

MONTHLY MEETING DIVE FLIGHT EGLIN YACHT CLUB

October 1, 2021

L. Justin E. Bracken

Overview

- Diver Introductions
- Dive Flight Key Personnel
- Dive Flight Status
- Past Events
- Upcoming Events
- Safety
- Trip Ideas
- Membership
- Class Interest
- Social Media



Diver Introductions

- Name
- How long have you been diving?
- How many dives?
- Certification level?
- Any interesting information about yourself or any good stories?

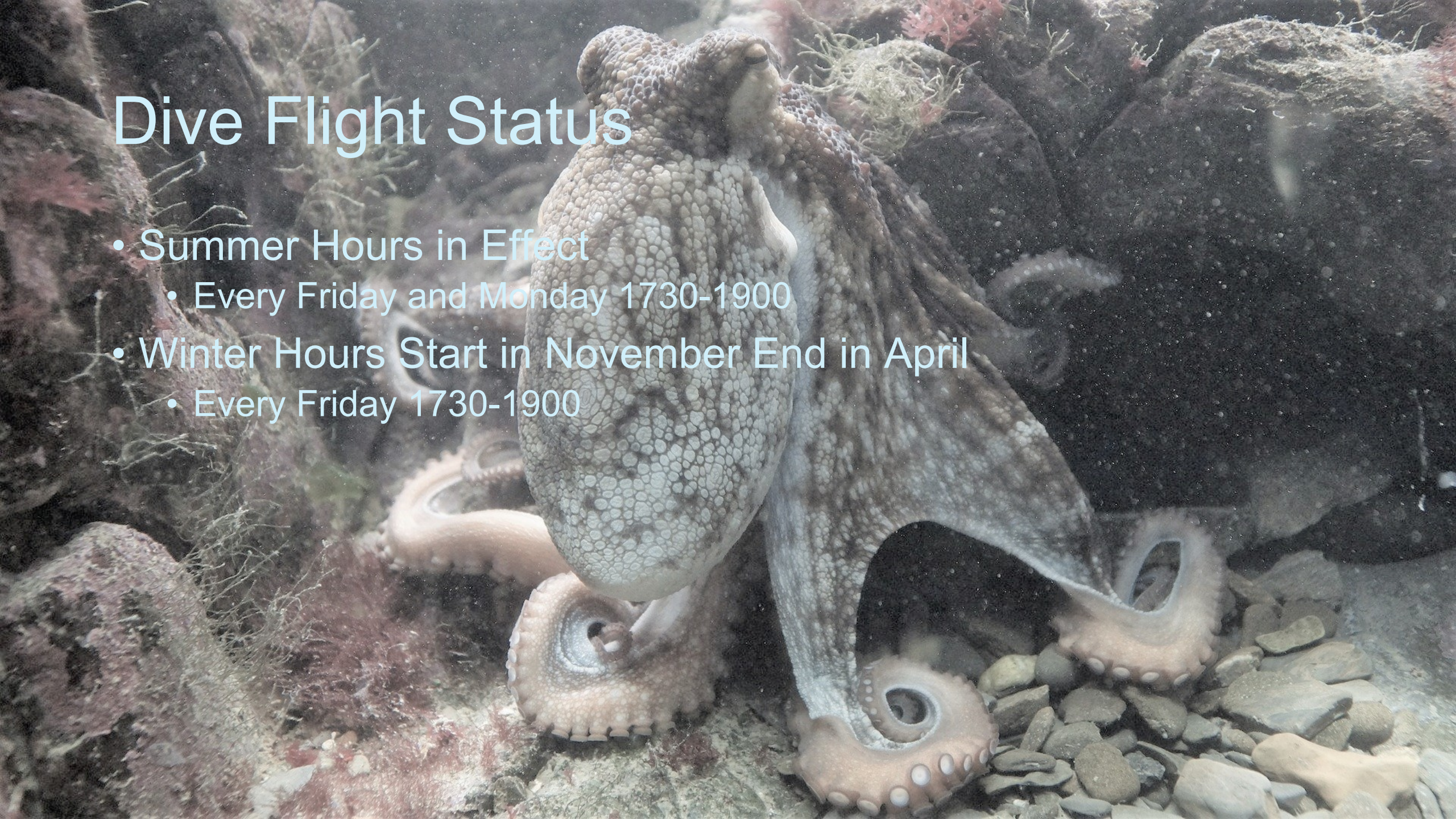


Dive Flight Key Personnel

Title	Name	Contact Info	Phone
POC	Mike “Adrian” Guidry	mikeadrianguidry@gmail.com	850-217-6064
Alternate POC	Adrian Mijangos	mijangos@cox.net	850-684-5343
Renter Scheduler	Cheryl Gerhardstein	eglinscuba@gmail.com	850-225-2813
Safety Officer	Glenn “V ² ” Van Vliet	snapperscuba@gmail.com	850-217-0679
Equipment Manager			
Trip Coordinator	Justin Bracken	Scourched@gmail.com	937-543-8968
Board Member			
Board Member			
Chief Dive Instructor	Glenn “V ² ” Van Vliet	snapperscuba@gmail.com	850-217-0679

Dive Flight Status

- Summer Hours in Effect
 - Every Friday and Monday 1730-1900
- Winter Hours Start in November End in April
 - Every Friday 1730-1900



