The office staff at our S.E.I. world headquarters has been busy preparing for growth and changes that will benefit each S.E.I. instructor. During the last year we have been in conversation with another training agency and as of October 1, the offices of PDIC International are being moved from Scranton, Pennsylvania to Muncie, Indiana, to be included in the S.E.I. facility. Mr. Mel Murphy, former CEO of PDIC will continue to be involved, however day-to-day operations will be handled by the Muncie staff. By partnering the two agencies, available resources can easily be expanded to serve instructors from both organizations including extended hours of operation and additional materials.
Clearwater, Florida

Artificial reef clean up efforts rewarding for participants and community

by Heyward Mathews, S.E.I. Instructor

On Saturday September 24 Reef Monitoring sponsored the largest private underwater clean up activity in state history. Just under 200 divers and boat owners gathered in Clearwater with 31 boats to remove old crab traps lines, monofilament fishing line and anchor ropes that could endanger marine turtles, diving birds, and dolphins. Remember, it was a crab trap line that cost Winter the dolphin her tail.

Items such as fishing line, plastic bags, six-pack holders and other plastics can be mistaken for food or cause severe entanglement. Most of these plastic items will not decompose for hundreds of years and are an on-going threat to the marine animals that seek sanctuary in Pinellas County’s artificial reef system.

The volunteers included college students, local sport divers, dive shop owners, and boat owners who spent the morning on the Clearwater Artificial Reef collecting materials on the sea floor that could be potential hazards to marine life.

When the divers returned to Clearwater’s new downtown marina, the debris collected was weighed and the two person dive team with the most debris collected (90 pounds) received $50 gift certificates donated by Mac’s Sports in Clearwater. The total amount of debris collected for the morning by the divers was 1,534 pounds.

This is the third and largest underwater reef clean up put on by reef Monitoring, a non-profit corporation formed by a group of scientist from St. Petersburg College and the University of South Florida, founded by Dr. Heyward Mathews in 2010 to begin collecting baseline data on local natural and artificial reefs. This group has also conducted training classes to teach sport divers how to conduct underwater surveys of the fish and invertebrates that inhabit our near shore marine communities. Ion May the staff of Reef monitoring put on a seminar entitled “The State of Reefs off Pinellas County” on the Clearwater Campus of St. Petersburg College that was attended by 150 students, divers, fishermen and conservationist.

Scientist from Reef Monitoring are currently conducting studies on the endangered Purple Sea Whip (corals) on the Clearwater Artificial Reef, and just starting a study of larval fish that use artificial reefs as shelter for the early stages of their life cycle.

For more information on future projects by Reef Monitoring Inc. please visit www.reefmonitoring.org

Reef Monitoring Inc. is a 501c3 not-for-profit organization.

Saturday September 17 was an international coastal cleanup day sponsored by the organization Ocean Conservancy – many people including SEI leadership and divers participated. Photo credits: Heyward Mathews, S.E.I. Instructor
Reef cleanup efforts

Photo credits:
Heyward Mathews, S.E.I. Instructor
The American Heart Association recently released a position statement regarding the use of compression-only CPR without delivering rescue breaths. This statement, intended to clarify CPR training for lay rescuers, was issued to amend and clarify the “2005 American Heart Association (AHA) Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC)” for bystanders who witness an adult out-of-hospital sudden cardiac arrest.

Extensive research, completed since the 2005 guidelines were released, indicates the survival rates for full CPR are no better and no worse than compressions-only CPR. These studies discuss only the situation in which a collapse was witnessed and pertains only to adults in certain situations.

The idea is that if the requirement for delivering rescue breaths as part of CPR is removed, bystanders will be more likely to administer care to a collapsed adult. The AHA states, “although bystander CPR can more than double survival from cardiac arrest, the reported prevalence of bystander CPR remains low in most cities (about 27-33 percent). Reducing barriers to bystander action can be expected to substantially improve cardiac arrest survival rates.”

While this change is important with regard to lay rescuers providing emergency care in the event of a collapse on the street, it will not affect the care of an unconscious diver. Many dive injuries involving an unconscious, non-breathing diver begin with respiratory arrest and drowning. DAN Training does not plan to change any DAN courses to feature hands-only CPR, which is relevant to the world at large but does not affect diving circumstances.

“The AHA ECC Committee acknowledges that all victims of cardiac arrest will benefit from the delivery of high-quality chest compressions (compressions of adequate rate and depth with minimal interruptions) but that some cardiac arrest victims (e.g., pediatric victims and victims of drowning, trauma, airway obstruction, acute respiratory diseases and apnea [such as that associated with drug overdose]) may benefit from additional interventions taught in a conventional CPR course. Therefore, the Committee continues to encourage the public to obtain training in CPR to learn the psychomotor skills required to care for a wide range of cardiovascular- and respiratory-related medical emergencies.”

