Another year has arrived and there is much going on.

In this issue you will find an article pertaining to the new guidelines for CPR from the American Heart Association which each SEI Diving leadership member should read, become familiar and recertify if necessary.

There are numerous specialty courses offered by SEI Diving and as it is cold and wintery in much of the northern hemisphere, the spotlight is on ice diving. Take a minute to consider other specialties of interest and expand your own personal horizons and abilities with additional training or share those skills with your students.

If the cold and frigid is not your idea of fun, don’t rule out Australia’s Great Barrier Reef as a beautiful diving destination. The reef runs thousands of kilometers along the Australian coastline. The Australian floods have been severe and a portion of the lower reef has been greatly impacted, but many places where tourists dive are still clean and open for diving.

Regardless where you dive this year, take time to enjoy the beauty of the underwater life and animals we are fortunate to interact with when diving.

We are reminded that we can make a difference and challenge each of you to go the extra mile this year and do something positive and meaningful.
During November 2010, the American Heart Association published a new “Guideline for CPR and ECC” (Cardio Pulmonary Resuscitation - Emergency Cardiac Care). These changes are to be implemented early in 2011 by various agencies including SEI Diving. Extensive research over the recent ten years has determined that modifications to CPR performances be made. In 2006, the most recent recommendations were implemented that include a ratio change from 15 compressions to 2 breaths, to the current 30 compressions to 2 breaths. Many other changes followed including a “Hands Only CPR” where if a rescuer is unable or unwilling to provide breaths, compressions-only can be preformed and the survival outcome appears to be about the same.

The 2010 changes are fewer, and continue to take the research findings since 2006 into practice. A continued emphasis on chest compressions is apparent. Here are just a few of those changes:

- **Sequence:** At the Heartsaver or Community Rescuer level, these adjustments include a change from “ABCs”, to “CABs”: thus starting CPR with compressions followed by determining breathlessness and providing breaths. At this level, there is no pulse check. An exception appears for a drowning victim where breaths precede compressions as in the past.
  - **Frequency:** Compression frequency is slightly increased to “at least 100 per minute.”
  - **Depth:** Compressions for all ages have increased slightly in depth.

In the Diver’s Alert Network (DAN) Winter 2011 publication Oxygen Window, these changes have been specified: (this is a direct quote:)

- For suspected drowning in an adult, as a lone rescuer you should administer two minutes of CPR prior to leaving to activate emergency medical services.
- Routine administration of oxygen in first aid situations is no longer recommended, except in the case of divers with suspected decompression illness. That use was reinforced.
- With all jellyfish stings, including Portuguese Man-O-War, you should wash the affected area with 4 to 6 percent acetic acid, followed by heat for pain control.
- In-water resuscitation should be used only if it does not delay removing the unconscious diver from the water.

Automated External Defibrillators (AED) are gaining wider acceptance and prominence in the lifesaving industry. All CPR courses, regardless of level or group should include AEDs as part of the training.

SEI Diving placed an emphasis on the higher level of Health Care Provider or Professional Rescuer training in CPR as a prerequisite at all leadership levels in the latest version of the Standards and Procedures Manual (2009). We highly recommend that if our instructors are not current CPR Instructors by some agency, that they take a new course at least at the highest provider level within the next few months. To learn more and to find an American Heart Association training center near you go to www.heart.org/cpr. Please keep your training up to date.

Photo credits: www.heart.org/cpr
Ice Diving

It is that lovely time of year when the thermometer drops below freezing in many northern locations and offers an opportunity to the brave soul to experience diving below the ice. To become an ice diver requires specialty training, but the views can be breathtaking and the personal enjoyment can be quite satisfying. If you are interested in a course in ice diving or would like to become an ice diving instructor, contact Tom Leaird at tom.learid@seidiving.org

Photo credits: Tom Leaird, SEI Diving Instructor Trainer
Torrential rain and devastating floods have hit the State of Queensland, Australia and the home to the Great Barrier Reef, very hard. Several media sources have indicated the flood waters cover land equivalent in size to the area of France and Germany combined, an area bigger than the size of Texas. As flood waters drain to the sea, there is expected to be some damage to the reef from dirt, pollutants and even an increased percentage of fresh water.

According to the Courier-Mail, an Australian news service, on Jan. 11, 2011, “Queensland’s flood plume stretches 2300km [1430 miles] along the coast from Cooktown to Grafton and up to 120km [75 miles] out into the Coral Sea... Hydrologists estimate the equivalent of three Sydney Harbours of floodwater is flowing out to sea... dumping sediment, chemicals, rubbish and other contaminants onto the reef, effectively smothering the fragile eco-system” to read the complete story go to: http://www.heraldsun.com.au/ipad/muddy-waters-for-reef-tourism/story-fn6bfmgc-1225985301001

