retrieved by one of the early Club members in 1974 when diving on the Somali – a First World War wreck off the Northumberland coast.

It was first awarded in 1980 to Andy Gillings, who went on to be Training Officer, and has nearly always gone to a newly trained Club member in recognition of their efforts and progress. Many of the names appearing on it went on to rise through the ranks of the Club, for example Adrian Collier, and has always been accepted with great pride. Mind you, it is the only group of people upon whom you can hoist an award of this size and weight, because they don't mind carrying it around with them for the rest of the night. No-one else wants it for this reason! It has served multiple functions within households where it has resided. Umbrella stand, plant holder, door prop, paper weight, brush holder spring to mind, and doubtless more creative uses will come to light over the years to come.

Going the extra mile





THE EXPEDITION AWARD

There is a clue to its origins in the form in which it appears. The hammer and chisel represented the tools sometimes used to qualify for its ownership, as it started life as the Wreck Diver of the Year. Those early diving days were filled searching for and diving on newly discovered wrecks around the coast, and shall we say, the one who found the most, was the nominated winner in any one year. Like the OK award, it was designed and created by the Club from materials this time thought to be from the Keyarra, a wreck just off the coast near Swanage, in the early 1980s.

Times have moved on since then, and the award was not always made because its purpose had become redundant. However it was considered a waste of a Club asset, and as the millennium came and went, the Club decided to recognise another aspect of its activities. It started to be awarded to the organiser of what was considered by the adjudicators (Chairman and DO) to have been the most outstanding/enjoyable/successful diving trip of the year.

The Pink Snorkel

This is the most eagerly anticipated award and the one most dreaded by those who dive the most. It recognises the most impressive misdemeanour by a senior or high profile member, usually causing great embarrassment to the winner but much hilarity to everyone else! Since its advent in 2005, it has become the highlight of the awards evening. It was won by Andrew Shipley for the first three years running. Even the way in which it is awarded is different as the current DO and Chair, having colluded to award it, often find themselves on the wrong end of a set-up which results in one of them taking it home! Situations such as forgetting to turn on ones air, breathing from your pony for the entire dive instead of your main cylinder, forgetting to close your dry suit zip, forgetting what day it is, which then results on the wrong tide times used for dive planning and the first pair of divers being swept off the shot..... you get the picture! It always goes to someone who really should know better.



The Keith Lepley 'Star' Award

A more recent award, created by our current President Russell Hunt in memory of a long standing and respected member of the Club, the late Keith Lepley who gave so much of his time and experience for the benefit of so many. Members contributed their own accumulated brass from various sources and the collection was moulded into the shape of a starfish, taken from a real specimen. The award goes to the instructor whose time and input that year most deserves recognition; the first recipient being Fred Hopper in 2008. He had been DO in the Club for some years and had given an enormous amount of time and effort bringing on new divers and sharing his experience and knowledge. He was also a close friend of Keith, and had stood by him though his illness and untimely passing, so the award was an emotional moment for all.

It has since gone to a series of well-deserved recipients and is probably one of the most valued awards by current members.

A very special
award, in memory
of a very special
person



Our 2016 Award Recipients

Diver of the Year – Claire Bradley

This award went to a new diver showing immense promise and dedication to her training and for the infectious happiness, humour and general good nature and willingness to help others that she has brought. Claire has been a delight to teach and we hope she, her partner Pete and her other 2016 cohort of new divers stay with us for a long time ahead. “When the awards evening took place, Pete and I were on holiday in Mexico and whilst checking Facebook we saw the video of Steve Hickling announcing me as winner!! I was gobsmacked – didn’t expect it at all but ended up with a massive grin on my face. What was really nice about it was that was the very day we did our first dive abroad, having qualified as Ocean Divers the previous month. The award made me feel a bit overwhelmed to be honest – a lot of people put a lot of effort in to get us

qualified – it was amazing to find out that my efforts to learn and absorb it all were also being recognised. It’s really boosted my confidence.”

Claire Bradley – OD

The OK Award Helena Robertshaw

There are many instructors and senior divers that have contributed much to the club, including Stephen Hickling to whom Helena tried to award this trophy. However, in recognition of her fantastic leadership through both the work on ‘This Girl Can’ and through one of our fastest growth phases this award recognises the massive contribution that our DO, Helena Robertshaw has made.

“As far as I was concerned this award was going to Steve Hickling – it’s my job to give these awards out not receive them. I didn’t see this coming and am delighted to have received it but in truth Steve would

have been a very worthy recipient (his name had already been engraved on it!!) – there’s always next year.”

Helena Robertshaw – DO

The Starfish Award – Sallie McMullen

This year’s Starfish was awarded to Sallie for her dedicated work throughout the year to finally become an Advanced Instructor. Sallie literally battled on with the training through a difficult year to be rewarded with the AOWI at the end of 2016, as well as being our only instructor to complete the Diving for All course. A massive achievement for her and an asset for Bingham SAC. “I am so proud and shocked to have received this award. 2016 was a tough year for me in a number of ways and some thought I’d set my sights too high but with Helena’s support and encouragement I got there – I couldn’t have done it without her!”

Sallie McMullen – AD, AI



THE END OF MY TETHER

Our latest addition to the list, inspired by current member Steve Bishop after an incident where the boat was left tied up in a harbour over lunch, and insufficient allowance was made for tide movements. The boat was found shall we say, in an unusual profile, unsuitable for effectiveness in water. The painter had been cut in order to free the vessel and the evidence tossed overboard into the clear, shallow water! A small piece of that rope was encapsulated in resin by John Harris in perpetuity, mounted on a plinth and loaned out to any member who has caused some aspect of loss or damage to the boat which ought not to have happened while under the control of the recipient in question. First awarded to the above named Andrew Shipley and accomplice Steve Bishop in 2011, like I said, it is another Pink Snorkel for specific boat activities, and always goes to a more experienced person, so that their misfortunes can be aired and shared with friends for pleasure...that’s what friends are for after all.... And to show the newer members that we are all human!

Expedition Award – Tim O'Brien

The award to Tim is a nod to the history of this award and its previous role in recognising salvage efforts. This year it went to Tim for salvaging something very dear to Bingham SAC – our President, Russell Hunt!

'End of my Tether' – Geoff Bacon

This year's awards for both the 'End of my Tether' and 'Pink Snorkel' only goes to show that even the most experienced of divers get it wrong. This is what the new EM Regional Coach gets for not taking care with our boat prop...!

"When the good Mr Collier bowed out of the running of the Diver Coxswain Prep, I was drafted in to cover. The day progressed well, boats safely launched and some safe low speed pottering on the Trent allowed candidates to practice their handling skills. So far so good.

We moved into the Jet Ski area for the high speed manoeuvring phase of the day, opening Avalanche's throttle to get onto the plane and cruise along the Trent. Under my watchful guidance we avoided the shallows of the bends as we sped up and down the river with each candidate. Later, as traffic on the river picked up, we ceased with speed and instead used the opportunity to instruct safe overtaking.

Following a narrow boat around a long bend we potted behind said craft waiting for a clear line of site to pass. Rounding the bend and seeing we had clear water to overtake I gave the nod to power up and get past quickly.

The throttle went forward and the prop bit, the bow raised and the stern sank as we picked up speed. This was closely followed by a scraping noise as the skeg sank into the riverbed and the prop ploughed through the silty bottom..... at this point I pulled the power off and the boat stabilised and, rather annoyingly, we drifted into 2 then 3 metres of water, however the damage was already done."

Geoff Bacon – AD, AI



The Pink Snorkel – Andy Jarvis

This award shows you're never too experienced to make mistakes. The moral of this year's award is always do a proper buddy check to ensure you're not carrying unintended kit!!

"Adrian has been trying to stitch me up for this award for years and he finally got me! The circumstances were most unfortunate – I had been forced to buy coffee and bacon rolls for Mr Collier and other club members at Stoney Cove. In a rare moment of absent mindedness I put my wallet in my dry suit pocket. It will be safe there, methinks! I wouldn't mind but the coffee and bacon had cost me a fortune – swine's!

Well, it was time for diving. SEEDS brief complete (there's nothing in there for 'additional pieces of

equipment you forgot you'd brought') and with entry at the bus-stop my fate was sealed.

It was such a lovely dive – however, on surfacing and then removing kit the aforementioned wallet reappeared from said dry suit pocket (by the way, there is nothing dry about a dry suit pocket) and my valued BSAC and PADI qualification cards had been for a swim along with a £5 note, numerous receipts and a wad of soggy business cards. Needless to say, the only mistake I made was letting Adrian Collier know. The award was mine and I hadn't even realised."

Andy Jarvis – FCD, NI

What a picture....

Kilda Buddies



#GreatBritishDiving
BSAC Photo Comp 2016

Up or Down

Bingham competed in the BSAC Great British Diving Photo Comp 2016

Coaching Selfie



Night Night Dive



COMPETITIONS

Several club members were busy taking photos of our diving throughout 2016. We use many of these on the website and on our Facebook group pages. In the run up to the 2016 Diving Conference, Adrian Collier submitted some of these to BSAC and was delighted that a large number were selected to be displayed on the image backdrop to the main conference.

THE HEINKE TROPHY

Entering for the Heinke Trophy Award 2017 should probably be mentioned at this point; a daunting task carried out in recognition of what a great all-round club we are. It promises to result in a fantastic record of what we achieved in 2016. By documenting events, the history and characters which have shaped our club, our Heinke entry is our chance to showcase Bingham 0378!

Snot Face - Scapa



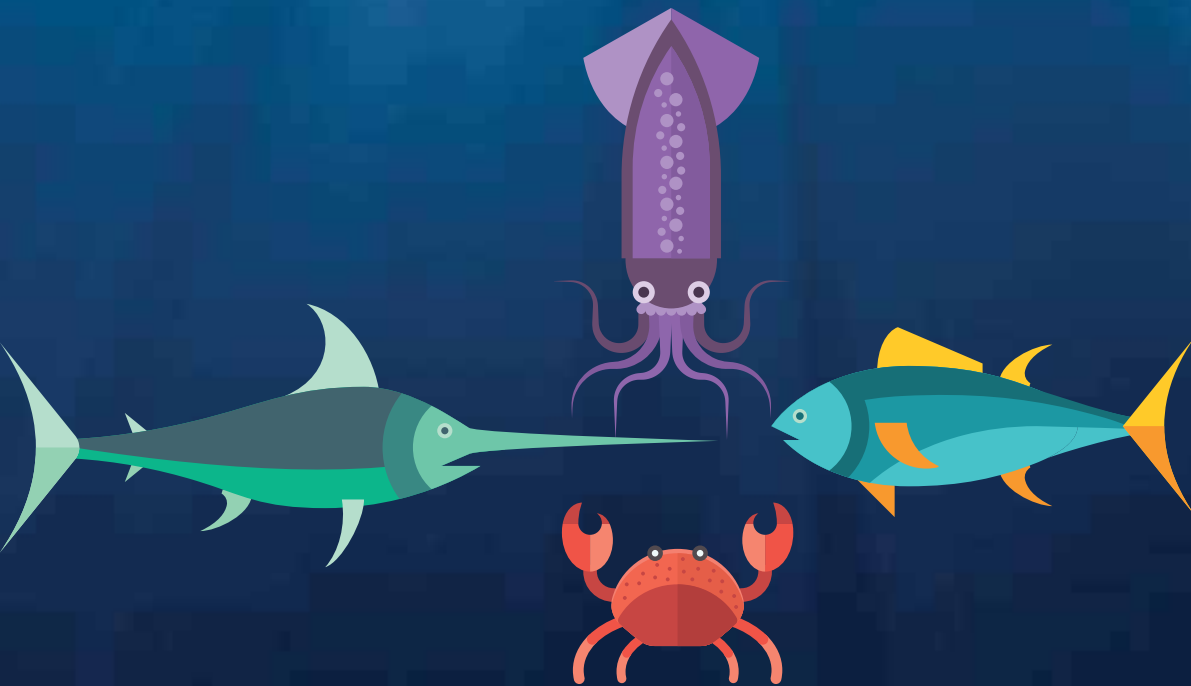
'The West Side' of the Churchill Barriers

