Amber Waves DIVING COMPANY™

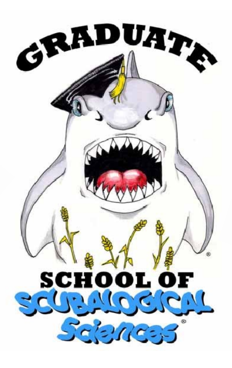
12959 East 21st Street North
Wichita, KS 67230
316-775-6688

Wichita CPR Training
Provided by Amber Waves Diving Company

WHERE THE PRAIRIE MEETS THE SEA

OUR WEEK IN ROATAN WAS A SUCCESS. THE DIVING, DINING, SUN, AND SAND WERE PERFECT. KUDOS TO TURQUOISE BAY RESORT FOR TAKING CARE OF ALL OUR NEEDS WITH A SMILE.

WHAT DO YOU DO WHEN YOU BUY TWO COMPLETE SETS OF SCUBA GEAR. WELL, OF COURSE YOU JUMP IN OUR NICE DEEP POOL TO MAKE SURE IT ALL WORKS.



SCUBA SCHOOL

OCT 24-26	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
OCT 25	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
OCT 26	OPEN POOL DIVE (2-4 PM)
OCT 31-2	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
NOV 1	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
NOV 2	OPEN POOL DIVE (2-4 PM)
NOV 7-9	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
NOV 8	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
NOV 9	OPEN POOL DIVE (2-4 PM)
NOV 14-16	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
NOV 15	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
NOV 16	OPEN POOL DIVE (2-4 PM)
NOV 21-23	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
NOV 22	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
NOV 23	OPEN POOL DIVE (2-4 PM)
NOV 28-30	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
NOV 29	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
NOV 30	OPEN POOL DIVE (2-4 PM)

MAKE EVERY WEEKEND A DIVE WEEKEND

PICTURED ABOVE IS OUR SUNDAY FIRST AID CLASS GRADUATES. JUST CALL US AT 316-775-6688 TO SIGN UP FOR YOUR CLASS

Diver (Double) Deluxe Room: $2,700
Non-Diver (Double) Deluxe Room: $2,250
Single Diver Standard Room: $3,350
Studio (Double) Deluxe; $3,350

Package Includes:

- Round trip airfare from Wichita
- 7 nights' accommodation at Divi Flamingo Beach Resort in deluxe room accommodation
- Full breakfast daily
- 3 themed dinners at the hotel
- Complimentary Wi-Fi per room, Welcome cocktail, beach towels at pool and beach
- Roundtrip airport/hotel transfers
- Day one = 1 shore dive orientation dive followed by one tank boat dive
- Day 2 – 6 = 5 days 2 tank boat diving (Total 11 boat dives)
- Unlimited tanks for shore diving (transportation not included)
- Diving includes tanks, weights and belt
- All service charges on hotel/dive package features.

Package Excludes:

- Marine Park tag $40.00 USD (valid for 1 calendar year MUST BE PRE-PURCHASED ON LINE PRIOR TO TRAVEL)
- Government entry tax = $75 to be paid on line before entry or upon entry
- Departure tax
- Beverages
- Nitrox
- Night dives
- Personal dive equipment
- Gratuities
- Trip Cancellation & Dive Insurance

OPTIONAL ADD ONS
Nitrox = $110 per person
4 days 1 tank afternoon boat diving = $110 per person ($27.50 per dive), must be purchased in advance.

**Quoted as Cash
Discounted Price**

IT'S TIME TO TAKE A CPR/FIRST AID COURSE

Drowning is a silent and often misunderstood emergency that can occur in a matter of seconds. It's the third leading cause of death worldwide, particularly in young children, but knowing how to respond immediately can make the difference between life and death.
Drowning is defined as experiencing respiratory impairment from submersion or immersion in liquid. Drownings differ and follow individual chains of events. For example, drowning can result from a health condition causing a driver to lose control, so the vehicle leaves the road and submerges in water. Or a person participating in a water sport can find themselves facing unexpected conditions and become exhausted fighting them, leading to unconsciousness and submersion.
Drowning may be immediate in that the victim is removed from the water dead and does not come back with CPR. Or it may be delayed with the victim responsive or semi-responsive after rescue, but he or she passes away later due to complications resulting from inhaled water. [NOTE: This used to be called 'delayed drowning' or 'secondary drowning', but today it is simply considered a form of drowning.]