In a Jan. 10, 2011 article posting on Reuters by Amy Pyett, Great Barrier Reef Marine Park Authority General Manager Andrew Skeats has stated, “…the worst affected area at the moment was a relatively small part of the Great Barrier Reef and the Southern Barrier Reef… [but that] large areas of reef popular with tourists [are] still largely unaffected” to read the complete story go to: http://www.reuters.com/article/idUSLNE70303W20110110

For the latest information about the flooding visit www.gbrmpa.gov.au.
The Pilot Whale’s Teeth

By Roger Dunton SEI Diving Instructor

Costa Rica has a lot to offer travelers. The jungles are intense. The rivers offer first rate white water for up to class V rafting as well as serene, slow moving water for bird and animal watching along the banks. There are exciting canopy tours in the tops of the rain forest trees where you can slide down a rope from treetop to treetop. There are active volcanoes, natural hot springs for soaking, mangroves and estuaries for exploring, cloud forests and big game fishing. One can find sleepy little villages down dirt roads where beautiful handcrafted pottery, baskets, textiles, furniture and other treasures can be discovered. Yes, there’s a lot to do in Costa Rica, but for my tastes, none of it compares with looking for big animals while diving around the islands off the northwestern coast.

On one particular day, we had requested to dive Catalina island, an isolated rock to the south of where we were staying. As we cruised towards our destination in our dive boat, we kept our eyes open for any kind of activity in the water as there were thick schools of minnows being preyed upon by flocks of sea birds. We saw the water boiling from place to place as feeding frenzies occurred along the way. Occasionally we would see a fin sticking out of the water, sometimes accompanied by a whoosh of spray apparently from a whale or dolphin.

At one point, several of us spotted half a dozen fins protruding from the surface. The captain headed the boat towards the sighting. We had seen many dolphins on this trip so far, but these fins appeared to be larger and darker. As we pulled closer to the fins, they suddenly disappeared. Whatever we were chasing didn’t want to deal with us just yet. So we headed on.

A few minutes later, we spotted the fins again, so, again we headed towards these icons of wildness. The chase was on as the fins continued to remain on the surface. Finally, the fins began crisscrossing in front of the boat as we were moving along. As we slowed down, the fins slowed down, too, and began to swim around and under the boat. As we looked over the side, we could see these were too big to be dolphins. Also, they had no snout like dolphins do. They were small whales! They were pilot whales! Wow, what a find! I wondered if they were friendly. Oh well, only one way to find out.

I slipped on my fins and grabbed my mask. Before the divemaster could say, “No,” I jumped over the side and began snorkeling along the surface with three beautiful pilot whales right below me, maybe eight feet down and another 3 a short distance away. Now, they weren’t so small! They must have been 12 to 15 feet in length. The nearest one was parallel with me as he rolled over on his back and looked up at me. We were now belly to belly and just about 6 feet apart. He looked at me and I looked at him. As we made eye contact, he decided he wanted to show me his teeth! He opened his mouth slowly. He shut his mouth. Then he opened and closed his mouth a half dozen times with his lower teeth coming up to meet his upper lip. I proceeded to copy his actions and I showed him my teeth as I opened and closed my mouth with my teeth showing.

I guess he approved of my teeth, because he then swam around me a couple of times showing me how great a swimmer he was. I was thoroughly impressed, so much so, in fact, that I started hooting. By now the rest of the divers on board saw it was safe and grabbed their snorkeling gear and joined us. We all swam around together for about 15 minutes and then, all of a sudden, they just took off. I will never forget that face. He looked like a little old bald man with no ears showing off his new dentures. That was cool!
Are You Making a Difference?

James Lapenta, SEI Diving Instructor

When I became an Instructor I chose the agency that evolved into Scuba Educators International. There were a number of reasons, especially by doing so I could make a difference in the way divers were being trained. I chose SEI Diving because I felt that there was a golden opportunity to make a difference. I have experienced firsthand the reaction of dive operators to students of mine and how they are treated. In Puerto Rico, I had two different Divemasters waive my students to do their own thing when they saw their competency in the water. Everyone else was required to follow the guide, they were not and it was a great feeling. One couple even told me the amount of communication and the demonstrations of skills I required actually helped to not only improve their diving but their overall relationship! That was when I received reaffirmation that our agency and our programs, with their higher standards, is what this is about – not just making a difference in our students diving or in their lives but in the entire industry as well. I hope this article inspires you to seek new ways to make a difference in the lives of your students, the success of local diving operations, to the SEI Diving organization and the diving community as a whole.

I make sure every student knows that they are welcome to join me anytime I am diving within their limits. I will offer tips and evaluations at no charge to see that they are not only skilled but safe and prepared. I am finding it much more inviting to them when they see that while I do want to provide more training at a cost, I also want them to just have fun and enjoy their diving. What do you do to encourage continued diving and greater competency in your students?

I am a huge proponent of local diving. There are thousands of articles or reviews of exotic places but few on the great destinations in our own backyards. And as an instructor the more exposure for our local sites the more exposure for me and my training programs. You have the chance to impact your business, the local dive shop you may own or be affiliated with, and your local community. What are you doing to support your local dive community?