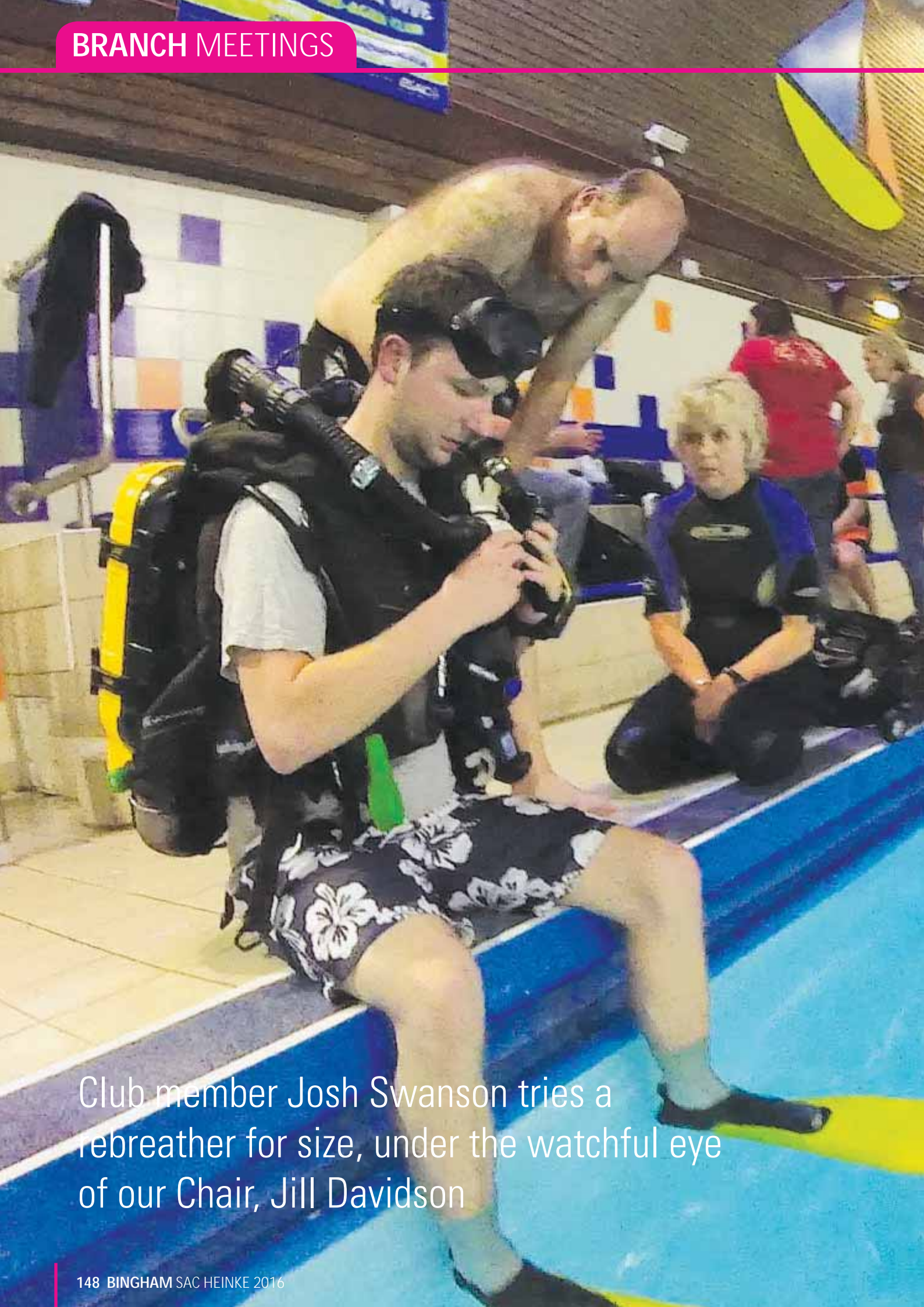


4. General activities

BRANCH MEETINGS

2016





Club member Josh Swanson tries a rebreather for size, under the watchful eye of our Chair, Jill Davidson

TUESDAY NIGHT IS DIVE CLUB NIGHT

...and always
has been

We have been on the poolside at Bingham Leisure Centre since 1970 when it first opened and, while we sometimes regret the age and condition of the facilities, we are still fortunate to have the use of a large 25m pool progressing to 2m depth. The stepped seating at one side of the pool provides a focal point for Club members to gather if not in the pool and gather they do to observe, assist, chatter and do other Club-like activities. Some of the more productive of which have been regular O2 equipment familiarisation, knot tying and CPR/resuscitation techniques. Having the



Club kit stored on site also means that it can be hired for open water dives, running repairs done and new introduced to the trials of leaking hoses, sticking regulators etc. We also occasionally use the gallery room above the pool for some theory lessons, exams and expedition pow-wows but this is on an ad-hoc basis, with a blind eye turned by management as regards hire fees!

TO THE PUB

In days gone by the Leisure Centre used to have a fully functioning bar, upstairs alongside the pool gallery, where the club would meet.

Unfortunately that facility closed some years back so we moved our after-pool meet to a local pub. It felt like a big split at the time, separating pool activities from social. In fact the move proved to be for the better, welcoming of our younger members, providing a more social environment, better beer (run by one of our local breweries Castlerock) and a generous chucking out time. As the pool closes, we migrate down the road to the Horse and Plough and others will come straight here to form a busy and lively gathering.

The space is sufficient to accommodate a variety of huddles, be it pre dive trip meetings, issue solving pow-wows, signing off qualifications, photo sharing, kit borrowing, ticket selling, produce selling (we have an abnormal number of bee keepers in the Club!). It is also an opportunity for try divers and new members to be introduced by their instructor or the Members Officer to others and be included straight away in Club conversations and activities and sold tickets for the latest fund raising effort...

The turn-out is usually anywhere between 20 – 40 people, making it a fun and enjoyable, if late, evening!





The heart of the club democracy

COMMITTEE MEETINGS

The venue for these has changed over the years, with the committee meetings sometimes in private houses or pubs but settled more recently in Scarrington WI Hall, located in a village near to Bingham. It is a venue well used by the Club, proving popular for running courses, the AGM and neutral ground for other meetings, owing to its central location, good space and low hire charges.

The Committee consists of 11 positions, some filled by 2 people, and meets once a month. It is run to a formal meeting format, with proper agenda, and the minutes are circulated to all members of the Club. All members are welcome and encouraged to come to the meetings themselves, and sometimes do so to express themselves on particular issues. However be warned, showing too much vigour in this area will inevitably find you co-opted onto next years committee!

AGM

Held once a year, funnily enough, at the end of the season in November. An AGM itself is not the most exciting

of events to sell, and in past years had suffered from low turn- out. Wrapping a social event around it has proved much more successful, drawing nearly two thirds of the membership together. It is a valuable opportunity to summarise the threads of activity from that year, comment on any emerging trends, moot possible improvements which might be made, discuss big purchases and fundraising plans and generally talk with the members of the Club about the Club. It is often the first time new members may have met some of the people about whom they may have heard but not seen, and is a valuable tool in the inclusivity drive for which we are always striving. The social element is a Bring and Share meal, organised for several years now by Sue Shipley who cajoles a relevant contribution out of as many as possible to make a coherent feast. This is eaten AFTER the AGM, which discourages lengthy ramblings, and provides a relaxed and informal extension to discussions raised in the meeting.

AWARDS DINNER

Another big turn-out and get together, with a lighter feel and more

of a celebration for the Club. Non-diving partners are usually there in force which makes for a fun, lively and inclusive evening. We always encourage new members to come along because you get to meet more people and hear more stories and of course enjoy the entertainment of the spoof awards, which highlight how even the most experienced divers can get it so wrong!



Josh Pacey, left winning Diver of the Year 2016

4. General activities

SOCIAL

2016



2016 was a classic year

The good thing about Bingham SAC is that they will always get up, dress up and turn up. Well, less of the formal dress up, they are divers after all.

2016 was a classic year on the social front, starting with the **Awards Dinner** in February in Nottingham city centre. More of the dress up, plenty of show ups and a riotous evening interspersed with some serious and a selection of not-so-serious awards.

Mention should also be made of the **Awards Dinner 2017** which recognised the events of 2016. Owing to our increased numbers we were struggling to find a restaurant big enough to take us all, especially as we really need a room of our own on account of the 'speeches', and general noise level. Our Social Sec managed to find another Castlerock pub (hurrah) which had a function room upstairs which had recently been refurbished. We sat in spacious and elegant surroundings for fun and enjoyable evening. The highlights had to be the Spoof awards and the Pink Snorkel, introduced at length in pantomime format by Mr Collier and delivered with great pleasure on his part to one Mr Jarvis. See section 3 for more information about our awards.



SPECIAL AWARD



Awarded to Rob Parnell for all his efforts in raising money for the club

SUMMER BBQ

The Summer BBQ was another biggie, traditionally hosted by our President at his boatyard, on the only waterfront we have in our catchment (we have to make the most of our geographical situation). Loads of people contributed with superb BBQ cooking skills and splendid salads, providing a host of entertainments culminating in an auction of diving and boating related kit. The Auction has grown over the last few years into quite a feature, providing an outlet for all our accumulated diving stuff that we keep 'just in case', although often one suspects that it just moves house for a year. Whatever, if it raises a commission for the Club its worth it!

Another great event for both old and new members and their friends and family.

EVENING SPEAKER

In the late summer our esteemed President was finally persuaded to

reveal his story 'The Life and Times of a Boatyard Owner' which included many diving stories from his 30 years plus as a member of this Club, some of which we had not heard before. That evening was a real scoop for us, and much enjoyed by a good crowd.

AGM

We always manage to wrap a social around any event, and the AGM is no exception. AGMs are not the most exciting ticket to sell but we need people there to both listen and contribute. It turns out if you feed them then getting people there isn't such a problem! We set a theme; this year it was Curry Night and as always, everyone was invited/cajoled into bringing some aspect of that theme.

We ended up with a massive spread of curries, rice, samosas, dips, naans; you name it, we feasted on it. It was a credit to the energy and creativity of our members, especially on a Tuesday night in November. We got the turn-out we wanted.



Old members meet the new members



Butty Bacon stitch up



Andy Jarvis winning the Pink Snorkel award



Andrea winning one of the spoof awards



Dry diving, a club being a club

Xmas fest

There is no let up at Christmas. The Christmas dive took place at Stoney Cove in that quiet spot between the Big Day and New Year. A willingness to consume copious quantities of mince pies and Christmas cake was as much a prerequisite for showing up, as throwing yourself into some cold grey water but you have to do one to deserve the other (who says..?)

Raising money

Seamlessly woven through all these events was some surreptitious fund-raising. £1 on a ticket here, a rounding up of a fee, commissions, raffles, donations all added up to a grand total of £844 extra for the club in 2016. It is a task to extract money and make these events pay but it does mean you get to be involved with absolutely everyone in the club. Also it is an opportunity for non-diving partners/family to get to know us and us them, extending the bond that you build with diving buddies and forming an even more cohesive group. Some proposed events inevitably fall by the wayside for example White Water Rafting and Go-Karting, especially in the summer because people can't make the dates and are diving, but the task of the Social Sec is to keep putting them out there and keep people together. This is why the role is rotated every 2 or 3 years, to renew that energy and inventiveness which has become a hallmark of the club.

A little gem

The final and most eagerly awaited event of the year was Jarman's Jollies. This little gem started a few years back as a pub crawl on a certain member's birthday on 30th December but the desire to 'dress up' started to emerge in a less conventional form. We began to see 44GG bras, livid make up, fish net tights, and that wasn't the girls. This creativity was channelled into themes and 2016 was Rock Stars. The pictures tell the story...it was Bingham Sub Aqua Club getting up, dressing up and turning up at its best.

What could be more fun than dressing up in fancy dress and setting out on a pub crawl on your birthday with up to twenty of your mates, most of who are usually dressed in black neoprene? Add to that an ever-increasingly flamboyant array of costumes and make-up and you have Jarman's Jollies; the most outrageous event in the Club's social calendar.



A raffle draw at the club BBQ



Jarman's Jollies

a specialised BSAC Skills Development Course in Fun



Paul Jarman our Boating Officer
and the DO Helena Robertshaw as
Mary and her little lamb.



THE HISTORY

Having a birthday on December 30th isn't much fun; most people are recovering from Christmas or saving themselves for New Year celebrations. My partner, Paul Jarman has had some fairly average birthdays in the years I've known him!