Past Events

- Open House
- Fish Fry
- Past Dive Charters



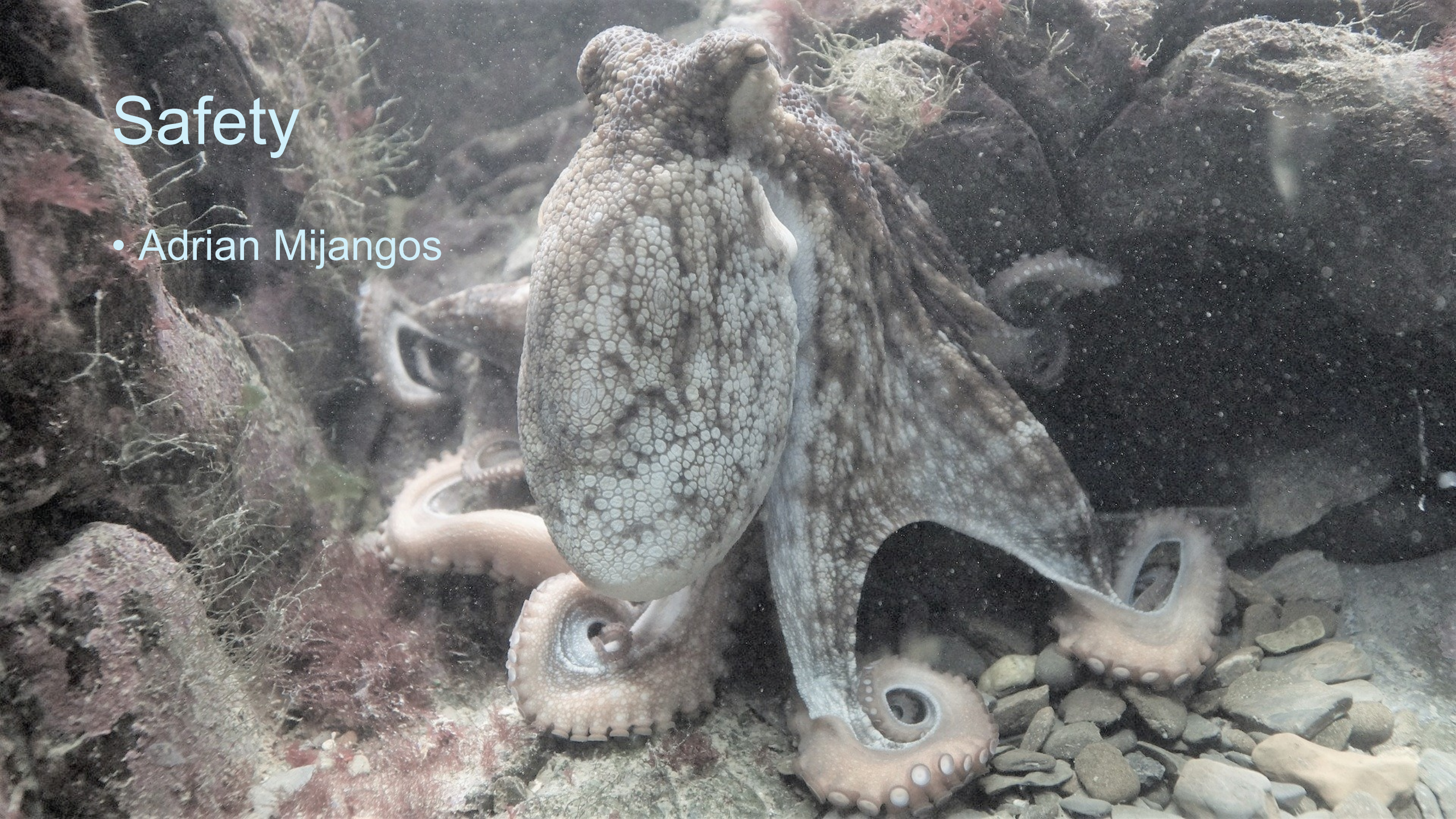
Upcoming Events

- Next Monthly Meeting 1NOV21 1630?



