



# Atlanta Underwater Explorers

## AUE Bubbles

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The Atlanta Underwater Explorers, P. O. Box 55048, Atlanta, GA 30308  
[www.diveaue.org](http://www.diveaue.org)

## What the Mature Diver needs to know about Fitness

*By Black Seas Scuba*

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Over a million people go scuba diving each year. And not surprising, a good number of them are older adults or “baby boomers.” Dive instructors are also noticing that the average “new” student is in his 50’s; is over weight and chain smokes. Not the picture of the suntanned muscled hunk, most of us imagines when we think of scuba diving.



**But do you have to be fit to scuba dive?** All of the major diving associations strongly suggest that scuba divers maintain a general state of fitness. But just why is fitness important for mature scuba divers?

**Scuba Fitness Matters #1** - Being in overall good health is central. Although the World Recreational Scuba Training Council has relaxed some health standards, especially for diabetics, asthmatics, in general you should be in good health. Naturally people with severe health issues such as blackouts, lung disease or who have a history of heart attacks or strokes should never dive.

**Scuba Fitness Matters #2** - Living a healthy lifestyle makes for better dives. Divers who drink or smoke can still dive but they are strongly encouraged to give up both if they plan on diving frequently. The simple fact is that both smoking and alcohol change how the chemistry of the body changes how your body reacts to diving. This can quickly lead to problems once you are underwater. However, if you just can’t seem to quit smoking or just can’t give up that nightly cocktail, you should abstain for at least 12 hours before your next dive.

**Fitness Matters #3** - Being strong is a good thing for the mature diver. Okay, everyone knows you are weightless in water, and effortlessly swimming in the deep blue is part of the appeal of diving. But don’t forget about the part when you are fully geared up and have to waddle from the dive boat to the water or how about getting from the water back into the boat? Or how about moving from the boat to dock or base camp?

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*Cont. from page 1*

Air tanks can weigh 21 lbs. by themselves, along with 30 lb. weight belts, wetsuits, boots, regulators, mask, etc. Diving gear can easily go over 50-60 pounds. Granted you won't have to lug gear all by yourself but heaving heavy gear around is a quick way for an out of condition diver to get fatigued early in the day.

**Scuba Fitness Matters #4** - Endurance is also important. Wetsuits are fairly tight fitting and require a certain amount of muscle strength and aerobic conditioning to get them on. Divers in poor condition can easily waste lots of time struggling with their suits, and putting gear on or off. Frequently, they will have to rest after wrestling with their personal neoprene body demons. But a diver who works out regularly is not as prone to these problems. Not to mention good cardio conditioning allows a diver to control their breathing, which lets them use less air, so they are able to enjoy longer dives.

So now that you know why fitness is so vital for mature diving pleasure, I hope you will start a general fitness program before your next diving adventure... so that you can dive longer and enjoy it more.

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## AUE's 20<sup>th</sup> Annual Summer Cookout Photo Highlights

*By Quinal Johnson & Chris Searles*



AUE Cookout Video.htm



Visit AUE's Facebook events page to see additional cookout images

<https://www.facebook.com/photo.php?fbid=625591624202730&set=pcb.708031359267842&type=1&theater>




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*“On the East Coast, there’s been greater than a 40 percent increase since the 1980s” said George Burgess, who was involved in both the studies as director of the Florida Program for Shark Research at the University of Florida. ”*

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## Summer of the Shark: Are more Great Whites a Good Thing?

*By Hasni Gittens*

Is this the summer of the shark – or is it just another case of great white hype?

A swimmer who came face to face with a great white shark this weekend told NBC News that he’s lucky to be alive. But, really, he’s unlucky to have been attacked by a shark in the first place. Steve Robles, 50, was swimming in Southern California, where shark attacks are relatively rare.

“Apparently the shark was very agitated, and I happened to be coming at that exact moment,” Robles said Monday”, I came very close to dying.”

In 2013, the International Shark Attack File, maintained at the University of Florida, recorded 125 incidents around the globe, including 72 “unprovoked attacks” by sharks on humans. That was down from a record 81 unprovoked attacks the year before. Forty-seven of the 2013 attacks occurred in U.S. waters, down from the 2012 record of 54.

So far this year there have been six shark attacks in the U.S., none fatal – but beach season is just beginning.

For additional details, access web-link at NBC News below:  
<http://www.today.com/news/i-got-lucky-california-shark-attack-victim-recalls-how-he-1D79887276>

## 1888 Shipwreck Rediscovered Under Golden Gate Bridge

A steamship that sank with 16 passengers aboard in 1888 has been located again under the golden gate bridge, leading to the release of new sonar images of the boat setting upright, covered in mud.

James Delgado, Director of Maritime Heritage of the National Oceanic and Atmospheric Administration’s Marine Sanctuaries, calls the rediscovery of the then passenger ship the “City of Chester”, which was first located more than 100 years ago, quite remarkable. And not just because it was the bay area’s most deadly shipwreck.

For additional information on this story, visit the web URL below:  
<http://www.nbcnews.com/news/us-shipwark-rediscovered-under-golden-gate-bridge-n88021>

For more on AUE members in the news, see web link below to access additional stories:

<http://www.diveaue.org/membersinthe-news.html>

## Upcoming AUE Activities

- *AUE General Meeting - Saturday 3:00 p.m. July 12, 2014, East Atlanta Public Library, 400 Flat Shoals Ave. SE, Atlanta, GA 30313*
- *Tennessee Aquatic Project Coral Restoration Class July 20 thru 23, Key Largo FL See video on home page or AUE website from past coral restoration class. [www.diveaue.org](http://www.diveaue.org)*
- *The Gray's Reef August, 2014 dive is cancelled. No dive centers or boat charters are currently going there.*

## Recent AUE Activities

- *AUE Annual Cookout -Jun 21, 2013. See AUE Facebook page for event photos. <https://www.facebook.com/photo.php?fbid=625591644202728&set=pcb.708031359267842&type=1&theater>*



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## Editor's Corner

Fellow AUE Members:

Welcome to the July 2014 edition of, *AUE Bubbles* newsletter. We hope you continue to find future editions informative. Your suggestions, comments and story ideas are welcomed.

Completed story submissions must be received one week prior to the publishing date (Bi-monthly on the 15<sup>th</sup> of the month). The next edition will be published September 15, 2014. Stories are reviewed for content and edited to meet standard publishing guidelines prior to publication.

Please submit your story ideas and comments to my attention via email.

Remember to follow AUE on Facebook at <https://www.facebook.com/groups/ATLANTAUNDERWATEREXPLORERS/> and visit the new AUE website at [www.diveaue.org](http://www.diveaue.org).

Dive safely,

Alex Adams, *Publisher & Editor*