In 2012 we got involved a fancy dress pub crawl around Nottingham city centre dressed as nuns. Coming from Grantham, we met at the station all dressed in makeshift habits, hoping we wouldn't offend any passing clergy! Many of the boys including Paul were wearing wigs and false boobs and by the time we hit the first pub, converted church Pitcher and Piano, we were all renamed Sister something or other. It was a right laugh and returning home on the last train to Grantham a little worse for wear, we decided to do something similar on the 30th December.

THE THEMES

There has been 'Old Ladies' featuring walking sticks, head scarves, rollers and sensible shoes; the 'Nativity' with

the birthday boy as Mary followed by angels, sheep and several kings and a 'Comic Heroes' theme with Superman, Desperate Dan and Wonder Women.

2016's theme was 'Pop and Rock Stars' allowing for unlimited interpretation but even I was impressed at just how far people went! Elvis, Dolly, Adam Ant and John Lennon to name but a few boarded the train with the birthday boy as Adele! Madonna joined the group but her lipstick's a bit smudged and she's got stubble!

Once at the Vat and Fiddle two identical Amy Winehouses in killer black heels, big frocks and beehives! Rob and his partner Vic look amazing and always thinking of plan B, OWI Rob has a pair of flatties on a carabiner under his dress so he can run if necessary. With Boy George and Gene Simmons now here, there's a fuss outside. Out of the taxi comes another Lady Gaga in the meat dress, Cindy Lauper and two of the Spice Girls! Gerry is wearing that short Union Jack number and Posh a somewhat short and see-through

little black dress. With neither Spice Girl appearing to be much under 6 foot 2 and twenty odd stone they looked outrageous!

THE PARTICIPANTS

With Paul at the helm leading the way and deciding the theme, it's the usual crowd of us approximately 80% dive club and 20% other friends and family. What is good is that each year we are joined by several new members and 2016 was no exception! This is a true bonding experience!

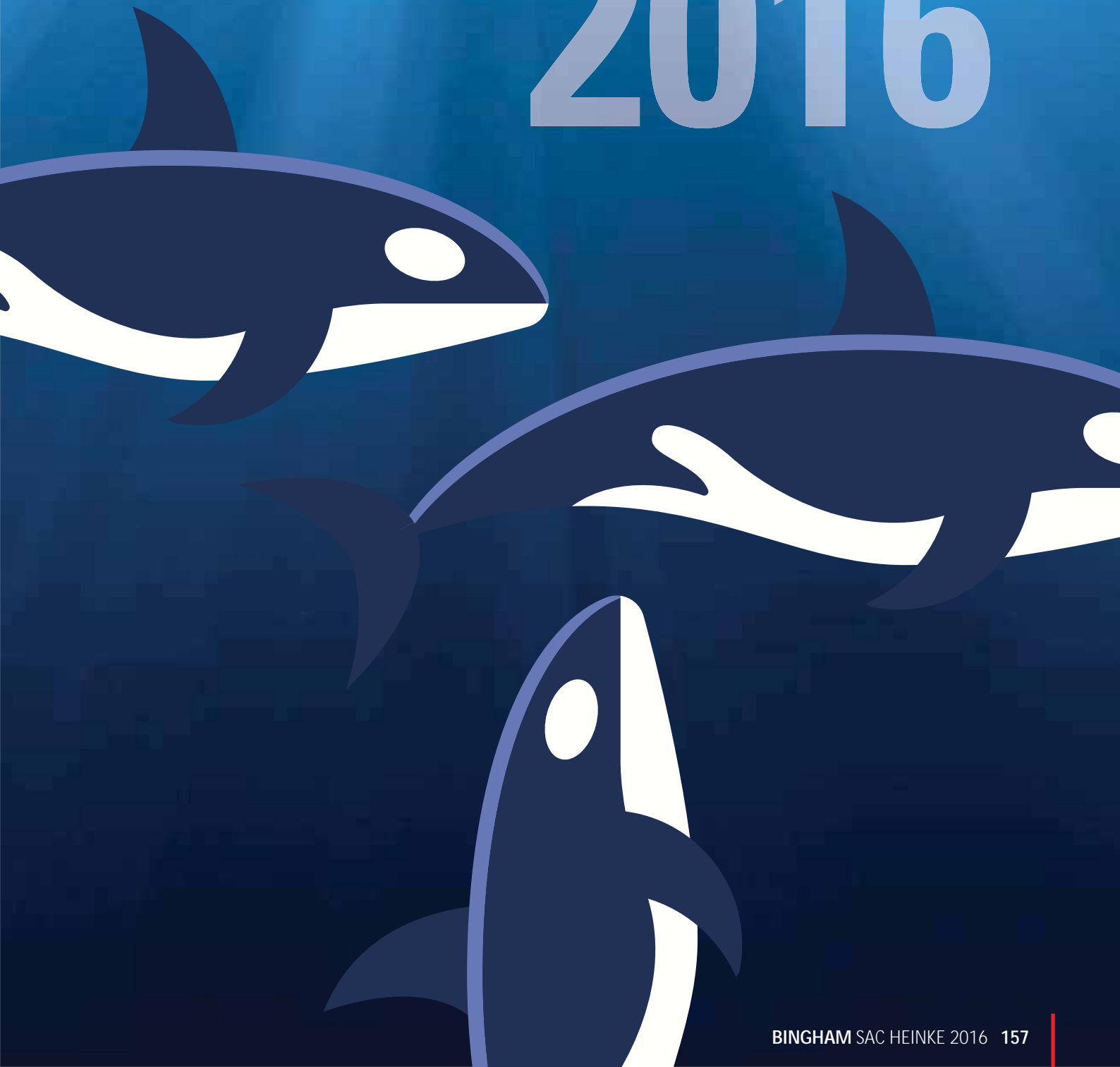
And for 2017- Carnival is the theme! If you want to join us be at the Vat and Fiddle, opposite Nottingham station, on 30th December 2017 about 1.30ish!



4. General activities

PUBLICITY

2016



PUBLICITY is an ongoing effort and generally the responsibility of the Committee as a whole. We do not have a dedicated PR person, and rely on everyone's efforts in all aspects of electronic, written and good old fashioned face-to-face communication to keep spreading the word. Upon reflection, our application for the Heinke Trophy has highlighted this as an area we could probably do more on if we gave it focussed attention. A dedicated PR officer is a role that will be considered for the next AGM.

LOCAL PUB

Where we meet every Tuesday – the landlords and regulars are very aware of our presence there – after all we

do fill most of the pub on that night, and we frequently get approached by others there to ask about what we do, where we go, and why there is a Dive Club so far from the sea! We have even recruited from there in the past.

LOCAL EVENTS

2016 was an unusual year, in that we focussed all our efforts on one big event, being This Girl Can, at the expense of our regular sorties. We usually take a stand at the Bingham Fair in June each year, and bring the boat, kit posters and interactive games, a posy of divers and tons of flyers which are handed out during the day. We have occasionally put up an appearance at the East Bridgford

show, where one year we had a pool and offered Try Dives which caused quite a splash (boom, boom), and we have done presentations to Young Farmers Clubs and entertained Scouts in the pool in the past.

EAST MIDLANDS REGION

Our activity and presences in the region participating in and providing many of the key instructors has brought us a lot of new members, most recently Sallie McMullen, Fleur Tinsley and George Lindsay. We are committed to being outward facing and sharing our expertise, as the benefits we receive far outway any costs to the club.

2016 Publicity totally focused on

THIS GIRL CAN

Most of the female members of Bingham Club gave a huge amount of time and effort into promoting and running this event, held at Bingham Leisure Centre. Teams went out for weeks beforehand to shops, restaurants, offices, places of work. They used personal social media and family friends and work networks to tell people about the event, distributing flyers and encouraging other women to sign up and participate. We worked with the Leisure Centre setting up the event, had the reception area decorated out with our banners and goodies. It was the biggest publicity push we have done ever and a lot of people learned for the first time about who we were, where we were, and what we do.

POSTERS AND FLYERS

The standard issue BSAC materials for promoting diving formed the core of our paper marketing- being adapted for the event and placed in prominent positions in the Leisure Centre at Bingham and many other



locations including shops and cafes in the area. Bingham SAC are lucky enough to have a professional printer in their ranks (Adrian Collier), and he provides a massively valuable resource for dedicated events in the form of flyers, banners, tickets and handouts of an enviable quality. His support of This Girl Can in the form of flyers and banners was a critical feature of the promotion and enabled us to give people the right information concisely and effectively.

NEWSPAPERS AND RADIO

Again the TGC event produced the most media coverage we have ever had for a time in local newspapers

and diving magazines, and all this is illustrated in the Special Achievements section.

Working with BSAC's own media consultants we produced lists of media targets and press releases. We had airtime on Radio Nottingham in November when Rachel Quinn and Sue Shipley were able to talk not just about TGC but about their own personal passion for diving and the Club and its members.



An inspirational 12-year-old who is battling cerebral palsy has proved “This Girl Can” after being one of the youngest people to take part in the UK’s biggest all-female charity try-dive.

Brave Ella Greatorex was among 89 women and girls who took the plunge at the scuba dive and snorkel taster event in Bingham, organised by British Sub-Aqua Club (BSAC) clubs from across the East Midlands.

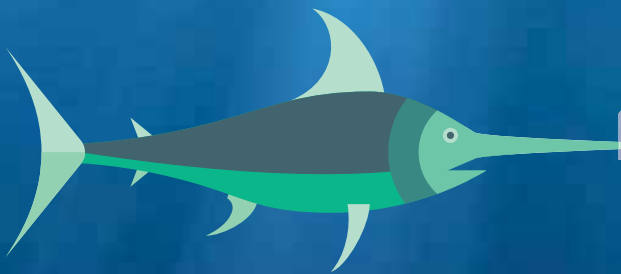


Ella Greatorex, aged 12 and her mum Emma Greatorex at the BSAC East Midlands This Girl Can try-dive

4. General activities

INTER-BRANCH LIAISON

2016



It's quite impressive when you write it down in a list form . . . here goes:



Fleur Tinsley DO
of Loughborough Uni

LOUGHBOROUGH UNIVERSITY SUB AQUA CLUB

A link formed through Fleur Tinsley and latterly George Lindsay, both graduates of the University. Fleur has retained her contact with Loughborough as their DO and is heavily involved in the running of and training in the Club. It has been to our mutual benefit, as we have enjoyed the occasional use of their kit and resources and have in return provided instructors for various crunch points in their training programme.



Sallie McMullen one of our new
Advanced Instructors

BELPER SUB AQUA CLUB

Recently joining Bingham, Sallie McMullen is also Training Officer for Belper and dives and trains with them regularly, living part way between the two clubs. We are lucky to have her expertise and experience and happy to share her with Belper.

JOINT SERVICES CLUB

We have the military and JSC to thank for sharing George Lindsay with us, who came to Bingham with good credentials and outstanding efficiency and thoroughness, which he has used to transform our Club equipment, inventory and storage.



Butty Bacon

SOUTH BAY SCUBA

With whom we shared Geoff Bacon until the latter end of 2016 when he joined Bingham full time. His connections and experience with

SBS have broadened the network for Bingham and made personal connections that will no doubt be drawn upon as time goes by for shared diving et al.

LASAC (LINCOLNSHIRE ASSOCIATION OF SUB AQUA CLUBS)

Our connections with this organisation are long and many. We knew Arthur Johnson as Regional Coach and part of **BOSTON SAC** and through doing skills development courses with him. He set up the original form of LASAC; one of the benefits of membership of LASAC was use of the tractor on Skegness beach for launching the boat for £10 (a small price to pay to get over all that sand), we were quick to sign up and have been members ever since.

Various members over the years have attended meetings, lectures and skill development courses and several of our own instructors have

provided the teaching on many of them. Bingham have hosted these on occasion at our spiritual home – Scarrington WI Hall – 2016 seeing O2 and Buoyancy and Trim delivered here. Inter branch learning has so many benefits; providing the opportunity to meet and make new friends with like-minded people, experience fresh teaching techniques and be refreshed by new challenges.

The network between all the Lincolnshire Clubs, **LINCOLN 109** in particular, has become pretty extensive and the benefits reciprocal – we share equipment, holidays (eg Scapa Flow, Bonnaire 2016), boats, instructors and knowledge. We have assisted at the LASAC stand at Heckington Agricultural Show for several years, putting try-dives through in a 5m plastic pool all day! It is a strong association, provides mutual benefit to all involved, and is truly an example of the more you put in, the more you get out.



