INSIDE THIS ISSUE:
How Two Movie Guys Do A Cave Shoot
Not Able To Breath During A Cave Dive
A Message From The Training Director
2018 Winter Workshop
FREE ADMISSION
TO JACKSON BLUE SPRING
ALL THREE DAYS

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CAVE DIVING

2018 NSS-CDS Social
& International Conference

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5/19: CONFERENCE AT AGRICULTURAL CENTER
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**Contents**

**Featured Articles**

**How Two Movie Guys Do A Cave Shoot**
By Gene Page.................................................................6

**Not Able To Breath During A Cave Dive**
By Forrest Wilson..............................................................10

**A Message From The Training Director**
By Jon Bernot......................................................................12

**2018 Hart Springs Winter Workshop**
.......................................................................................13

**Columns**

**From The Chairman**
By Cheryl Doran........................................................................6

**Instructor Listing**
......................................................................................18

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Front Cover Photo: The Gallery at Ginnie Springs looking towards The Lips  
Photographer: Gene Page  
Lighting: Dan Wright  

www.nsscds.org 3
The time for platforms statements has elapsed.

The election committee received two qualified platform statements. There were three positions up for re-election. In accordance with the By-Laws of the NCC-CDS both nominees will be seated and the board will appoint the third open position. There is no need for an election. Please welcome Jason Black to the board and welcome back Forrest Wilson. The Board would like to thank Kelly Jessop, Rod O’Connor, and Frank McNamara for their dedication and time to the NSS-CDS election process.

Any NSS-CDS member interested in filling the vacant Board position please contact the Board at:

BoD@nsscds.org
This is a TRIAL issue of the UWS in digital format. Not the best digital format, just a simple PDF. The UWS is a journal of and by CDS members and your input matters. Feedback from membership will determine if the CDS Board considers if any future UWS issues will be digital. Please keep in mind that this issue was prepared without the use of dedicated software and therefore is not as interactive as future issues would be if member feedback shows a desire for more digital issues.

In response to members who have expressed a desire for a digital format and in response to the rising costs of printing a paper UWS, having at least one digital issue per year could be a good compromise and a cost savings for the organization.

Please contact the BoD or UWS Editor with your thoughts and opinions on having one or two digital issues of the UWS each year.

The Winter Workshop at Hart Springs was a great success and enjoyed by all who attended. Thanks to all involved! And a huge THANK YOU to all of our sponsors. Your support is greatly appreciated.

We are fast approaching our 2018 Cave Conference which will be held May 18-20 in Marianna, Florida this year. It promises to be an event you won’t want to miss. The first raffle for the event, a Kiss Sidewinder Rebreather, sold out in an unprecedented 3 1/2 days. Ticket donations overwhelmed the CDS store and our manager, Adam Hughes, had his hands full keeping the raffle flowing smoothly. Great job Adam! Big thanks to Kiss for your generous donation and continued support of the CDS. And good luck to all who donated for tickets.

There is currently a second raffle for a complete Dive Rite Nomad LS Sidemount System available in the CDS store. Visit the CDS store and get your tickets. Thank you DiveRite for this generous donation and your continued support of the CDS.

2018 Conference tickets are available at Eventbrite https://www.eventbrite.com/e/2018-nss-cds-international-workshop-tickets-42423045471. Get your tickets early and your free Conference t-shirt. Visit the NSS-CDS website (nsscds.org), NSS-CDS International Cave Diving Conference Facebook page or the NSS-CDS Facebook page for more details and a listing of our sponsors and great prizes.

Thank you to the 2018 Nomination Committee, Kelly Jessop, Rod O’Connor and Frank McNamara, for your work on the 2018 CDS election. Three Board positions are up for election and only two members qualified. Therefore there will be no voting. Congratulations to Forrest Wilson and welcome and congratulations to Jason Black. The third open position will be filled by the Board in May. If you are interested in filling the open position please contact the BoD at bod@nsscds.org.

Dive safe,
Cheryl
Little Devil's at night
Photo by Gene Page
Lighting by Dan Wright
Dan Wright and I met on the set of the romantic comedy “Music and Lyrics” in NYC during the winter of 2006. I remember walking on set with my Ikelite housing in hand, which I used to use on set as a camera blimp – to sound proof the camera’s shutter. Immediately someone came up and asked, “Are you a diver?” I answered yes and was promptly told I had to meet the other diver on set, a lighting guy by the name of Dan Wright. I sought Dan out right away and thus began a friendship that’s still going strong. (Thanks mostly for his patience with me.)

While I was in New York for this three month production, I enjoyed some dives on the wrecks of the San Diego and U-853, in addition to some dives at Dutch Springs. Some fun times on and off set for sure. Dan and I started collaborating on various shoots in our local Florida dive sites, with each of us bringing our on-set talents and technical abilities to the special, yet demanding world of underwater cave photography. In addition to our years working on different film and television productions, we each studied photography at our respective schools, with me as an undergrad at UF in photojournalism and fine art photography followed by a graduate degree in fine art photography on Long Island. Dan’s world was mostly commercial and studio photography, having studied film and photography at Virginia Commonwealth University. Mine was photojournalism here in Florida and New York. Each of us found our way though eventually to the wonderfully crazy world of film production.

