



Aqua News

Special points of interest:

- Clean up Australia Day
- Oxygen Provider Courses
- Diving Medicine
- Equipment Servicing
- Venus II 3 Day Trips
- Dive trips \$140.00 includes tanks
- SALE on Dive Equipment

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Oceanic Paragon Wetsuits

35%

OFF

Normally \$450.00 only \$292.00

2009 is well and truly underway.....

2009 is here and flying along, I cannot believe how fast our year is progressing. It is tough times for everyone at the moment, so it is fantastic to have such a large response to our Clean Up Australia Day yet again.

March 1st for the 8th year in a row we will be at the Redcliffe Jetty with the Moreton Bay Regional Council doing our bit. It is a day where the whole of Australia will be doing something to help our environment.

Our Mayor and some of his staff will even be present, it is really fantastic to have their support again this year, we have over 35 Registered participants this year, our biggest yet, so we all look forward to seeing you all down there, we have several new faces registered to help so thank you to everyone for your support, we will catch up with everyone at the BBQ.

If anyone would like to donate something towards the BBQ and drinks that would be really appreciated by everyone, it can be hot, hard thirsty work.

Diving this year is moving along with lots of variety in our trips and diving we are gaining quite a few new faces, and are obviously on the right tract to meet what everyone wants. Dives in Brisbane are great 1/2 day trips, small groups and plenty of time to be back for family and friends. Saturday sees hot muffins at the shop on your return so don't forget to call in after your dive, they are quite yummy.

As many of you will have noticed our new premises are all finished and main entrance relocated to the rear of the building. With the requirement for some larger training rooms relocation of space meant a total overhaul and the result has been fantastic, same place different entry, come in by Dick Smiths now, bigger and better.

See you all soon Yvonne and Donald



PADI OXYGEN PROVIDER COURSE

This course is great for both Divers, non divers and individuals alike.

The PADI Oxygen Provider course provides simple and direct layperson level training for anyone—even individuals who aren't divers—who may need to provide someone at the workplace with emergency oxygen first aid.



Be the one ready to help a fellow colleague or friend should the need arise. Become a PADI Emergency Oxygen Provider

PADI Oxygen Provider has national certifications that will allow this course to meet national workplace requirements.

Courses every month join one today: March 10th 5 pm and April 14th 5 pm

Clean Up Australia Day March 1st Redcliffe Jetty

PADI OXYGEN COURSE

Date: Tuesday 10th March
Time: 5pm—8 pm

Date: Tuesday 14th April
Time: 5pm—8 pm

Cost: \$145.00



Enriched Air “NITROX” Course

Next Course:
Wed 18th March
5 pm



Complete your
Nitrox Enriched Air
course with any other
course
and only pay **\$195.00**

PADI Rescue Diver

2 Day Course
Saturday 7th and
Sunday 8th

\$299.00

*You require current First Aid to
complete course additional to
above costs.*

CLEAN UP AUSTRALIA DAY – LOOKING FOR VOLUNTEERS

Time & Date: March 1st 8am – 10 am

Venue: Redcliffe Jetty

Wanted: Lots of Help both above and below the water
PLEASE
Certified Divers to help the boat crew clean up
under and around the Redcliffe Jetty
Individuals to help clean up the foreshore both
north and south of the jetty
Non Divers to help boat crew with rubbish on and
off the boat
Someone to cook BBQ and look after drinks for
everyone please.

Surface Support to help co-ordinate the safety aspect and to ensure safety of our divers for both in and out of the water as well as our volunteers along the foreshore.

If anyone can help with donations for the BBQ, i.e. sausages/ bread / soft drink etc we would really appreciate this support on the day as it is very hot and tiring work.

For everyone that registers we will supply you with a Dive Tank/BBQ and refreshments. If you do not have your equipment you can book what you require for \$15.00 for the session.

BONUS:

All registered volunteers will go into the draw for a **FREE Trip with Mike Ball Dive Expeditions** “fly Dive Cod Hole – 3 nights 12 Dives ex Cairns. Prize will be drawn at the BBQ.