Andy Jarvis running an AED course for the East Midlands

EAST MIDLANDS REGION

Events provided at regional level offer the same advantages of new friendships, fresh teaching and new challenges as LASAC but covering a larger area. Bingham have hosted, taught at or supplied students to most if not all meetings. The Accelerated Decompression course was delivered locally in 2016 and Bingham supplied an exceptional number of people for the Regional



LASAC Boat Handling Course up at Whitby in 2016. Bingham instructors teach seamanship.

Bingham SAC's instructors teach on the LASAC boat handling course



coaching team. Their feedback to the Club is invaluable and keeps new ideas circulating within the membership, challenging us all and keeping us all up to date and on our toes!

NATIONAL LEVEL

Having members participating in BSAC at national level again brings the same benefits as EMR in the form of new ideas and developments being aired at Club level and provides an easy conduit for members, often unknowingly, to influence where these ideas and developments go. Bingham SAC turn out in numbers for the Diving Officers Conference and will usually be found heckling their own from the back rows of the hall. We are an engaged and interested Club, and by 2016 Bingham was a name that everyone had heard about!

ORKNEY SUB AQUA CLUB

Our President is renovating his house on Orkney (he lives the rest of the year on a boat at his boatyard near Bingham), and is a member of the Orkney Club. Through this connection, and for appropriate fees, we share use of their club boat; there are usually at least one or two groups that go up to dive there each year, enjoying the hospitality of both Russell and Orkney Club for accommodation, boat use and local knowledge. Our doors are always open to any member of Orkney Club who might care for a ride up the River Trent but strangely no one has come forward as yet!

SWADLINCOTE

We got to know Swadlincote in 2014 when Adrian did a Club Rescue with them in his role of Regional Coach.

He handed them over to our Sallie McMullen, who continued the training to assist them in becoming self sufficient on the instruction front. Good friendships were formed and three Bingham members enjoyed Swadlincote's hospitality at their dinner dance at the end of 2016. We hope to grow this friendship and look forward to more good times together.



Orkney team up with Bingham



Bingham SAC President Russell Hunt (left), who is the Boating Officer for Orkney SAC who provides the link between the two clubs.

5. Special achievements

INTRODUCTION

2016

2016 was a important year for Bingham SAC. Not only was the membership flourishing, we had qualified a new OWI and two advanced instructors but there were three other significant achievements.

Firstly, the 2016 This Girl Can try dive event was hosted by Bingham in November and supported by over 40 volunteers from 12 clubs in the region, along with Sophie Heptonstall, NDO and Kim Warham from the North West! With our members making up over 50% of the team, Bingham SAC really put itself on the map with press and radio coverage and the satisfaction of knowing we introduced 89 ladies to our wonderful underwater environment!

Secondly in March, upgrades to the RIB. A much needed purchase of a new boat trailer at a cost of £2,700.00 was easily afforded thanks to successful fund raising and excellent fund management during 2015/16. The navigation equipment on the boat was also replaced by a Garmin EchoMAP, with side and down view CHIRP sonar. This has vastly improved the 'user- friendliness' of essential equipment.

Thirdly, club member Adrian Collier was asked to host the BSAC diving conference in 2016. Always being an advocate of pushing yourself out of your comfort zone, we did wonder whether he'd pushed himself a little too far this time. But in true Collier style he pulled it off and it was a proud day for Bingham to have one of our members up there with the BSAC elite!

2016-what a year-what a club-what ever next?



100 female try-divers in one afternoon

THIS GIRL CAN

Driving home late after an East Midlands regional team meeting where I had just volunteered our club to host the 2016 TGC try dive event, I wondered what on earth I'd let myself in for. **Helena Robertshaw DO**

Memories of the previous year's event, run by the East Midlands regional BSAC team in Derby, were still fresh in my mind. The Bingham girls had played a key part in the event, making up over half the volunteers on the day - a statistic that made me very proud. We had helped introduce 60 ladies to our wonderful underwater world and the buzz had been amazing. We had forged new friendships with other female divers in our region, our passion for diving bonding us together. I was determined that our club could run the next event and the aim was simple; to get 100 female try-divers into the water in one afternoon.

Organising the event was daunting but it would result in some well-needed publicity for the club and hopefully new members. We started promoting in person using flyers and I was shocked at how few local people, even at the leisure centre where we meet each Tuesday, knew about the club. Bingham, the home of our club for more than 40 years, did not seem to know we existed! Here was a great opportunity to promote our club on its own doorstep and, in order to grow, we had to reach out and encourage the local community to get involved. The event was featured in the local media; with interviews on BBC Radio Nottingham and Lincolnshire and articles in at least five local papers, it was well publicised. People heard about what

our club- our ladies- were up to and were invited to join us.

CHARITY FUND RAISER!

In an effort to try and combat the high level of 'no shows' last year, the team decided to set up a 'Just Giving' page and ask for a five pound donation to secure each booking; originally we chose 'Macmillan Cancer Support' but were

gobsmacked when contacted they told us they didn't want to be associated with a dangerous sport such as diving!! However, 'Breast Cancer Care' were very pleased to have our support and the event raised a whopping £611.35 for the charity; asking for a donation added value to what we were offering to the public and definitely helped to retain people once they'd booked a place.



Bingham SAC's Andrea Riley with Pilates instructor Kerry Hunter: "Doing something I have always wanted to do!"



Key Bingham SAC girls feature in a promotional photo shoot



And we're off.

FUNDING THE EVENT

There were pool costs for the afternoon which the previous year had come from BSAC, and with promotional materials we would need to find over £500.00. Our club members stepped up to the mark when I asked for financial support, with seven running their own businesses donating a generous £50.00 each. Add to that donations from Jim Mills Scuba's and Stoney

Cove Dive Centre and we'd reached our target. Whilst BSAC HQ had provided some leaflets and posters, Adrian at Print Revolution produced some colourful and eye catching flyers which used a variety of photos from the previous event and members' personal collections. These proved to be an essential tool in attracting try divers. It was good to know that our club had faith in us and were backing the event financially.

This was a chance to promote both our club and our region within BSAC; having the regional coach as a Bingham member certainly helped us spread the word and recruit volunteers. I contacted Sophie Heptonstall, our NDO, who had been involved the previous year and she was more than happy to get involved again. She agreed to teach on the day and also mentor a couple of newly qualified assistant instructors, a brilliant opportunity for them. I know having Sophie with us was really important; she's a fantastic role model for our diving girls and the team loved having her involved. Diversity knew no bounds as the team spanned all abilities this year, from trainee to NDO. Brilliant!

DIVING CONFERENCE

We got a mention at the Diving Conference, which brought in more support; by this time you'd have had to have been living in a underwater cave not to have heard what we were planning. BSAC HQ also played a role in supporting us by arranging help with PR and recruiting instructors. They had access to the data base of female instructors in our region, which allowed me to recruit all the support we needed. Following the event, a write up in SCUBA was the icing on the cake; we didn't quite get our 100 ladies but the publicity we got was fantastic.

GIRLS GIRLS GIRLS

The team came together from more than 12 clubs, with 20 girls from Bingham swelling the numbers to over 40 volunteers; the variety of experience was vast but what was great was that several non-diving partners of club members also got involved. Certain roles were perfect for these ladies; the meet and greet party out front contained 3 non divers whose partners or families had been club members for so long that they knew more about diving and the club than some of the actual divers. We've always been an inclusive club and as a previous training officer and now diving officer, I well know the value

of a supportive non-diving partner. We also had instructors who hadn't been able to teach for some time due to health issues but they were able to take on key 'dry' roles where their experience was invaluable. I did my best to speak to everyone and find out what they wanted to do and could do on the day and this had really paid off.

The value of giving 40 enthusiastic women chance to work together and introduce another 100 to something they loved was irrefutable; the buzz that afternoon was incredible. The enthusiasm I had seen in the meetings spilled out during the kit

set up and brief and by the time the first eight ladies entered the pool, the whole team were buzzing. The atmosphere throughout the afternoon was extraordinary and some of the feedback we had from the try-divers proved we had done a great job. To say it ran without a hitch would be lying but to witness so many people having such a great time, sharing their passion for the water was amazing! I have collated feedback from the team and the divers as input to make the next event run more smoothly; the biggest issue was the welfare of our team who did get tired, thirsty and hungry after a couple of hours in the water, an easy one to rectify.

Bingham SAC's Jill Davidson with the Fiona Davidson Eventing Team ,who swopped horses for scuba gear for the afternoon



“

We had both always wanted to have a go at scuba diving, so when we saw the advert for the 'This Girl Can' event at Bingham Leisure Centre, we quickly signed up.

On arriving at the pool we were fitted with goggles and flippers, and then once in the pool were assigned our instructors. They took us through a safety briefing, and then we were off. We had about 15 minutes swimming around at the bottom of the pool and both loved the experience. Many thanks to Andrea and Jill, our instructors, for making the experience so enjoyable.

Gabi and Yvonne Pritchard

”



Mother and daughter, Gabi and Yvonne Pritchard, fulfill an ambition to go under water



This girl definitely can

Friday, December 9, 2016 www.granthamjournal.co.uk

GRANTHAM JOURNAL

55

NEWS FEATURE

THIS GIRL CAN TRY DIVE



Bingham SAC instructors Andrea Riley (left) and Jill Mellink (right) with try divers Gaby Pritchard and her mum Yvonne Pritchard.



Ella Greateorex, 12, and her mum Emma at the BSAC East Midlands This Girl Can try dive event



Instructor Jo Harvey, left, with try diver, centre, and BSAC try dive assistant Catherine Burns.



Bingham SAC instructor Sallie McMullen (left) coaches Ella Greateorex (right) with Instructor Kim Wareham (centre) at the BSAC East Midlands This Girl Can try dive event.

Ella, 12, proves she can by making a splash at Bingham sub-aqua event

An inspirational 12-year-old who is battling cerebral palsy has proved 'This Girl Can' after being one of the youngest people to take part in the UK's biggest all-female charity try dive in Bingham.

Brave Ella Greateorex was among 89 women and girls who took the plunge at the scuba dive and snorkel taster event organised by British Sub-Aqua Club (BSAC) clubs from across the East Midlands.

The youngster, from East Leake, has bilateral cerebral palsy, but was not about to let her condition stop her taking part in the event, which also raised more than £500 for Breast Cancer Care.

BSAC instructors from across the region including Bingham Sub-Aqua Club, were delighted so many people took part in the event, organised as part of the This Girl Can campaign to encourage more women into sport.

They gave Ella and the other participants an introduction to diving with BSAC, which is the UK governing body for scuba

and snorkel, and has Prince William as its president.

Ella is already a member of the Bingham Penguins Disability Swimming Club. She said: "I really enjoy swimming because it makes me feel free and I don't have to use my wheelchair or walking frame."

"I like putting my head under the water so I thought it would be good to have a go at the try dive."

"It was a totally amazing experience and everybody should try it."

Ella's condition leaves her with significant motor disabilities and she spends many hours each day undergoing physiotherapy.

But her proud mum, Emma, said in spite of her struggles, she "doesn't let anything get in her way".

She has already proved her determination with her passion for horse riding and her swimming achievements, which include swimming a mile for Sport Relief, competing in galas, and being made a finalist for an Outstanding Achiever 4UTH award run by the Nottingham Post.

The mum-of-three said: "Ella got into swimming at a young age so she's very confident and competent in the water as she loves the independence it gives her."

"When we heard about the try dive, Ella wanted to give it a go as she likes trying new things and also likes doing things for charity, so it was a double bonus."

"She's very active in spite of her condition and if she ever comes up against a barrier, she always finds her way around it."

"She absolutely loved it. She was a bit apprehensive at first and nervous but she did it and by the end of it she went right down into the water."

"She had two instructors helping her. She took her time and thoroughly enjoyed it."

"She wants to do it again and she will – we just have to fit it in with swimming and horse riding lessons!"

"I felt very proud watching her, she was amazing. She listened and took everything on board and had a great time. It was lovely to watch her enjoying herself."

Organisers of the This Girl

Can Dive East Midlands event praised the pluckiness and enthusiasm of all those taking part, hailing their motivation and eagerness to try something new as an example to all.

Helena Robertshaw, diving officer at BSAC which hosted the event, said: "It's been really great and we've had some very happy people who didn't think they would be able to do something like this."

"There was a real mixture of ages and the atmosphere in the pool was absolutely amazing. We definitely have lots of people wanting to sign up."