Safety

- Adrian Mijangos





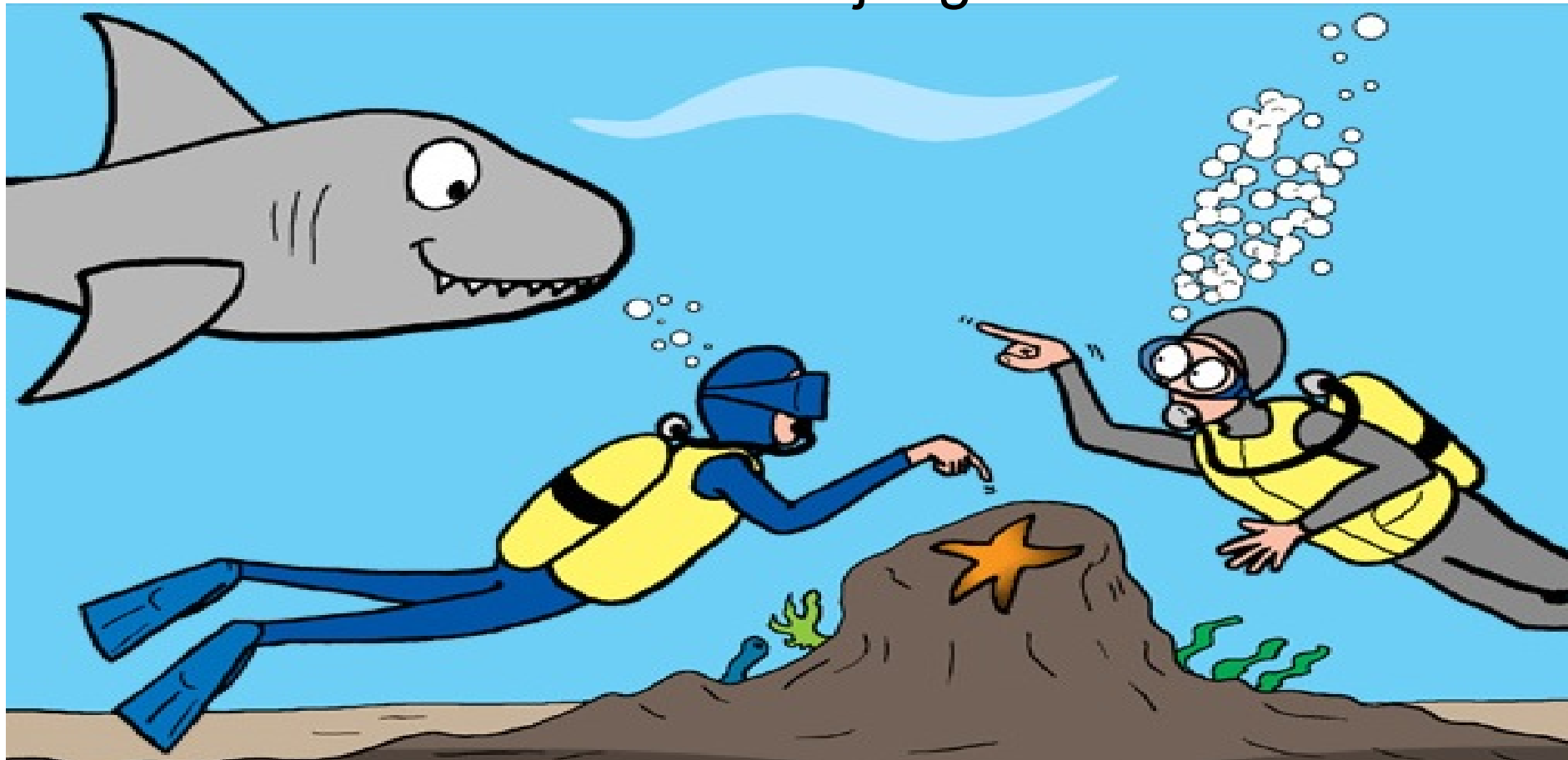
Tips to Prevent Decompression Sickness

Safety briefing

Eglin Dive Flight

Oct 1, 2021

Adrian Mijangos





Decompression Sickness (DCS)

- Incidence: 2-4 cases per 10,000 dives (DAN)
- 0-2 cases per 10,000 dives in the Caribbean (warm water)
- 10-12 cases per 10,000 dives in cold water



S factors

Main Factors: Dive depth and bottom time

Other factors:

Ascent rate

Hydration

Water temperature

Exertion level

Medication



Tip # 1 Plan your dive

- “I’ll just dive until I’m low on air” is NOT a plan!
- Use a Dive table OR a dive computer to calculate your NoDeco bottom time
- Plan your dive and then Dive your Plan.
- Plan conservatively.
- For extra safety margin dive with Nitrox using Air tables





Tip # 2 Don't dive drunk or hung-over

- **DUI : “Diving Under the Influence” could cloud your judgement.**
- **If your DUI and have a an emergency situation ...**
- **Alcohol dehydrates your body**
- **Alcohol causes increased heart rate**





Tip # 3 Stay Hydrated

- A well hydrated body can better cope with nitrogen saturation
- Being dehydrated lowers the volume of blood in circulation
- Dehydration is the most common cause of DCS
- Avoid beverages that can dehydrate the body: coffee, tea, etc
- Drink beverages that hydrate: water, Gatorade, etc

**drink
more water**



Tip # 4 SLOW your ascent rate

- **Never ascend faster than 20 ft/min**
- **Slower is always better**
- **For dives deeper than 60 ft, plan a 1 min stop at $\frac{1}{2}$ the depth**
- **Don't skip the 15 ft/3 min Safety stop (except for emergencies)**
- **Never ascend faster than your smallest air bubbles.**

