

Recent News

HAPPY VALENTINE

LUMBADIVE administration sends out best Valentine's wishes to all friend divers.

To celebrate the event, Lumbadive organised a "Special Valentine Dive" on the Sea View dive site. Participants were asked to find the red heart hidden on the Seaview dive site.

DIVING PROMOTIONS

February 2010 Special: **FAM Trips.**

The familiarisation trip is open to the Dive Centers owners and Managers, Tour operators and travel agencies specialised in diving, to discover Carriacou over and beneath the surface.

From February 15th to April 30th get 50% discount on lodging and some local restaurants and 75% discount on diving.

See our website for details or contact us for more details at :
reservations@lumbadive.com

Hurry up! Register before it's too late. Places are limited.

Winter 2010 Special: Get lodging and diving for 1099\$US. See our web site for details.

Organize a group of 8 and more and get one free diving and logging accommodation. Contact us for conditions or visit our website: <http://www.lumbadive.com>.

Sylvain's Tips

BUOYANCY.

Have you enough of going up and down, afraid to touch the reefs? Here some tips that can help you to control your buoyancy.



1. How much. Calculating the proper weight to use while diving is as important as choosing the right BCD size. If it is not enough weight, you will not be able to submerge. If it is too much, you will sink quickly which in some instances can be life

threatening. If you have selected the right weight, you can maintain neutral buoyancy in the water while submerged.

- As a rule of thumb if you dive with a 3mm shorty wetsuit in salt water you should calculate 5% of your body fat plus 5 pounds (2 kg). If you dive in fresh water with a 14mm full wetsuit you should use 10% of your body fat plus 8 pounds (4kg). This is only an estimate and these rules are widely available on the internet. The real test is the one mentioned on section 2 herein.
- Dive with aluminum tanks or steel tanks will also contribute to weight adjustment. As an aluminum tank will be 5 pounds (2 kg) less when empty, you should add them to start your dive.
- As you descent, your wetsuit will shrink as well as bubbles inside it. Archimede law will than apply and as your total volume will decrease you will have to add more air in your BCD to regain neutral buoyancy.
- If you feel it gets too complicated, just use rule (1a) and then finish your dive with rule (2).

2. Buoyancy check. The only real test is to be neutrally buoyant while you do your safety stop at the end of your dive with your BCD completely deflated. At this point you do not want to be positively buoyant as safety stop will be difficult to maintain neither you do not want to be negative as you do not need to sink again. To adjust for next dives with same configuration, add or subtract 2 pounds (1kg) at the time until you get it right. And write it down in your logbook for future reference.

3. Proper BCD. For a few dollars more you should get a weight integrated BCD with back pockets. It is a must to attain horizontal position when diving. As a weight belt is lower than your center of gravity and air in your BCD is higher, your position will be feet down and head higher.

4. Practice. During your dive always choose one thing to improve and only one. For buoyancy; 2 to 3 times during the dive, STOP COMPLETELY moving for more than 15 seconds and ask your body to make sure you do so. If you sink or float, adjust your BCD and redo the test. If your body position is not horizontal, readjust weight distribution after the dive.

NEXT COMING TOPICS

Feed or not feed fish? - Mask fogging - Dive Computer - Beach Clean-up - Digital Photography -

Carriacou Activities

INDEPENDENCE DAY

On February 7th, Grenada (Carriacou and Petite Martinique) celebrated their 36th year of Independence. Happy Independence Day!

CARNAVAL

February 15th has been declared Public Holliday. For the last 23 years the locals of Carriacou and Petite Martinique were requesting it. They finally have been heard.



Carnivals festivities schedule:

Feb 12th: Calipso finals
Feb 13th: Queens show
Feb 14th: Soca Monarch final
Feb 15th: Jouvert/Pagent/King & Queen of the band/Night Mass
Feb 16th: Shekspare Mass/Parade of band

CARRIACOU MAROON & String Band Music Festival

Live a new life!



MAROON AND REGIONAL STRING BAND MUSIC FESTIVAL

Saturday February 13th was the launch of the 1st Maroon and Regional String Band Music Festival due to be held from April 23 to 25th 2010. For the occasion a smoke meal has been served at the Belair Park Heritage Village

LINKS

[CARRIACOUE TOURISM](#)
[GRENADA TOURISM \(CANADA\)](#)
[GRENADA TOURISM \(USA\)](#)

INSTRUCTOR'S CORNER

Mask Clearing. Have students master the skills perfectly with no water in the mask before putting any water to clear the mask.