Sophie Heptonstall, BSAC's national diving officer, is also a BSAC This Girl Can ambassador, and was among the instructors at the event.

She said: "Everyone has been really positive and up for it and they've all really enjoyed it."

"We've had children aged from around 12 or 14 through to a lady in her 60s in the pool. There has been a really great buzz in the water."

"The feedback has been hugely positive. Some people have come along without

thinking they could actually do it. They got into the water and although they were nervous they carried on as there was absolutely no pressure, it was just a group of women having fun and enjoying the whole experience."

The event involved a series of introductory sessions led by 10 female instructors. It highlighted the positive health benefits of scuba diving for women and the increased confidence the sport gave through learning new skills.

As the governing body for scuba and snorkelling in the UK, BSAC represents more than 30,000 divers and 900 plus family friendly and social clubs, run by volunteers, up and down the country and abroad.

Mary Tetley, BSAC chief executive, said: "We are immensely proud of the achievements of the girls and women who took part in this charity event and look forward to welcoming many of them into our clubs in the future."

"Scuba diving is a fantastic sport that it can be enjoyed by a wide range of people, of all

different backgrounds and ages, and we are always keen to look at ways of boosting the numbers of women in the sport."

"It's important to us that BSAC is as diverse an organisation as possible. We have women from grassroots right up to senior positions on our committee and the contribution they give is invaluable."

Try dive events can help diving clubs to increase membership and as many as 50 per cent of those who take part can eventually become full-time members.

Sophie added: "The Bingham team have done an amazing job hosting the event, alongside all the teamwork that has gone on from other clubs which have all pulled together."

■ For more information about Bingham SAC visit binghamsac.co.uk

You can also find the BSAC East Midlands Region page by searching on Facebook. Also more details about diving at visit www.bsac.com or follow the organisation on Facebook or Twitter @BSACDIVERS

Ella proves to other that 'This Girl Can'

Brave Ella Greateorex was among 89 women and girls who took the plunge at the scuba dive and snorkel taster event in Bingham, organised by British Sub-Aqua Club (BSAC) clubs from across the East Midlands.



BY DAVID GODSALL
06:55, 14 DEC 2014

NEWS



Ella Greateorex, aged 12 and her mum Emma Greateorex at the BSAC East Midlands This Girl Can try-dive event.



Get Weekly updates directly to your inbox

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An INSPIRATIONAL East Leake 12-year-old who is battling cerebral palsy has proved 'This Girl Can' after being one of the youngest people to take part in the UK's biggest all-female charity try-dive.



RECOMMENDED



THIS GIRL CAN



Left: Grantham Journal Above: Loughborough Gazette Right: Nottingham Post

DIVING FOR ALL

With three qualified 'Diving for All' instructors signed up for the event, we were keen to be able to accommodate less than able ladies and had the skills to meet such needs. 12 year old Ella Greateorex, who suffers from Cerebral Palsy and as a result has limited mobility, heard about the event via her swimming club and wanted to come along. Kim Wareham, who had travelled down from the northern region with Sophie and our own Sallie McMullen finally had the chance to practice the skills they had learned on the Diving for All course.

The plan was to get Ella into the water using the hoist and then with the two instructors get her into the kit. Surface and poolside support was also required to ensure Ella was kept safe at all times. With Kim supporting her cylinder and Sallie underwater with her, Ella was able to enjoy the underwater experience and came out beaming. Even though we'd allocated her a generous time slot, I didn't

think we were going to get her out as she was having so much fun.

SNORKELLING

We had several enquiries from ladies who couldn't dive but wanted to snorkel and with 3 snorkelling instructors in the pool we were able to oblige. Sophie taught some snorkelling as well as teaching some of the team how to teach snorkelling whilst she was at it; it was great that the event was not only introducing new people to the sport but was also furthering the experience and developing skills of some of those involved.

NEW INSTRUCTORS

Newly qualified assistant instructors got to practice under the guidance of the more experienced ones. With her 'Diving for All' qualification it was an opportunity for Bingham's Sallie McMullen to get hands on with Ella to gain her first experience of doing a try dive with a youngster with limited ability.



FROM SEA WAVES TO AIRWAVES

Long standing Bingham SAC members Rachel Quinn (OWI) and Susan Shipley visit BBC Radio Nottingham to promote the 2016 event.

**THIS
GIRL
CAN**

Right - Event flyers with sponsorship mostly from Bingham members' businesses.



Donate £5 to

IN AID OF

**breast
cancer
care**

Have a **FREE Scuba Dive**
at Bingham Leisure Centre
on **27th November 2016**

To book go to:

www.justgiving.com/fundraising/ThisGirlCanDive-EastMidlands



The kitter-uppers, whose role was vital to the success of the day, worked closely with the instructors and I can only hope they have now been inspired to aim for the Instructor Foundation Course.

As dive manager I got a good overview of what worked well and what didn't. I also collected feedback from the team after the event and have collated this to pass on to the 2017 organiser. It was great to see how the nervous arrivals were put at ease by the 'Meet and Greeters', before being passed on to the 'Mask and Fin Fitters' who did just the same! By the time they exited the water, most were grinning from ear to ear. We got some great feedback from the try-divers, complimenting

us on our professionalism and good organisation.

RESOUNDING SUCCESS

The benefits to the regional clubs involved, who gained new members and some excellent publicity, was worth all the hard work. It was stressful at times but pushing yourself out of your comfort zone

every now and again might be scary but is good for you! This Girl Can 2016 was a resounding success; our girls certainly can! I am certainly looking forward to 2017, when British Timkin SAC hosts the event, seeing our amazing team back in action raising awareness about the sport we love and how it really is accessible to all.

Happy smiling faces



Fleur Tinsley, Bingham SAC member and DO of Loughborough University Club, leading one of the try-dives

What a legacy!

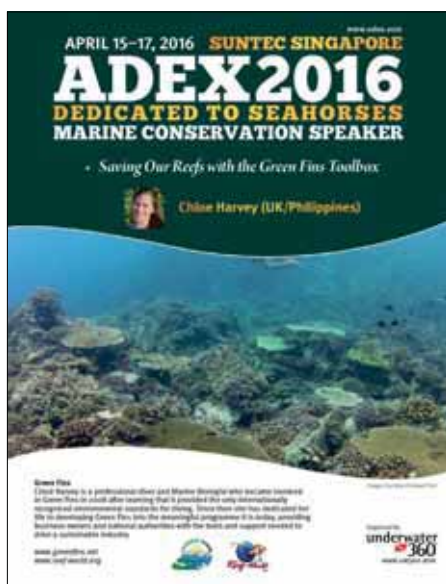
Diver, marine biologist and conservationist

I run a charity and a business and our main focus of work is to inspire sustainability within the SCUBA diving tourism industry globally. In ten years I have influenced national and local environmental laws in seven of the top diving destination countries on the planet and changed the way over 300 dive centres run their business.

I have trained over 1,500 dive guides how to better manage their guest's behaviour underwater and been integral to the inclusion of diving industry sustainability within the agenda of a global UN Environment programme. Whenever people ask me what inspired me to do what I do, the answer is simple; my early diving experiences at my dive club, Bingham SAC.

Chloe representing GREEN FINS at the ASIA DIVE EXPO (CADEX) 2016, in Singapore





I can't say that my experiences were particularly inspiring environmentally but as a 14 year old girl they were incredibly nurturing, encouraging and confidence boosting. By stepping into the Bingham club my Dad, Mum, sister and I instantly became part of a much, much bigger family. We were welcomed with open arms and

instantly taken under the wing of the more experienced members of the club.

TOP INSTRUCTORS

The quality of instruction was always very high and delivered with patience and a heap of fun. Despite being so young, my mentors made me feel like I could reach the skies, encouraging me through the stages of diver training and by the age of 16 I was an Assistant Club Instructor.

Stories of the adventures that ensued took centre stage on my high school playground. I happily threw myself off a boat in the middle of the English Channel into frothing, freezing, cold and murky waters to explore shipwrecks on the sea floor. With some of the best diver safety training available under my belt and a whole club of support behind me, I felt like I could do anything.

These experiences made me want SCUBA diving to be a part of my life

forever. They gave me the confidence and vision to go on and do Marine Biology at University, and continue to support me to pursue the career I enjoy today. Who I am, and what I do, has been entirely shaped by the dedication and passion of the people at Bingham Sub Aqua Club.



Chloe Harvey

Programmes Manager at The Reef-World Foundation, International Coordinator of Green Fins.





The future is green

December 2016 - Green Fins Philippines – Malapascua members gaining momentum in move towards sustainability

<http://greenfins.net/en/news/december-2016-green-fins-philippines-malapascua-members-gaining-momentum-in-move-towards-sustainability>

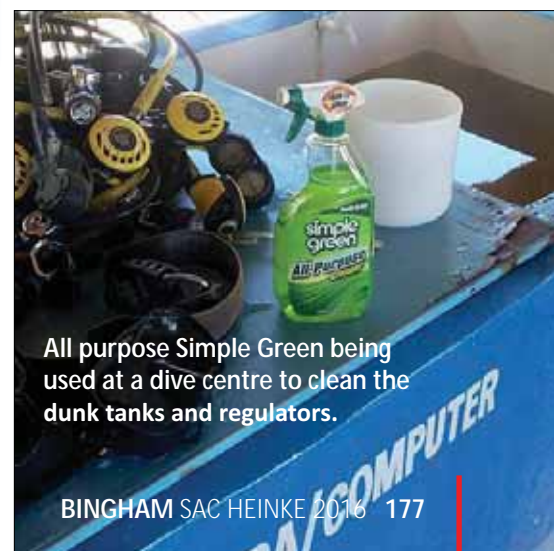
Published: 21st December 2016 - Green Fins Philippines – Malapascua members gaining momentum in move towards sustainability



From October to December 2016, volunteer assessors under the leadership of Reef-World were based in Malapascua Island, Cebu for a fourth year of assessments. Having experienced rapid growth, the Malapascua diving industry is now the biggest it has ever been at 21 dive centres and boasts 100% Green Fins membership. This reflects the collaborative approach of the

industry to impact management. More aware than ever, the industry continues to work together for better management of divers, fisheries impacts and local government involvement.

More dive centres than ever are reducing their impact through use of alternatives to chemical cleaners such as 'Simple Green' in areas that drain into the sea. Relationships with environmental cleaning product suppliers are being forged and the industry is moving forward as a whole.





£4,027 RAISED

Going to sea

Rallying the club together to buy new kit



Two major improvements were made to the boat and its equipment during 2016. The purchase of a new Indespension 1200kg trailer and Garmin EchoMAP navigational system with down and side view sonar. The state of the old equipment was starting to affect trips; frequent failures with electronics and a couple of catastrophic events with the trailer were a real cause for concern.



The old trailer tired and well used

Frequent failures with electronics and a couple of catastrophic events

The club funds were looking healthy due to an increase in membership and some great fundraising events organised by Rob Parnell, our 2016 social secretary. The BBQ in particular had become our biggest fundraiser-making over £600 for the club in 2016. The new format included old fashioned games such as Hoopla (win wine or river Trent water) and Shove Ha'penny (or rather a pound) had really helped raise funds. There had also been a decision made back in 2015, to ring fence money raised for upgrades to both the boat and the club's diving equipment, knowing in the fullness of time they would be needed.

INDESPENSION

Paul Jarman, our boat officer started investigating a new trailer at the beginning of 2016 and found Indespension in Derby to be very helpful. Not only did they have exactly what we were looking for but they were happy to give a BSAC club

a serious discount of nearly £400! They took time to answer endless questions and several extras were included in the price.

Suitable for boats of up to 1200Kgs, the 'Roller Coaster 9' boat trailer has a length capacity of 5.2m and a gross vehicle weight of 1650Kgs; it has an excellent braking system and comes with fully submersible LED light board. A spare wheel carrier and flushing system were added at our request, the committee approved the £2,700.80 quote and we took delivery at the end of March 2016.

The boat was launched into the Trent one last time from the old trailer and recovered by the new, which was then set up under the watchful eye of our President and boat yard owner Russell Hunt. It went on its first formal outing to the LASAC annual Boat Handling Course in Whitby where it was eyed jealously by the other clubs there! The performance en route was a big improvement on

the old trailer but it transpired there was a bit of a knack to getting it central on the trailer during recovery!



A group of volunteers from the club serviced the old trailer and the new boating officer placed it on eBay and sold it for £600 pounds in 2017. The funds have been returned to the pot for future equipment purchases.