When Dan comes down, usually during the holidays and production hiatuses -- and as my schedule allows, we get to do these extremely fun but often challenging photo shoots in places like Ginnie, Diepolder III, Little River and so on. And of course, they’re only possible with the patience and help of our models and assistants. Imagine doing a somewhat large scale photo shoot but not being able to communicate verbally and of course with the clock always ticking with your breathing gasses. As I said, a lot of fun, but damn sporty at times! But, in the end, when things work – it’s a most wonderful feeling to see the finished images and to be happy and satisfied with them. (Or mostly so hopefully.)

Briefly, here is how our shoots usually go. First off, Dan will be there way early as that’s just the kind of guy he is. While I, unfortunately, am usually running behind for one reason or another. Again, patience plays a big part in this! Dan and I have already talked out the shoot location, aka the set and logistics. At the site, or on the day as they say on set, he and I again go over everything from exact shooting location(s), light placements, possible variations and safety, which is always number one. I go through a whole safety briefing and make double or triple sure everyone understands the plan and all questions are answered as best and as thoroughly as possible. It’s always my intent that our plan is so tight, that everyone knows what’s going on at any time because we’ve covered it. We usually shoot as close to an entrance as possible for safety reasons. Not to mention that carrying close to 20 strobes on mini stands and two large camera set-ups would be a major pain to carry far in. (Well done though Kirill for your way of shooting!) Dan always has his rebreather and sometimes a scooter. Neither of which I use. So, again, with the help of our models and assistants, we somehow manage to get all the gear in the cave.

We immediately establish a drop-off point where everyone sets down the lights they’ve carried in. Dan and I start placing strobes with the help of others lighting the way for us from above with their canister lights. We’ve discussed where the strobes should go and only change or adjust them as needed once we start doing our quick test shots. Once all the lights are set, one of us starts shooting, and if we like what we see – which is rare initially, we officially How Two Movie Guys Do A Cave Shoot

Article by Gene Page
Photography by Gene Page and Dan Wright
start our “shoot.” What happens more times than not is one or more strobes are not firing as their attached slave remotes aren’t seeing the flash from our on camera strobes. So we have to move things around until hopefully they all start firing. Sometimes that happens, sometimes not. Dan and I take turns shooting and we keep a close eye on our air and everyone else’s too. It might take us forty-five minutes to an hour to light before we even start shooting. Shooting can take another thirty minutes to an hour or more. At some point though, I either indicate it’s time for me to start heading out, or Dan gives the hand wrap signal, in which case we set our cameras down and methodically wrap all the cords and make sure we retrieve each strobe. This can take another ten to fifteen minutes easily. Dan counts all the strobes and we make our way back to the exit.

Once everyone is out of the water, we usually do a quick look through at what we shot, with smiles and laughter all around. Feeling good that we’ve managed to safely get what we set out to do, or at least had fun trying. Plus, there’s always the next time if we didn’t…. Wes Skiles and John Moran are my main underwater photography influences and I think of Wes often. It’s also our hope that some of what we shoot will bring awareness of our beautiful underwater Florida springs to others, so that they’ll better understand and appreciate -- and protect them!
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Not Able To Breath During A Cave Dive

By: Forrest Wilson

Several of us were diving Cannonball cave in Missouri. I had placed my gloves in a pocket because the lake is warm and so you don't need them until getting into the cave.

I couldn't get them out when I got to the cave, and so I dove bare handed. Good thing too!

I had a very strange problem. I was swimming along on a Sidekick rebreather with a custom sidemount mouthpiece. I took a breath, but it was just water. I noticed the DSV floating away, but I still had the mouthpiece in my mouth. I grabbed a bailout regulator, but I wasn't getting any air. I grabbed the other bailout regulator, but I still was not getting any air.

I tried the purge button and the regulator was working fine. I finally tried breathing while purging, and realized I was getting a little, but very little air.

I tried coughing and then breathing, and it took several attempts to get my breathing back to normal. I suspect that if I had my gloves on, this all would have been a lot harder to do.

I contacted Dr. Andy Pitkin, rebreather diver and medical doctor, and the following was his response:

It was your glottis, aka laryngeal inlet, aka vocal cords which were shut. The phenomenon is called laryngospasm, and most of us have experienced a mild form of it while eating when we accidentally inhale a piece of food and cough profusely. When that happens you cannot talk for a few minutes, which is due to the residual spasm in the vocal cords. That is a minor version of what you experienced, and it can be severe enough to completely block the airway for several minutes in certain circumstances. It is triggered by foreign material (water, food etc.) on the vocal cords and in the upper trachea, and it is the traditional explanation for the phenomenon of "dry drowning", where the victim does not have any water in their lungs.