Clean Up Australia Day

Every year hundreds of thousands of Australians help clean up their environment on Clean Up Australia Day.

Clean Up Australia - The Facts

- Australians are among the highest producers of waste, per person, in the world.
- An estimated 7 billion cigarette butts end up in Australian waterways, streets and parklands each year.
- 80 million plastic bags are dumped in Australia each year - creating a serious threat to our precious marine life.
- 33% of all items collected on Clean Up Australia Day 2007 were plastic - recycling one tone of plastic saves enough energy to run a refrigerator for a month.
- Recyclable material makes up almost 80% of total household waste in Australia.



✳ Clean Up Australia Day 1st March 2009



Aqua Diver - One of the few Dive Centre with our own boat in Brisbane Region

Aqua Diver" is in survey for both day and night dives. Aqua Diver concentrates on small personal groups of maximum of 6 – divers.

You will also always find a very capable and friendly Dive master or Instructors on board to help you with your diving and surface requirements.

In winter we recommend a dive hood, gloves and a wind proof jacket and in the summer, sun hat and sun lotion..

The water temperatures of Moreton Island Marine

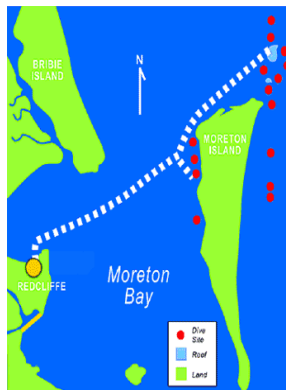
park varies from 24 – 27 Degrees in the summer to 19 – 22 Degrees in the winter.

Visibility ranges from 5 metres to 30 metres plus. Sites vary from Wrecks, beautiful corals to massive schools of fish, small to large.

We have one of the largest selections of fish life making your diving variety a fantastic experience.

- Double Dive \$140.00 including tanks
- Meeting Time 6.45 am
- Returns approx 1pm

- 1/2 Day Dives
- Refreshments Provided and Dive leader



Dive Trips:

\$140.00 including tanks

March

- Saturday 7th
- Saturday 14th
- Saturday 19th
- Sunday 21st
- Saturday 28th
- Venus 3 Day 6th

April

- Saturday 4th
- Venus 3 Day 10th
- Saturday 11th
- Sunday 12th
- Monday 13th
- Saturday 18th
- Saturday 25th

May

- Saturday 2nd
- Saturday 9th
- Saturday 16th
- Saturday 23rd
- Saturday 30th

Workplace First Aid Courses

March 9am—5 pm

- Monday 2nd
- Thursday 5th
- Monday 9th
- Thursday 12th
- Saturday 14th
- Monday 16th
- Thursday 19th
- Monday 23rd
- Thursday 26th
- Saturday 28th
- Monday 30th

March 9am—5 pm

- Thursday 2nd
- Monday 9th
- Thursday 9th
- Thursday 16th
- Monday 20th
- Thursday 23rd
- Monday 27th
- Thursday 30th

Venus II Easter and Queens Birthday

The southern section of the Great Barrier Reef is the closest point to Australia's holiday playgrounds of the Gold Coast, Sunshine Coast, Fraser Coast and the world's largest sand island, Fraser Is-



land. This area is renowned for whale watching and turtle viewing at the largest turtle rookery on Australia's mainland.

Cost: \$678.00

Easter: April 10th—13th
 Queens Birthday 5th—8th
 Departs Bundaberg Friday approx 8 pm and returns to port on Monday late afternoon

Deposit \$220.00 per person
 Includes
 8-10 Dives
 All Meals
 Tanks/weights
 Accommodation / Linen etc



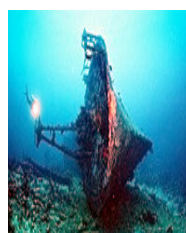
Truk October 2009 \$2908.00 ex Cairns

Shipwrecks have fascinated divers from the earliest history of diving. The excitement of discovery combined with the thrill of descending down the anchor line as it disappears into deep blue water is never far away from the wreck diver's heart. The mystery of individ-

ual wrecks such as the Andrea Doria and the Titanic seem bigger than life until the diver's imagination begins to understand the idea of a "sea of wrecks" in tropical water and accessible with only a short boat ride.