GARMIN ECHOMAP AND CHIRP SONAR!

Once the new trailer had been purchased, the navigational equipment came under scrutiny. The boat officer wanted to replace the old black and white Garmin G.P.S. and echosounder Fish Finder unit along with the Standard Horizon CP180 unit. This was too small and not robust enough for life on a club dive RHIB. The Human Interface on the CP180 wasn't great and as a result several of the club's diver coxswains either couldn't or wouldn't use it! Furthermore, the console was cluttered; wear and tear were resulting in frequent failures and were affecting club trips. Despite constant maintenance, there was a lot of kit in a small area and it was overcomplicated. So again after much research and hours spent in Marine Superstore in Port Solent, Paul proposed that the club buy a Garmin EchoMAP CHIRP 95SV. This is a 9 inch colour chartplotter, with a side and down view CHIRP sonar system, mounted on a secure bracket on the console. Both the screen size and secure mounting system are a huge improvement. The new EchoMAP replaced three pieces of

old equipment and this with CHIRP sonar technology gives impressive definition, making finding wrecks and other targets much easier. The console now looks a lot neater as a result and there is less to go wrong. Feedback so far by users has been positive and it is hoped that 2017 will feature fewer dives on HMS Vicinity! To facilitate the side and down view sonar capabilities, a new transducer was also necessary, which pushed the costs to just over a thousand pounds. Once again the purchase was afforded in part by ring fenced funds and money raised by club social

events; the old navigational equipment will be sold on eBay to recoup some of the expense.

BOAT COVER

In June 2016 it was decided that our tatty old orange boat cover would be replaced and Trent Covers at Stathern copied the old one for just over £300.00. A heavy duty red cover now protects the RHIB whilst she is in storage at Kingfisher Warf, where boat equipment is stored in our lock up.



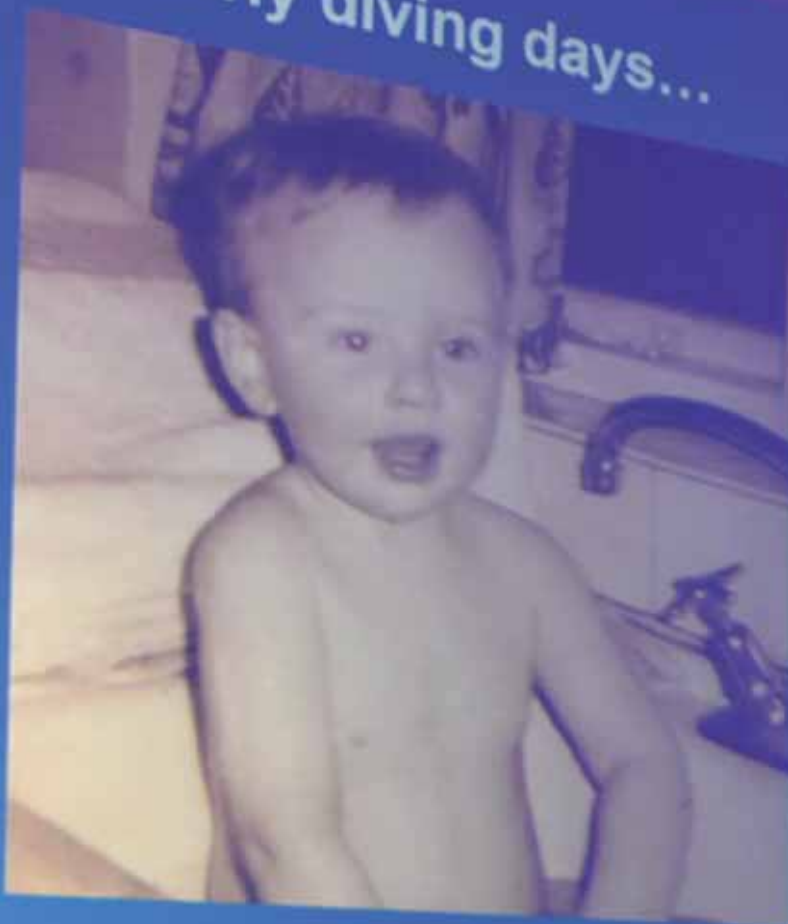
Photo: www.garmin.com

CHIRP Sonar (Compressed High Intensity Radiated Pulse)

The NEW Garman Echomap
& CHIRP Sonar



British Sub-Aqua Club Adrian Collier's early diving days...



to
rs:

ap diving
Dive for Adventure

Bluefin
Insurance



Costa Calida
Región de Murcia, Spain

SCUBA

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HOSTING THE DIVE CONFERENCE 2016

The phone call came in April 2016 from Debbie Powell, the Marketing Manager at BSAC HQ: "I've got a question to ask you, we would like you to host this year's dive conference at the Birmingham NEC". After a minutes silence I replied: "Hi Debbie this is Adrian from the East Midlands, have you got the right Adrian?" She replied: "Yes".

My life revolves around deadlines and challenges; I never, ever say no to a challenge. At school it took me several attempts to gain my English CSE; one part of which was to give a 5 minute talk in front of others. This I feared the most while I had delivered a speech to 50 people as best man at my friends wedding, even the National Instructor exam pushed me outside my comfort zone giving a 20 minute lesson in front of all my NI peers and Jim Watson. Could I stand up in front of 600 divers, introduce Key Note speakers and keep the timings?

The challenge was mine, I had to do it!

Keep calm
&
carry on hosting



Adrian Collier kicking off the
2016 Conference

PREPARING WAS FUN

Adrian with Chair and Vice Chair.
Photo: Sophie Heptonstall



The prepping was done over six months with me attending meetings with the Conference Team at HQ. It was a well oiled machine, I had a timeline to follow and had to do a bit of research on the Key Note speakers. They even sent me to Eurotech to listen to Neil Pollock so that I could meet him and gather information on his background. In true NI style I had created my dry notes. The day before the conference the Key Note speakers arrived: my job was to look after them the next morning making sure I got

them to the conference on time. I did a 'dry run' the evening before; timing the distance to make sure I delivered the speakers on time. Then the morning came and it was time to kick off the conference at 9am sharp. I had been here many times before but in the audience not on the stage! Would the words come out of my mouth properly, would I say the wrong names of the Key Note speakers? Here we go and I've started the 2016 BSAC Dive Conference. One of my best bits I think was calling Dr Neil Pollock bubble

man which I think I got away with. The atmosphere was amazing.

At the end of the conference I had done the best I could and was very proud representing Bingham SAC on stage at the NEC Birmingham. The club support was awesome with few bits of heckling at the back. It was an honour to be asked by BSAC and I can now say I stood up and spoke in front of 600 people, not many people can say they have done that in their lifetime.

Adrian Collier



Question time with Adrian hosting

Clubs 1st Coach

Bingham member drives the East Midlands forward





What a Star. Adrian's enthusiasm for the club, the region and the wider family of diving is legendary. His infectious enthusiasm knows no bounds, he always coming up with new ideas and projects and encouraging others to join in. His creativity is enviable and what makes him such a good instructor is always being able to think on his feet and come up with a new way to

explain something. He is a focused yet proliferate multitasker. He did not take his rowing prowess to the Olympics by sitting on the fence and is now channelling his energy into his diving, teaching and mentoring, whilst at the same time being dedicated to the development of his chosen sport.

His regional and national work is happily not to the detriment of our Bingham Club, where he has held most posts: diving, training, boat and equipment officer to mention a few. He can always be found encouraging new members with sound advice and support. Adrian spends a lot of time training and mentoring in the pool and on the side; this can be a little unnerving to new instructor trainees until they get to know him. Always keen to help progress people at all levels but sometimes a brush with his enthusiasm is like being hit by a juggernaut! His sense of direction and attention to detail has provided great support to many of us in the club with aspirations to become good instructors.

So what has our East Midlands regional coach been up to in 2016?

STRENGTHENING LINKS

This was Adrian's third and final year as regional coach and along with Andy Jarvis, fellow NI, and Bingham instructors Helena Robertshaw, Geoff Bacon and Sallie McMullen (as well as others from clubs across the region), he delivered a programme of Skills Development and Diver Training courses. Some of these are aimed at supporting clubs within the region who do not have the instructor resource that Bingham enjoys. Regional skills development courses were provided for all levels



Kaylib to the right passing his Ocean Diver on a regional bootcamp

Working hard out of branch at Coaches meeting



Coaches meeting in January 2016 up at HQ looking at strategy



Advanced Lifesaver instructors workshop at Stoney Cove. Helena Robertshaw, to the right, from Bingham SAC.

Developing the Regional Team

for divers and indeed snorkellers. Adrian is also particularly good at providing opportunities for groups and individuals finding it difficult to access training within their own club by arranging for instructors to work with clubs other than their own. With his infectious enthusiasm, he is good at targeting people to help facilitate these external events and we have all found ourselves agreeing to do things for the region that we probably would not have done otherwise!

FROM GRASSROOTS TO THE ELITE

Regional training covered everything from introductory try dives and Ocean Diver training to Advanced Diver and First class levels, including CCR training and CCR try dives, which were held around the region at various venues. The Bingham club



pool hosted one of the CCR try dives, This Girl Can 2016 and allowed both Nottingham University and Lincoln 109 clubs access for training via Adrian. Other regional courses such as Buoyancy & Trim at Guildenburgh and Practical Rescue management at Colwick, as well as diver training boot camps, were 2016 successes. In December divers from across the region along with five of our club's newest recruits, attended an RYA course arranged by Adrian and gained their VHF radio ticket.

PARTNERSHIP WITH LOUGHBOROUGH UNIVERSITY

Adrian and Fleur Tinsley (DO of Loughborough University Ocean Divers who is also a Bingham member and instructor) and the regional team ran the annual Loughborough University Freshers' Fair try dive in their Olympic pool and managed to process 60 try divers in one evening! Over the last few years, Loughborough University has generously hosted the regional Advanced Diver Workshop, which Adrian has also organised, providing top class facilities for this event. Stoney Cove, at which Advanced Lifesaver and Advanced Instructor preparation took place, in the form of the new ITDC, saw the coach teaching on both courses. Instructor development is Adrian's passion and he has been very excited about the IDTC course, which provides a vital stepping-stone for OWIs hoping to raise their skill levels and prepare for the Advanced Instructor Exam.

Another passion of Adrian's is First Class diver attainment and since qualifying himself in 2012, he has encouraged many others to go for the award helping 1st class trainee Geoff 'Butty' Bacon to identify and help coordinate a regional First Class Prep group, along with Colin Yule the FCD Coach. The idea was to get the 14 interested students' training organised and arranged over 2016 and into 2017. It is a difficult award to achieve and with the added issues of high costs and the great British weather, you need an exceptional organiser to keep divers on track at this level.

It is not just under the water that Adrian gets involved but also at the surface running Boat Handling and Chart work and Position Fixing courses, Diver Coxswain and Boat Handling instructor courses and Diver Coxswain assessments for the region and Lincolnshire Association of Sub Aqua clubs (LASAC). In 2016, the Boat Handling events were run at Whitby over two days in April, with four of

Boat Handling & Diver Coxswain Exam

the regional team instructors - two from Bingham - qualifying as boat handling instructors. The theory side for the chart work was done in our favourite village hall at Scarrington, followed by a trip to with the club RHIB to Bridlington for the practical.

Adrian also organised a regional gathering at Boston SAC's clubhouse to talk about his work in the region. He created an opportunity for members to discuss local branch issues and problems, focusing on how BSAC as an organisation could help address these. He also invited Phil Alberts from BSAC to speak about his time in the Antarctic. The event was fascinating and well attended; several members from Bingham came even though Boston is a 120 mile round trip. Boston, a club with which we have close links via LASAC were great hosts.

STEPPING EVEN HIGHER

As instructor trainers 2016, saw both Andrew Jarvis and Adrian get the approval to boss instructor courses. Adrian also completed his CCR module 1 on a borrowed Buddy Inspiration, taking him into the mysterious world of rebreather divers and this leads the club in a new direction!

The BSAC Dive conference brought new challenges and Adrian was well supported by our club and regional members alike. Bingham members have always made an appearance at conference but in 2015, many turned out to celebrate our two new National Instructors! This has since set a trend and with the host for the day in 2016 being such a familiar face, more Bingham members attended than ever before!