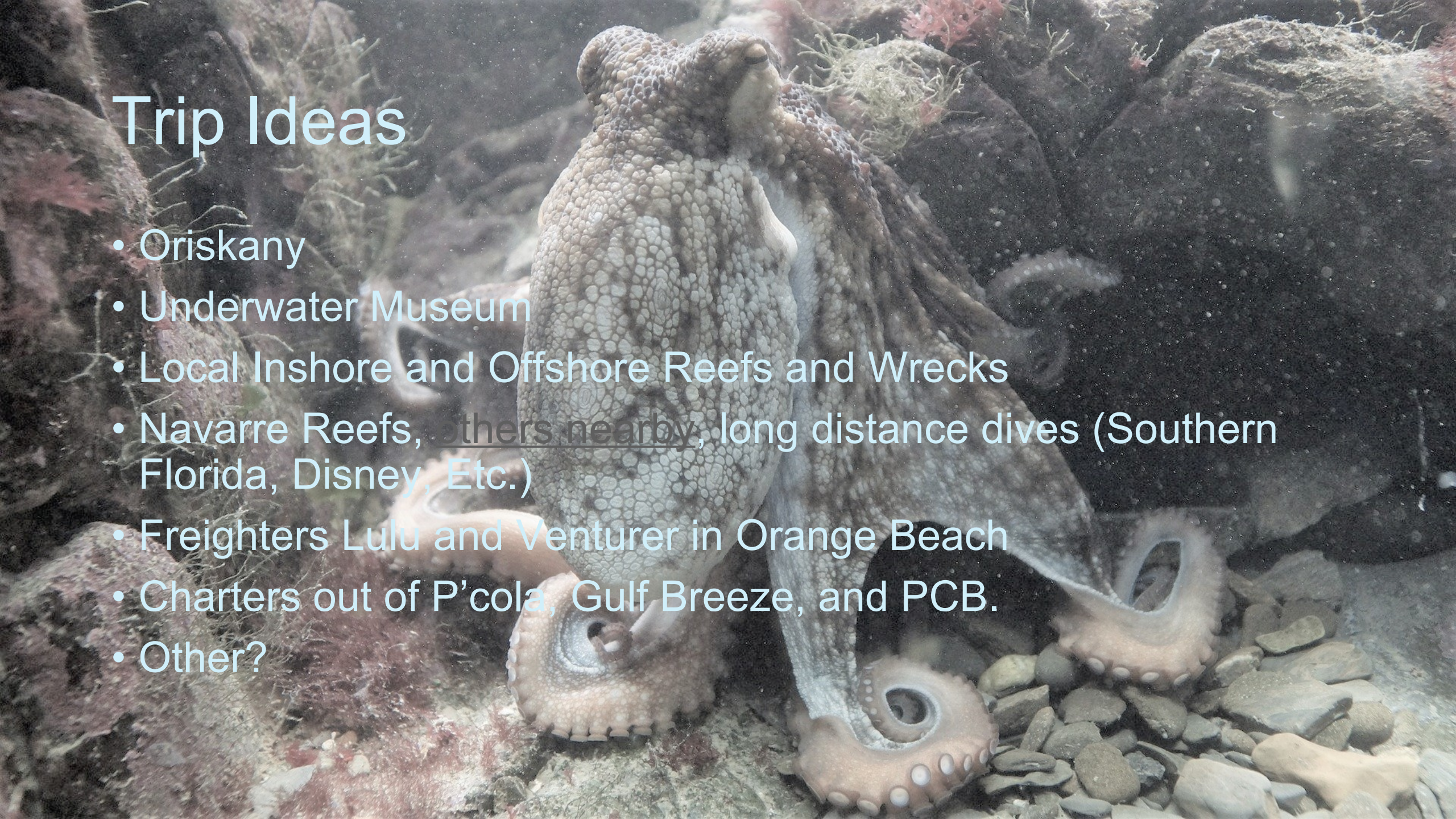




Questions ?