Ex: flights & Transfers from Cairns
 8 Nights Blue Lagoon Resort

14 Dives
 FREE snorkel at Jellyfish Lake
 1 Night Guam
 1 Night Cairns



Redcliffe Training

Peninsula Fair Shopping Centre
Shop 1 / 272 Anzac Ave
Kippa Ring
Queensland 4021

New Entrance outside main doors by Dick Smiths

Phone/Fax: 07 3283 1177

E-mail: admin@redcliffedive.com.au
www.redcliffedive.com.au

Or www.firstaidbrisbane.com.au

EQUIPMENT SERVICING

HAS YOURS BEEN SERVICED RECENTLY?

Need Annual servicing on your dive equipment?
Need to keep your warranty active? Need your regulator overhauled before that big trip?

We are an authorized service representative for most major brands of dive equipment. Our service technicians are well trained and our repair parts are almost always in stock.

MEDICAL FITNESS AND DIVING

As scuba diving's appeal broadens to all ages, more individuals with some type of health concern are asking about fitness requirements for scuba diving. Many years ago, when physicians trained in diving medicine began discussing recreational scuba fitness requirements, a "model diver" was created.

This model diver was the accumulation of medical expertise, diving physiology and known disease processes. Restrictions to scuba diving include medical conditions and illnesses that might impair or limit a diver's ability to perform underwater.

Unfortunately, very little research data existed to support many of these theoretical restrictions to scuba diving. Now, as it was then, it would be unethical to place individuals at risk of injury just to prove actual risk is less than what we might expect.

Some restrictions have changed over the years, however. For example, 10 years ago, the fear of hypoglycemia kept any person taking medication for diabetes out of scuba diving. Today, individuals who control their diabetes with oral medication may dive; and perhaps, once DAN's research on diving with diabetes is completed, the scuba training agencies may accept a select group of insulin-requiring persons with diabetes.

There are still prospective and current divers who are going to be advised against diving because of a medical condition, not just because they have a medical problem but because of the severity of their symptoms. In general, any condition that may impair mental or physical performance, induce pain or loss of consciousness, or cause nausea or vomiting must be evaluated before diving. Additionally, there are some medical conditions that may be affected by diving physiology, such as some blood disorders which are sensitive to changes in blood volume.

This site presents some questions that concern chronic and long term illness, as well as short term illness and injury. DAN physicians and others have put together some answers to help explain these medical concerns to divers and their physicians so that, together, they can make an informed decision about scuba diving.

This is one way that we at DAN strive to increase general medical knowledge in the scuba diving community and prevent injuries and deaths related to these medical conditions.

Joel Dovenbarger
Director DAN America Medical Services

PADI Learn to Dive Course March 6th & 7th and 14th & 15th \$499.00

March Nitrox Course add on to any other course for \$195.00 Theory Wednesday 18th March 6 pm – 9 pm

PADI Rescue Course 6th & 7th March \$299.00 includes manuals/certification

SALE SALE SALE

35% off all Oceanic Wetsuits

Ex Hire Equipment for SALE

Regulator/Gauges/Occy and BCD inflator Hose *from* \$495.00
12-24 months old, fully serviced 2 Sets available.

5MM Shorty Wetsuit price slash

Abyss 5mm Full front zip shorty normally \$265.00
only \$100.00 size 3 or 4 only

Emergency First Response First Aid Course FREE

Conditions apply -workplace accepted nationally recognized 1 day class

Free with PADI Rescue Diver Course in March & April
OR

Free with PADI Oxygen provider course in March & April
OR

FREE with PADI Advanced Course in March & April