Having built up the Regional Team over the last three years, Adrian was due to stand down at the end of 2016. In 2017, he will be mentoring our new regional coach Geoff Bacon, who is also Bingham member, as well as the other regional coaches around the country in his new BSAC role. Adrian's are big shoes to fill but I am sure Butty will do just fine; after all, he has been mentored and groomed by one of the best!



Working with other regions

Woz, our BSAC Chairman, working with the East Midlands team



Bingham pool used for CCR Try Dives

Regional CCR Try Dives



Achieving goals

Five new Diver Coxswains produced up at Whitby

Appendices

APPENDIX 1

2016

BALDERTON LAKE

New Balderton,
Balderton,
Newark
NG24 3DF



SURVEY REPORT 2017



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BINGHAM SUB AQUA CLUB SURVEY REPORT OF BALDERTON LAKE NEW BALDERTON, BALDERTON, NEWARK, NG24 3DF 18th February 2017

1. **Survey Team;** The survey team consisted of the following volunteers all associated with Bingham Sub Aqua Club;

- Mark Owens
- Geoff Bacon
- Fleur Tinsley
- George Lyndsey

A big thank you to all who volunteered and gave their time to support this activity over the two days, without who's help we would not have been able to conduct this survey.

2. **Introduction;** Nottinghamshire YMCA with the support of Balderton Parish Council commissioned a survey report on Balderton lake. This was to identify the current water quality, current surface hazards and to identify actual depths of the lake including the identification of any hazards that may be hidden below the water and to ascertain the suitability of the lake for potential water sports activities. The lake had been previously surveyed by Newark sub aqua club in 1992, however this survey was left incomplete. At a meeting held in January 2014 with the parish council it had been stated that the lake had some parts that are very deep even though the original survey suggested the maximum depth was only 12 -16 feet. It appears that a sonar scan had been programmed but hadn't actually been carried out due to availability of an appropriate boat and equipment. The estimation was taken from the average depth of gravel pits within the area.

On 17th December 2016, an attempt was made to survey the lake, however due to some faulty equipment (fish finder and fuel line) the survey wasn't completed. However, at this point an assessment on the current rate of flow of the lake was conducted to establish an understanding of the speed of current flow for the lake, and a dive of the lake conducted to confirm the composition of the lake bed. Floating pontoons had been reported to be sunken due to vandalism in the lake and local fisherman had reported these to be a hazard, locations identified by the locals were surveyed and a dive was carried out but no positive identification of the location could be ascertained at this point. The start datum point for this exercise was taken from High point, pier 41.

On 18th February 2017, a comprehensive survey was carried out, including a depth assessment and a hazard search in a further attempt to locate the sunken floating islands. Depths were checked in a grid search across the lake and recorded in meters. These were recorded using a Garman sounder and a track was recorded to verify this work. Slope depths were measured at the steepest inclines only to ascertain the distance to depth ratio at the steepest inclines into the water. As an in-depth survey of this had already been carried out by Newark dive club, (Lake Survey, 1992) the results of this are at appendix 1.

3. **Location of the lake;** The coordinates for the lake are: Latitude 53.0598° N, Longitude 0.7949° W. The lake is most commonly explained by breaking it down into the following areas;

- a. High Bank – This is the area around the car park on the East to South East of the lake
- b. Catkin way end – This is at the Southerly to South East end of the lake
- c. Railway end - This runs from Catkin way to the South of the lake to the North of the lake
- d. The Pump pond - This is situated at the Northern end of the lake between the Railway end and Rowan way
- e. Rowan way – This runs from the North from the Pump pond to the South East were it joins the High Bank area

4. **History of the site;** The body of water had been developed as a fishery site since the redundant sand and gravel pit ceased being used as a landfill site in the mid-1970s. The lake was never designed as a fishery or had any other restoration plan developed for it. The ad-hoc nature of its abandonment resulting in the present form it is today. The present expanse of water being the remainder of a much larger void which has been filled by many years of waste deposition (1965-

1974) and ensuing housing development site surrounding the lake. The majority of the water entering the lake comes directly from the Trent gravels ground water, though there are three small drains that discharge into the lake on the eastern edge. The major flow though enters through the base of the lake and has been described as 'fossil water'. The lake gravels were laid down at the time of the last ice age when the River Trent's valley took on its present form; previously it had flowed through to the east discharging where now the River Witham meets the sea at Boston.

5. **Lake movement (flow rate);** The current rate of flow of the lake was measured to understand if the lake had a current and what speed it was flowing at. A lightweight buoy and line extended 1.5 - 2.0 metres with a 2kg weight attached was used to determine this rate. This was conducted at the centre point of the deepest part of the lake. The rate was assessed by timing the movement of the buoy over 1 minute using a stop watch. The buoy travelled slowly in a curve travelling a total distance of 0.4 metres over this time frame. This type of movement is to be expected of a lake of this type. The lake has two inlets to allow excessive surface water in to it at the North-eastern side of the lake (Picture 1 & 2). It also has an overflow sluice at the southerly side of the lake (Picture 3). This creates a small current that circles around the lake in a clock wise direction from the North early direction to a south westerly direction. The lake is also exposed to the wind and the surface flow can move dependant on the speed of the wind. However, this will vary dependant on the amount of surface water entering the lake and can be measured for safety by simply looking at the two entry points as shown in the picture.



Photo 1 – First water inlet for Balderton lake



Photo 2 – Second water inlet for Balderton lake



Photo 3 – Water overflow point for Balderton lake



Photo 4 – Contamination from 2nd Inlet

6. **Equipment used;** A Garman Echo map sonar GPS was used to conduct the depth and hazard survey, rigged to operate manually. All depth survey work was conducted from a motorised inflatable boat. Divers were used to ascertain specific points of interest and confirm the lake bed composite.

7. **Lake depths;** The average depth of the lake is around 2 to 3 metres with the deepest point located being 3.4 metres positioned around fishing piers 41 to 37 on the south east to southern side of the lake. The shallowest point being only a few inches measured around the shore at various locations.

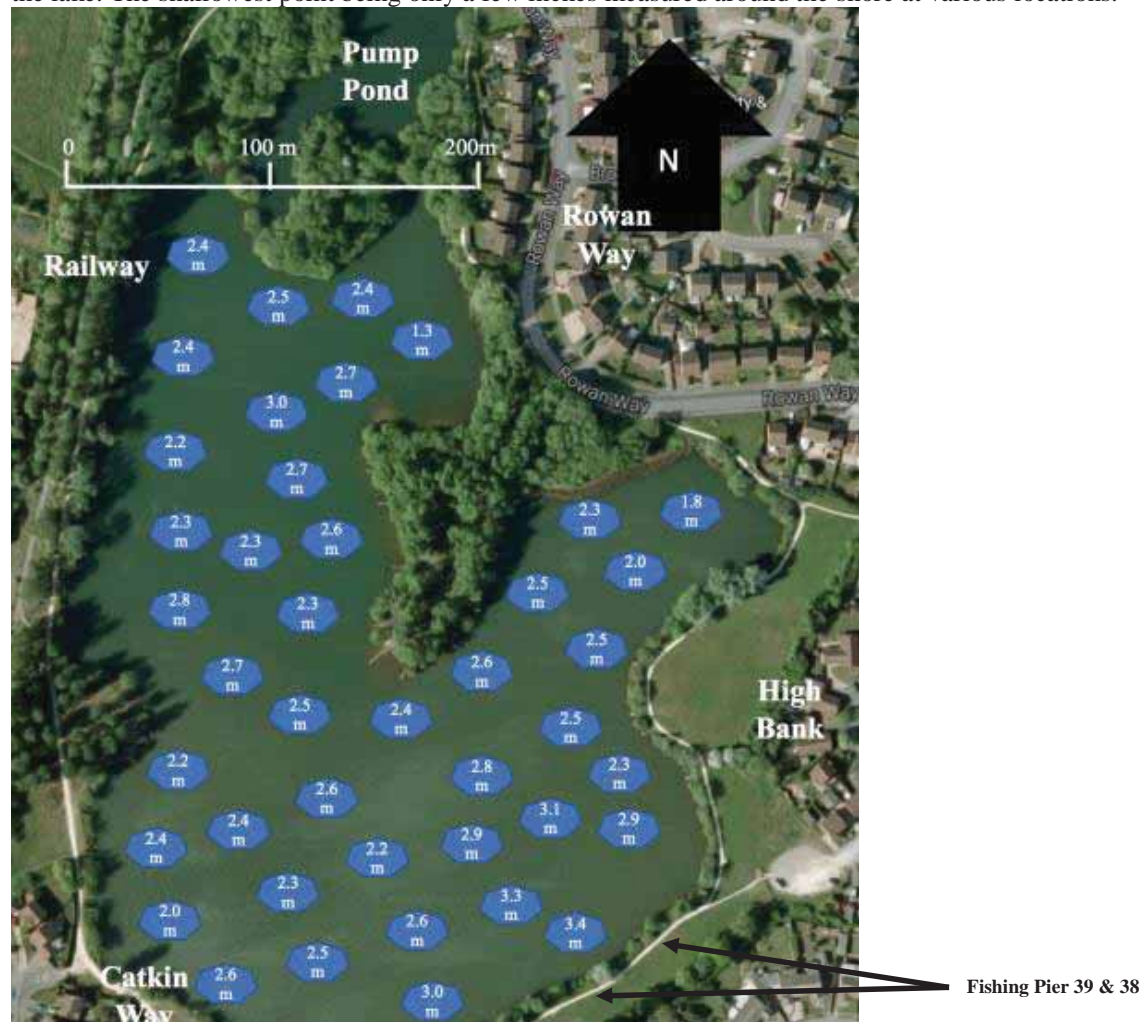


Photo 5 – Balderton lake Depth Measurements: - Source Google maps adapted for use.

7.1 The steepest drop off is located between fishing pier 39 and 38 to the southerly side of the lake. This was measured to understand the distance to depth ratio, as you can see from the chart below this area at the southerly side of the lake between fishing pier 39 & 38 has the severest drop off with it reaching 1.7metres in depth within the first 1.5 meters in distance from the shore. The remainder assessed have fairly shallow drop offs in comparison. A comprehensive brief on this is contained in the appendix 2 and in the Newark dive club brief at appendix 3. However, there is some discrepancy in the fishing pier numbers from the Newark dive club brief. I believe these may have changed numbers since 1992. However, the depths remain fairly consistent. If a further investigation of this is required, it can be done at a later date.

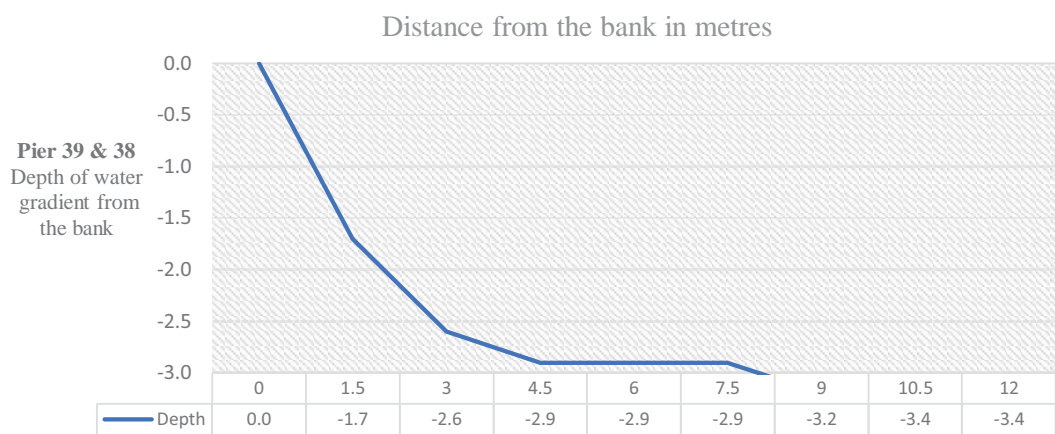


Chart 1 – Depth to distance ratio from shore

8. **Hazards;** A systematic search was carried out across the entire lake and no significant hazards were identified beneath the water surface using the sonar detector. The only detection was an area where we identified a rise in height from the lake bed of no more than 0.3 metre (1 ft.) these were deemed insignificant and a possible explanation of this is mention in point 9 below.