DAN Instructors teaching DAN classes will need to be aware of this change, however. It is possible that as basic-level CPR classes change, students may not know how to perform rescue breathing, depending on their level of experience and training. This will require additional training and practice to develop proficiency at the DAN level.

The following are AHA recommendations:

All victims of cardiac arrest should receive, at a minimum, high-quality chest compressions (i.e., chest compressions of adequate rate and depth with minimal interruptions). To support that goal and save more lives, the AHA ECC Committee recommends the following:

• When an adult suddenly collapses, trained or untrained bystanders should — at a minimum — activate their community emergency medical response system (e.g., call 911) and provide high-quality chest compressions by pushing hard and fast in the center of the chest, minimizing interruptions (Class I).

• If a bystander is not trained in CPR, then the bystander should provide hands-only CPR (Class IIa). The rescuer should continue hands-only CPR until an automated external defibrillator arrives and is ready for use or EMS providers take over care of the victim.

• If a bystander was previously trained in CPR and is confident in his or her ability to provide rescue breaths with minimal interruptions in chest compressions, then the bystander should provide either conventional CPR using a 30:2 compression-to-ventilation ratio (Class IIa) or hands-only CPR (Class IIa). The rescuer should continue CPR until an automated external defibrillator arrives and is ready for use or EMS providers take over care of the victim.

• If the bystander was previously trained in CPR but is not confident in his or her ability to provide conventional CPR including high-quality chest compressions (i.e., compressions of adequate rate and depth with minimal interruptions) with rescue breaths, then the bystander should give hands-only CPR (Class IIa). The rescuer should continue hands-only CPR until an automated external defibrillator arrives and is ready for use or EMS providers take over the care of the victim.
Lobster diving is dangerous!

A personal story by Roger Dunton, SEI Instructor

Lobster diving is dangerous! The reason I say this is because of what lobster divers will do to catch a “bug”. Just going in the water to look for bugs is no more dangerous than any other type of diving. But what it takes to catch a bug can be extremely dangerous! First of all, most bug divers dive alone since it’s difficult to work together. While one diver is actively involved trying to catch a bug the other diver has to sit complacently by and wait. Then you need to decide how will you split the catch? There is a certain competitiveness involved, and bug divers can get quite aggressive. Once a bug is found, the dedicated bug diver will go to almost any lengths to catch it.

I was on the Conception dive boat out at San Nicholas Island about 75 miles out from Santa Barbara. San Nicholas is the furthest out of the Channel Islands. It’s known for the big bugs that live in the waters around the island. I had been lobster diving for a few years at this point and had caught my share of bugs, but I hadn’t yet caught a true “hog” or huge bug. I was cruising along the bottom at about 40 feet looking in wholes and small caves and under ledges where bugs hang out. There was a large mound of rock sticking up 15-20 feet with vertical walls and boulders all around the base. Behind one particular large boulder was a tunnel caused by the boulder being up against the rock wall. When I looked back into the tunnel I saw some large, thick antennas sticking out of the boulder into the tunnel. It appeared there was a small cave or hole in the boulder with an entrance into the tunnel.

After trying to crawl into the tunnel and getting wedged, I backed out, took my tank off and crawled back into the tunnel dragging my tank behind me. I was totally wedged back as far as I could go and I could just turn my head to the left to see 3 bugs in a hole about the size of a fireplace box. I could see one was medium sized, one was very large and one was a huge hog. I worked my right arm free from under me and I reached back into the whole. I grabbed for the biggest one and forced him to the back of the hole. Fortunately there were no back doors or passages for him to back into. I grabbed one of the “knuckles” at the base of his antennae which makes a great, sturdy handle. I tried pulling him out of the hole, but he spread out his 10 legs and I couldn’t get him through the opening. So I shoved him back into the hole then quickly pulled him through the opening. I had him! At least I had him in my arms.

Now I had to back out of the tiny tunnel and push my tank behind me as I went. Of course, both my arms were occupied with this huge bug fighting to escape. As I finally backed out of the tunnel and into the open space in front of the tunnel, I started floating to the surface as I was using a particularly heavy oversized tank for more bottom time and had compensated for the weight by using less weight on my belt. Now without the tank on, I was positively buoyant. The only thing holding me to the bottom was the regulator in my mouth. This lobster was so big its legs could reach all the way across the front of me and around to my back. As it struggled, one of its legs popped the regulator out of my mouth and I started floating to the surface. I kicked hard to get back to the bottom where I wrapped my legs around the tank to hold me down as I got my goodie bag off my belt and open. I shoved this guy in as far as it would go, but he hung out the opening as I had a couple other smaller bugs in the bag already. I got my tank on and ascended to the surface where I called for assistance from the boat.