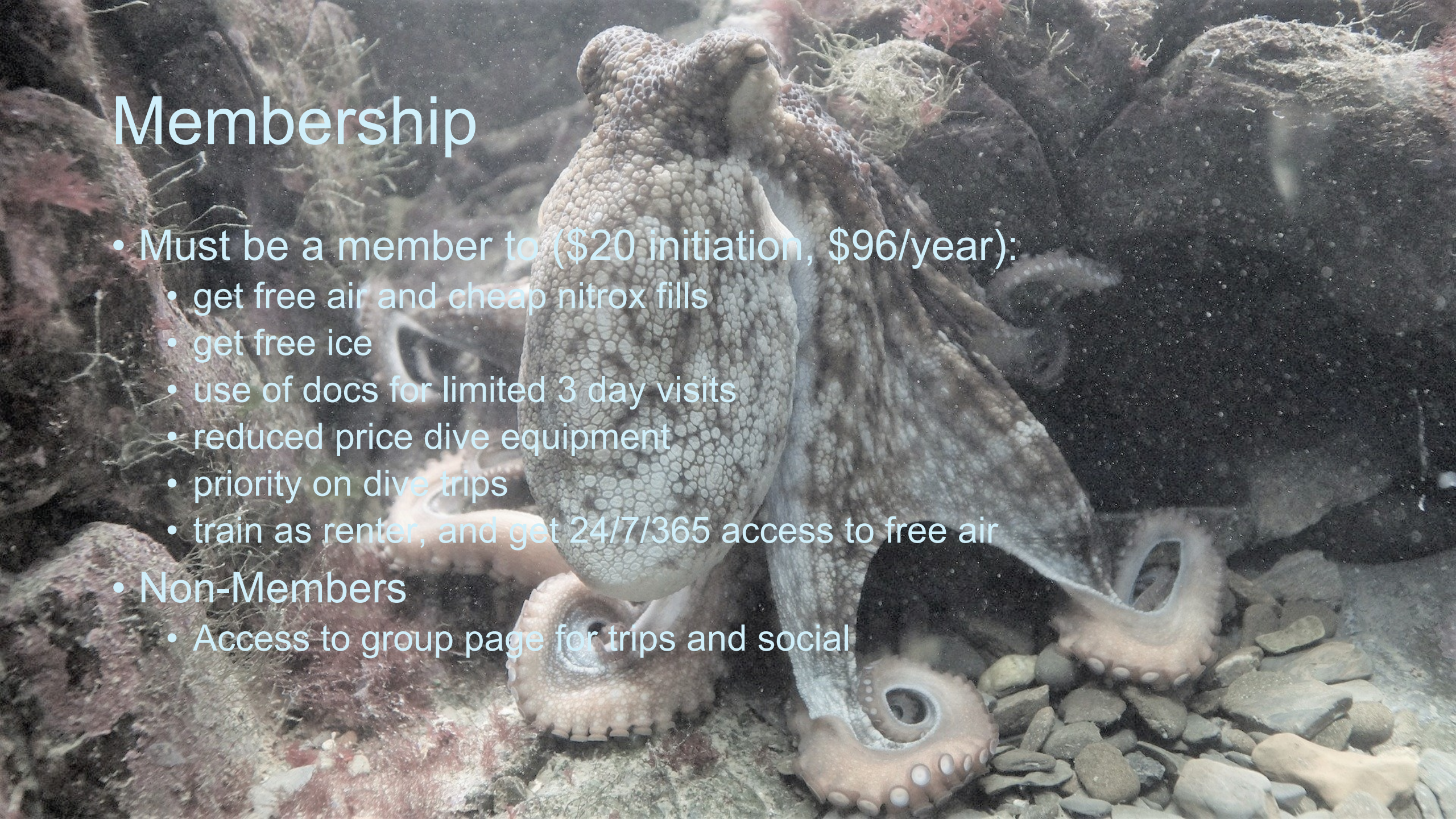
Trip Ideas

- Oriskany
- Underwater Museum
- Local Inshore and Offshore Reefs and Wrecks
- Navarre Reefs, ~~others nearby~~, long distance dives (Southern Florida, Disney, Etc.)
- Freighters Lulu and Venturer in Orange Beach
- Charters out of P'cola, Gulf Breeze, and PCB.
- Other?



Membership

- Must be a member to (\$20 initiation, \$96/year):
 - get free air and cheap nitrox fills
 - get free ice
 - use of docs for limited 3 day visits
 - reduced price dive equipment
 - priority on dive trips
 - train as renter, and get 24/7/365 access to free air
- Non-Members
 - Access to group page for trips and social



Eglin Yacht Club Dive Flight Class Interest

- Open Water
 - Anyone?
- Advanced Open Water
 - Anyone?
- Rescue
 - L. Justin E. Bracken
- Divemaster
 - L. Justin E. Bracken
- Enriched Air
 - L. Justin E. Bracken
- First Aid/CPR/AED/O2
 - L. Justin E. Bracken

Classes not limited to this list. See chief dive instructor for further details.



Social Media

- Eglin Yacht Club - Dive Flight (Page)
 - Use to promote the club, post past trip pics, talk about whats going on, on facebook.
- Eglin Yacht Club - Dive Flight (Group)
 - Use for all other club related activities.
 - Post trip ideas
 - Announcements
 - Host virtual meetings
 - Create Events
 - Etc.
- Webpage
 - Post meeting slides



Questions?



- Hang in there, the ride is going to be bumpy, but it will totally be worth it...