Another way to make an impact is to help in new course development. I have written a book that will be released in March of 2011. “SCUBA: A Practical Guide for the New Diver” has been in the works for much of this last year. In this book are those things that I feel are important for new divers to know. In this work are my essays related to training and personal responsibility. Since I announced this work I have gotten pre orders from as far as Saskatchewan, Canada to Tripoli in Libya! Are you skilled in any specialties and are willing to contribute to course development?

For two years I have been pushing our program of skills and education based training on the internet and anywhere else I can think. I’ve invited our leadership to join me and post classes, locations, and events. We have our own forum on one message board that is read by over 100,000 divers around the world. I also contribute to an on line scuba magazine and I have been posting my classes on my Facebook page. Through the internet, you can reach the entire dive community all around the world. I do all these in an effort to promote our philosophy and agency. It also became a pet project of mine to make sure that our certifications would be accepted wherever our students went. For 3 months emails were sent to resorts, shops, and liveaboards all over the world. I still on occasion will send an informational email when I’m made aware of a new operation. What steps have you taken to advance diving as a wholesome enjoyable and exciting activity overall?

I will know in my heart that I made a difference. What will you do to grow our agency and increase the numbers of skilled, competent, and safe divers in our underwater environments? How will you make a difference in the coming season and coming years? How will you make a difference in the lives of your students? You have the opportunity to make a very big difference!

Share with us something you are doing in your area to make a difference in your community or with your students.

Here are some upcoming events in the US where you can participate and make a difference:

• Random Acts of Kindness Week – February 14-18 www.randomactsokindness.org
  Is there someone who supports you in your endeavors – the counter staff at the local aquatic center or the land owner that lets you dive on his property – do something nice for them or go out of your way to simply say thank you.

• American Red Cross Month – March www.redcross.org
  The Red Cross helps in times of disasters – floods, tsunamis, fires, earthquakes – at some time in each of our lives, tragedy strikes – so do something to help the Red Cross help others.

  Do something such as pick up litter around your favorite dive spots to keep the waters you dive cleaner.
We encourage all our instructor trainers to offer as many institutes as candidates are available. Below is a description of the institutes offered at Spencer Slate’s Atlantis Dive Center in Key Largo, Florida. They will arrange a schedule to fit the needs of the individual candidates. If other instructors wish to offer either specific dates, or an open schedule, we will help publicize those events in both the monthly SEI Diving news as well as our quarterly Currents Journal.

Want to become an SEI Diving Instructor and don’t want to dive in 42-degree quarries this winter? Well come to Capt. Slate’s Atlantis Dive Center in the tropical paradise of Key Largo, FL. We are a state licensed Post Secondary Dive Instructor Institute and the only SEI Instructor Training Institute in South Florida. We have been training SCUBA instructors for 33 years. Captain Slate was the National Chairman for the YMCA (now SEI) dive program for 17 years and knows how to teach and train the best diving instructors anywhere. Skip Dawson is our training director and has been at Capt. Slate’s for over 16 years and will also certify you as a DAN Instructor, and every specialty SEI offers, except ice diving! Spend time on our boats learning boatmanship and dive mastering like no experience anywhere else.

You will not only learn in our warm tropical waters but get the first hand experience in the ‘real world’ environment of SCUBA diving in the Dive Capitol of the World, Key Largo. We have a 100% placement record for all our instructor trainees most in the tropical waters throughout the Bahamas and Caribbean. Live the life most only dream of! Call or email us now at 800-331-3483, 305-451-3020, captainslate@captainslate.com. Also, check out our web page for the many instructional course opportunities we offer, like Dive Resort Operations, and USCG Captains License. We arrange long-term housing you can afford so call us now for prices and selections. We look forward to making you the most advanced and best diving instructor on the planet, SEI! See you soon.

Successful showing this past November at the DEMA show 2010 in Las Vegas, Nevada.

Pictured left to right, Alessandro Talamona from SEI Italia and Tom Leaird of SEI Diving.
For More Information

Publications and Continuing Education

As a reminder, *Currents* is your publication, and submission to *Currents* counts towards continuing education, so we encourage participation in this newsletter. Articles or information can be sent to info@seidiving.org. We prefer Word documents for articles so that we can format the text to fit layout. Pictures and figures should be referred to in the text and attached separately with proper labeling. Pictures should be sent as jpeg or pdf files at least 200 dpi. If you have any questions, please contact our office at 765.281.0600. Please scan all files and pictures for viruses before sending.

Incentives – SEI Diving Bucks

We are announcing a new program to give each of our instructors, credit for certifying students and to create interest in using our materials, effective immediately. There are two areas where you can earn credit. Certify more than 50 students during our calendar year or purchase more than $1,000 worth of supplies and materials for your students. Instructors certifying 50 students earn a $50 credit for use in the SEI Diving store and each certification over 50 earns you another dollar. Purchasing $1,000 in supplies and materials earns you a $50 credit and an additional 5¢ credit for every dollar over $1,000.

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