After getting back on board, we weighed him in at almost 15 pounds. The captain said a bug this big was probably over 100 years old. I took the meat out of the tail then sent him on to a taxidermist. He now resides on the wall of my living room.

Take Away Lessons:
- It is generally safer to dive with a buddy
- It is generally not recommended to remove your tank to enter small enclosed spaces
- Entering enclosed spaces such as tunnels or caves which have overhead confinement and entanglement elements requires special training and can be dangerous
- Lobster is tasty

If you have a personal diving story you would like to share in a future issue of Currents – please send a word document and any appropriate photos to info@seidiving.org
After last year’s very successful “Kool Kariibean Extravaganza”, the Women Divers Hall of Fame is once again hosting our “not to be missed” fundraiser at DEMA in Orlando, Florida on Wednesday, November 2nd from 7 to 10 pm. We did change the name this year to Tropical Dreams and Paradise Sunsets as we have a number of wonderful, not to be missed diving trips and packages from all around the globe. So, don’t be confused - it’s still going to be an even bigger and better evening of food — a buffet dinner including a carving station and pasta bar — drinks (2 free drink tickets are included with your ticket price), music (a steel pan player compliments of the New York Antigua and Barbuda Tourism Office, a live and silent auction ... AND door prizes to be given away all during the evening.

Leslie Leaney, recognized as America’s Ambassador of Diving History, will be the host and emcee auctioning off fabulous dive & resort packages worth thousands of dollars. There will also be amazing items of artwork, memorabilia, diving gear and other treasures in our silent auction. Check out the list ahead of time at: http://www.wdhof.org/events.shtml

Dress is casual “Island” attire. Tickets: $50. per person which includes 2 drink tickets, food, door prizes, entertainment, and lots of fun! Advanced ticket purchase can be made on line via the WDHOF web site at www.wdhof.org.

The event brings together key members of the diving industry in an upbeat, casual setting and is a major fundraiser for WDHOF causes including Scholarships and Training Grants that offer financial and/or educational assistance to individuals of all ages, particularly those who are preparing for professional careers that involve scuba diving.

With Leslie Leaney as host, the evening promises to be one of the most exciting and entertaining events during the Diving Equipment and Marketing Association (DEMA) expo in Orlando. DEMA is the world’s leading dive show for professionals, where more than 10,000 industry leaders from around the globe gather to network and do business.

If you missed last year’s event, don’t make the same mistake twice! We’ll see you on November 2nd! For more information, please contact Bonnie Toth, WDHOF Chair at bonnietoth@earthlink.net or visit our website at: http://www.wdhof.org/index2.shtml
Preparing for Teaching Success

Suggested Lecture Outline

by Kenneth Nemeth, S.E.I. Instructor Trainer

The most important aspect of lecturing as a scuba instructor is in conveying the proper message. To do so you must structure your remarks so that the students learn by your repetition. In effect, use the old adage: Tell 'em what you are going to tell 'em; Tell 'em; Tell 'em what you told 'em! By hearing it for the third time, or through your demonstration, the student better grasps the concept. To maximize your success in the scuba instructor candidate evaluation that you are preparing for, please use the following outline for your presentations:

1) Your Name and Credentials – tell your students who you are
2) Announce the Subject or Topic of your lecture and garner interest in your talk
3) List the Objectives of your presentation
4) Explain Why Students Need to Know what you are telling them
5) List the Key Points that You will discuss
6) Give the Body of Your Talk (details of each key point that you listed)
7) Provide Measured Objectives (“this is what you should have learned from my presentation”)
8) Summarize Your Remarks
9) Ask for Student Questions or Comments

If you will memorize and write this outline into each of your lectures, you will be highly successful in the Classroom, Pool and Open Water teaching components of your SEI Scuba Instructor Course. During my scuba instructor course in 1982, a member of my evaluation team asked me to give a 10 minute impromptu lecture on the subject of “Sand.” I had 5 minutes to prepare. By using the above outline structure I easily was able to cover the subject in the allotted time. Being a scuba instructor sometimes requires coolness under pressure and that is exactly what my evaluator wanted to see by giving me this “out of the blue” topic that no one had prepared for. By having a structured outline I was able to spend the time in selection of my key points and the rest of the talk fell into place. While there are some exceptions and modifications to this outline due to circumstances or conditions, it will serve you well about 95 percent of the time.

I also suggest, when you call SEI, that you order a copy of “Diving Fundamentals for Leadership” by Tom Leaird. Tom is the CEO of SEI and one of the most outstanding scuba educators in the diving industry. The book adheres to a level of detail that exceeds basic scuba concepts and is a must for the working reference of every scuba instructor.

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Renewal Time

Check our website for the forms: info@seidiving.org

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