- a. Overhanging trees were identified around the bank in a variety of places around the lake. These could cause entrapment if accessed from the water, but could also be avoided if required, as they are easily seen.
- b. Evidence of reef construction can be seen alongside the shore line; these areas are identified by stakes with mess protecting a reed bed. These should be avoided to protect them. There is one identified without mesh (Picture 10 below) on the western side of the lake close to the shore line. This provides a hazard as wooden spikes are protruding out of the water, these can be avoided by staying away from this part of the shore line or placing a seclusion zone around his area.
- c. The Pump pond is a natural reserve protected from access form the main lake by a man-made barrier and floating island. The majority of the bird life of the lake is congregated around this area and in our opinion should be avoided by all other users. This is due to the potential risks caused by bird faeces and the potential damage to the lake environmental ecological system.
- d. The Inlets should be avoided in case of excessive flowing water (this was not evident on both visits). However, there is potential for this to also allow for contamination as was evident in photo 4 above.
- e. There is easy access into the water from the fishing piers and no formal protection to stop someone slipping into the water. The fishing piers are made of wood and care should be taken if wet as you could easily slip into the water.



Photo 6–Overhanging tree Balderton lake



Photo 7–Reef Construction Balderton lake



Photo 8–Pump Pond Balderton lake

- f. Rotten wooden piers, there are a few fishing piers identified that need to be repaired or isolated so that no one uses' them due to broken, missing, rotten or damaged slats.
- g. There were a number of fishing lines and lead weights discarded around the lake, which create hazards to the wildlife and fish. The majority were seen in and around the trees on the shore line.

9. **Reef Construction and Floating islands;** The Clean rivers trust report (2014) discusses the development of the site with the use of large blocks of concrete that may have been placed into the lake to create feeding sites and allow for algal growth and zoo plankton development. We believe some of these sites can be seen close to banks of the lake as they have been built up above the water level, and reeds and other wetland plants can be seen growing out of them. The floating islands believed to have been sunk by vandalism could not be found, however local fisherman believe one of them is 50-60 meters directly North of fishing pier 34. When we scanned this site with the sonar there was a small increase in height but no more than 0.1 metre, as shown in picture 11. However, on the sonar it did pick up a growth of reeds surrounding this sight. Suggesting it may well have created a small reef. This sight was dived on the first trip and due to the visibility, nothing was found. This could be due to the nature of the lake bed at this point being soft mud, so it is assumed that the floating island may well have partially sunk beneath the mud. To verify this a further survey would need out be carried out.



Photo 9 – Raised Reef/Reed beds



Photo 10 – Unprotected unused reef/ reed bed.

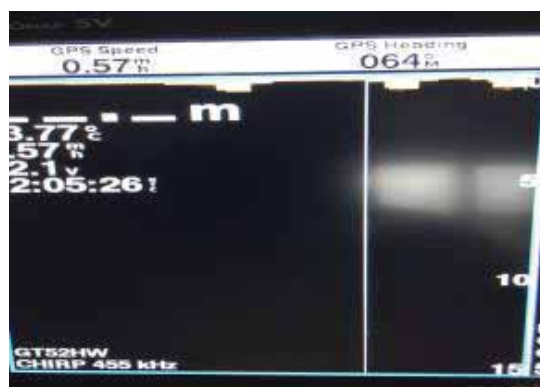


Photo 11–Sonar reading Balderton lake



Photo 12–Fishing Pier Balderton lake

10. **Water Quality;** Sterilizing services Ltd, based in Nottingham were requested to carry out a bathing water quality report to understand the quality of the water at Balderton lake. This was carried out on the 7th December 2016 and the results confirmed that the lake water quality results were significantly better than the mandatory and discretionary levels permitted for a lake of this type. There was only a requirement to take one sample due to quality of the water assessed, if further investigation is required (clearly not in this case) then further samples can be taken. The results can be seen at the bottom of the report attached at appendix 1.

References:

1. Clean rivers Trust (2014). Balderton Lake. [online] Available at:<
<http://www.cleanriverstrust.co.uk/balderton-lake/> > Accessed 15th December 2016.
2. Balderton Lake Survey (1992). Newark Sub Aqua Club. Newark Parish Council

Appendix 1. Balderton Lake water quality report



STERILIZING SERVICES LTD
WATER TANKS & SYSTEMS CLEANED & DISINFECTED

BATHING WATER QUALITY REPORT

Report Date: 13.12.16

Client: Nottinghamshire YMCA

Date Taken: 07.12.16

Site: Balderton Lake

Date Received: 08.12.16

Sample No.	Location	Total Coliforms Per 100mls	E. Coli Per 100mls	Faecal Streptococci Per 100mls
796575	Lake Water	24	8	12

Analysing Laboratory: NAMAS (UKAS) Accredited Laboratory No. 2450

Test Methods in accordance with The Bathing Water Regulations 2008.

Mandatory Guidelines

Coliforms 10000
E. Coli 2000
Faecal Streptococci No limit

Discretionary Guidelines

Coliforms 500
E. Coli 100
Faecal Streptococci 100

No. Samples Taken: 1

Authorised Signature:

Registered in England No. 7148128

24 Trinity Business Centre
Lancel Street
Long Eaton
Nottingham NG10 4HN

Tel: 0115 972 1667
Fax: 0115 948 2486
Email: info@sterilizing-services.co.uk
www.sterilizing-services.co.uk

Appendix 2 – Lake depths from the bank out to 10 metres.

Location/ Pier No	Depth in Metres from lake bank							Remarks
	1.5m	3m	4.5m	6m	7.5m	9m	10.5m	
1	0.5	1.1	1.7	2.0	2.3	2.3	2.3	
2	0.5	1.1	1.7	2.0	2.3	2.3	2.3	
3	0.5	1.1	1.7	2.0	2.3	2.3	2.3	
4	0.8	1.1	1.7	1.7	2.3	2.3	2.3	
5	0.5	0.8	1.4	2.0	2.3	2.6	2.3	
Corner	0.5	0.5	0.8	1.4	2.0	2.3	2.9	
6	0.3	0.5	0.8	0.8	1.4	1.4	1.7	
7	0.5	0.5	0.6	0.8	0.9	1.1	2.0	
8	0.5	0.5	0.8	1.8	1.8	2.1	2.6	
9	0.5	0.5	0.8	1.1	1.5	2.0	2.4	
10	0.5	0.5	0.8	0.8	1.1	1.7	1.7	
Corner	0.3	0.3	0.5	0.5	0.5	0.5	0.5	
11	0.5	0.8	1.1	1.2	1.7	1.7	1.8	
12	0.5	1.1	1.7	2.0	2.0	2.0	2.0	
13	0.8	1.4	1.7	2.0	2.0	2.0	2.0	
Corner	0.8	1.1	1.7	2.0	2.0	2.0	2.0	
14	0.5	0.8	1.1	1.7	2.1	2.3	2.3	
15	0.5	0.8	1.1	1.7	1.8	2.0	2.3	
16	0.5	0.8	1.4	1.4	1.4	1.7	2.0	
17	0.5	1.1	1.4	1.7	1.7	2.0	2.0	
18	0.5	1.1	1.5	1.7	2.0	2.3	2.6	
19	0.5	1.1	1.7	2.0	2.3	2.3	2.6	
20	0.5	1.1	1.4	1.7	2.0	2.0	2.3	
21	0.8	1.4	1.7	2.0	2.3	2.3	2.3	
22	1.1	2.0	2.3	2.3	2.3	2.6	2.6	
23	2.0	2.3	2.0	2.3	2.3	2.3	2.3	
Corner	0.8	2.3	2.3	2.6	2.6	2.6	2.9	
24	1.1	2.0	2.6	2.6	2.6	3.2	2.9	
25	1.7	2.6	2.9	2.9	2.9	3.2	3.2	
26	1.4	2.6	2.6	2.9	3.2	3.2	3.2	
27	1.1	2.0	2.6	2.6	2.6	2.9	2.9	
28	0.8	2.0	2.6	2.6	2.6	2.6	2.7	
29	1.1	2.1	2.6	2.6	2.6	2.9	2.9	
30	0.5	1.7	2.3	2.6	2.6	2.6	2.6	
31	0.5	1.7	2.3	2.6	2.6	2.6	2.6	
32	0.8	1.7	2.6	2.6	2.6	2.6	2.6	
33	0.3	1.4	2.3	2.6	2.6	2.7	2.9	
34	0.8	2.0	2.3	2.6	2.9	2.9	2.9	
35	0.5	1.4	2.3	2.6	2.6	2.6	2.6	
36	0.5	1.4	2.3	2.3	2.6	2.6	2.6	Rubble
37	0.8	2.0	2.3	2.3	2.3	2.3	2.3	
38	0.5	1.7	2.3	2.3	2.6	2.6	2.6	
39	0.5	1.4	2.0	2.6	2.6	2.6	2.6	
Overflow	0.5	0.5	0.6	1.1	1.7	2.0	2.1	soft silt Sand & Rubble
40	0.5	1.4	2.0	2.3	2.0	2.1	2.3	
41	0.5	1.7	2.3	2.3	2.3	2.3	2.6	
42	0.6	1.7	2.3	2.3	2.6	2.6	2.6	
43	0.8	1.4	2.0	2.0	2.6	2.3	2.9	Drums Sand
44	0.8	2.0	2.3	2.6	2.9	2.9	2.9	
45	0.5	1.4	2.3	2.3	2.6	2.6	2.9	
46	0.5	1.7	2.6	2.9	3.2	3.2	3.2	
47	0.5	1.1	1.7	2.6	2.9	3.2	3.2	
48	1.1	1.7	2.3	2.9	2.9	3.2	3.2	
49	0.5	0.8	1.7	2.0	2.3	2.6	2.9	
50	0.5	1.1	1.7	2.0	2.0	2.3	2.6	
51	0.5	1.1	2.0	2.3	2.3	2.6	2.6	
52	0.5	1.1	2.0	2.3	2.6	2.9	2.9	
54	1.4	1.7	2.0	2.3	2.3	2.6	2.6	
55	1.1	1.7	2.0	2.0	2.3	2.6	2.3	
Corner	0.5	1.1	1.4	1.4	1.4	1.7	2.0	
56	0.5	1.1	1.7	2.0	2.0	2.0	2.0	

Jill the Vet and new Chair November 2016

Well I thought I better add something about me. To echo and quote our esteemed outgoing Chair – diving attracts a certain type of ‘nutter’. I think I have to stick my hand up to that one. In my earlier years, I rode nutty horses cross-country, team chased on equines I had never previously become acquainted with and competed in events up to Advanced level. I have never lost that passion for four legged things but decided when pregnant that hitting the ground at speed wasn’t the best idea, so hung my competition boots up.

I don’t like swimming and I don’t like putting my head under water, so getting me started in the pool was a challenge for our Bingham Instructors. They never wrote me off and I am really pleased to say that they all rose to the challenge and gave me the confidence to get into open water in 2014. I was still uncertain if diving really was something for me but following a trip up to the beautiful Sound of Mull in perfect Scottish September weather I was sold. The scenic dives, the sea life and scalloping just made it special and the company and camaraderie of the club was second to none. I have to thank Helena Robertshaw for her great instruction and support for this, as I was literally all at sea to start with.

On a different and interesting note, whilst judging dressage at an International competition the following year I was sitting with the A & E Doctors who are required at such events and asked the question with regards to statistics and sports: which caused them more grief, horse riding or diving? The emphatic answer was the equine version. Diving has fewer risks to manage than riding!

I still enjoy the personal challenge of diving and improving my skills and hope I will do so for a long time yet especially with Bingham 0378 and our club members. Diving is a sport which can be enjoyed at many levels and involves all ages; I hope as a club we will always have the ethos of inclusivity at our core. Bingham SAC as a club has a rich and diverse group of people, whose skills and passion for diving making it a great club to be part of and I am proud to be part of it. These days when pressures of modern life, work and family commitments are so high, the value of the time and energy that our members contribute and what they’ve achieved must be celebrated.

Thanks you mad lot.

Jill Mellink-Davidson

2016 Chair and future Pink Snorkel winner!!

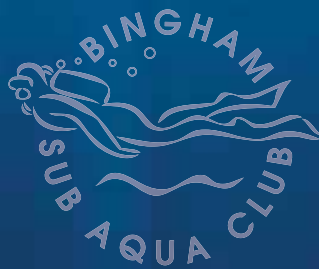
The sum is always greater than the parts.



The smile says it all!

Thank you to everyone that contributed to this entry:
divers, members, friends and family.

Bingham Sub Aqua Club 0378



The art of clubbing

H e i n k e T r o p h y R e p o r t 2 0 1 6