When it happens in a hospital (typically in children during emergence from anesthesia) the first line treatment is to apply positive airway pressure which is essentially what you did with the purge button.
Drawing to take place Saturday May 19, 2018 at 5 PM at the 2018 NSS-CDS International Cave Diving Conference at the Jackson County Agricultural Center. 3631 US-90, Marianna, FL 32446

You need not be present to win. No purchase necessary

The Complete Dive Rite Sidemount Setup is provided Courtesy of the NSS-CDS and Dive Rite

Shipping of the prize is the responsibility of the winner.

The NSS-CDS, 295 NW Commons Loop, Suite 115-317, Lake City, FL 32055 is a 501(c)(3) non profit organization

Tickets are available at:

https://nsscds.org/shop/raffle-complete-dive-rite-sidemount-setup/

Tickets Aailable at Eventbrite:

https://www.eventbrite.com/e/2018-nss-cds-international-workshop-tickets-42423045471
Training is first in the list of causes of cave diving fatalities when it comes to accident analysis. Traditionally the vast majority of the accidents that occurred in underwater caves were the result of completely untrained divers, at least so far as overhead training was concerned, venturing into a hostile environment. Simply put, they didn’t know what they didn’t know. More recently we have been seeing more fatalities and near misses as a result of either exceeding the level of training or exceeding the personal limits of a given diver.

What is a simple dive for many is simply beyond the personal limits of others even within the same certification level. We are seeing more and more divers doing things that they know is lacking of judgement. A good example is taking DPVs beyond what the industry or site owners have deemed to be the point at which they become more of a hazard than a tool for the dive. Another example are divers performing dives requiring multiple stages or additional equipment for which they do not have the experience and thus creating a level of task loading that leads to a lack of awareness or spiral of events ending tragically. In short, we train divers to safely execute dives within the level of their training and at levels experienced within the course. Courses should be challenging and additional experience should then be gained incrementally following class for more advanced dive plans.

Physical fitness is more than just being able to swim fast, it is about being fit and able to safely participate in the sport. As many divers age it is important for them to ask themselves at what level they are truly safe to participate in what used to be considered the most dangerous sport in the world. As instructors we must hold ourselves to an even higher standard. A diver must ask themselves this question: Can I assist my team member if the need arises? As instructors we must ask ourselves: Can I drag this student out of the cave physically if the need arises? It pains me when I see technical instructors clearly out of shape, unable to carry their own equipment to the water, or smoking directly before a dive. We know better. Let’s act like it and set the example.

Given what we know, what is most troubling is hearing that uncertified divers continue to dive or uncertified cave divers venture into the overhead. There is no excuse for this. We know better and they know better. The completely unaware divers of the 1960s and 1970s do not exist anymore. Every PADI Open Water Diver has been exposed to the idea that they should not venture into the overhead, so in doing so they are being negligent and stating they simply do not care. As a team member it is unacceptable for you to aid and abet this type of behavior. You aren’t doing the less experienced diver a favor. You are not giving them an experience to motivate or enthrall them. You are putting yourself in a position where if something goes wrong you should be forced to face the loved ones of those whom you aided in this dangerous type of behavior and tell them the reason they are now gone is that you took them someplace you knew they should not be.

These types of behaviors I hope are touched on with some detail in all technical courses and specifically NSS-CDS Cave classes. Unfortunately we still have people paying the ultimate price for making poor choices. As one of the divers who now gets the call to do the recovery of these divers it pains me to see cases that were so preventable. I do have faith that the CDS has the potential to train the best cave divers in the world. I myself went through a CDS Cave course. Let’s make sure the divers leaving our programs understand basic concepts like this.
The 2018 Winter Workshop at Hart Springs was a tremendous success! Thank you to everyone who came out and joined us! We hope everyone enjoyed the hands-on learning experiences as much as we did.

Special thanks to our dive guides Jerry Murphy, Ken Sallot, Forrest Wilson, and Rick Crawford.

Special thanks to our workshop leaders Matt Vinzant, Jon Lillestolen, Andy Pitkin, Kirill Egorov, and Roger Williams, great job!

Special thanks to Kyle Moschell our Workshop Chair, and to attending Board members Ken Sallot, Al Clements, Bob Schulte and Forrest Wilson for their time and efforts in organizing and assisting in the execution of this awesome workshop. And Thanks to Ken Sallot for all the great photos from the event.

And extra special thanks to our Workshop Chair, Kyle Moschell and attending Board members Ken Sallotra special thanks to our sponsors who made this event possible: Cave Country Dive Shop, Light Monkey, Golem Gear, Subgravity, Dive Rite, Divesoft, Dive Tech & Sports Dive Center, KISS Rebreathers, and ScubaForce USA!!
## Current NSS-CDS Instructor Listing

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