While we're all familiar with the common image of someone splashing and screaming for assistance, a person who is drowning may not be able to call for help. Drowning often occurs silently, with the individual struggling to stay afloat while attempting to breathe. Action and rescue therefore rely on the incident being noticed and responded to quickly.
Here's what students need to know and remember.

Drowning Chain of Survival

1. *Watch for the following symptoms/signs*:

- **Head tilted back with mouth open.** The victim may be struggling to keep their head above water.
- **Eyes are wide open,** unfocused or glassy.
- **Victim is gasping for air** or has an inability to breathe normally.
- **Flailing arms** or trying to grasp the water to stay afloat.
- **Inability to move** or very slow movements in the water.

If you witness any of these signs, act immediately. *But*, as with all rescues, ensure your own personal safety before attempting to help.

2. *Prevent drowning* from occurring in the first place! This includes measures such as teaching children how to swim and about water safety, using barriers around pools, always supervising children near water and assessing water conditions before entering. Have flotation devices with retrieval lines and other rescue equipment, like AEDs, conspicuously and readily available.
3. *Recognize distress* and provide assistance. Drowning is a medical emergency and should be treated accordingly. Ask someone to call EMS and bring a defibrillator as you or others assist the victim.
4. *Provide flotation* to the victim to prevent submersion:

- If able, from a stable structure, reach the victim and pull them to safety and assist.
- If just beyond reach, extend a long object (oar, branch – anything long and strong enough) if they can grasp it, or use a rescue hook to pull them in.
- If reaching isn't possible, throw a flotation device, such as a lifejacket, ring buoy or an improvised device, such as a sealed, empty plastic bottle – anything that is light, buoyant and can be held onto can work.

If you must enter the water and you are trained to do so, approach from behind.

5. *Remove from water and provide care as needed* by using the Cycle of Care, and transport to emergency care:

- Check AB-CABS and respond appropriately.
- If the patient is unresponsive and not breathing, open their airway and provide five initial rescue breaths.
- Initial respiratory arrest can lead to cardiac arrest due to severe hypoxemia, so keep monitoring the Cycle of Care and begin to provide CPR.
- Be aware that many drowning patients' vomit, so be ready to roll them onto their side to clear their airway.
- If the patient starts to show signs of responsiveness – opens the eyes, starts breathing normally, makes a noise or coughs – immediately stop rescue breaths and chest compressions. Start treating the victim for hypothermia (see below).
- If the patient is unconscious but breathing, place them in the recovery position, with their head lower than their body.
- Drowning can cause delayed complications due to water inhaled into the lungs hours after the incident and can still be fatal, so *always* seek medical attention even if the victim appears to have fully recovered.
- *Keep the patient warm*. Drowning patients are at risk of hypothermia, even if the water is not particularly cold. Where possible, remove wet clothes and provide dry clothes, towels, blankets, coats, etc. Even your own body heat can be used to maintain their warmth until medical help arrives.

Why Provide Initial Rescue Breaths?
In an out-of-water cardiac arrest, there is normally still a large amount of oxygen in reserve within the body, which can be circulated using chest compressions during CPR. The drowning process, however, differs in that it involves initial hypoxia (lack of oxygen) that may progress to respiratory arrest. A prolonged submersion may deplete the body's normal oxygen stores, and chest compressions alone are not sufficient, as this simply pushes non-oxygenated blood around the body.
In a drowning patient, providing rescue breaths quickly can lead to signs of life, so compressions may not be necessary. Patients only suffering respiratory arrest have a greater than 90 percent survival rate when given rescue breaths. Ventilations can therefore be lifesaving, making the five initial rescue breaths crucial in drowning cases, to the extent that they should get priority over AED deployment. The AED (and compressions) are important if the patient does not respond to rescue breaths, because that indicates cardiac arrest. The AED can be effective in restoring a normal heartbeat if the heart is in ventricular fibrillation and has a shockable rhythm.

Submersion vs. Immersion
The amount of oxygen within the body and the condition of the heart can be affected by the type of drowning that occurred.
Submersion means the airway is underwater, and there is no access to fresh air.

- Prolonged submersion leads to hypoxia and acidosis (increased acidity in the body), which can then cause cardiac dysrhythmias (irregular heart beat), potentially progressing from tachycardia (rapid heart rate due to stress), followed by bradycardia (reduced heart rate due to the mammalian diving reflex and the body's attempt to conserve oxygen and redistribute it to the vital organs), and then to pulseless electrical activity (PEA – the heart is not beating but is active, which is *not* an AED shockable rhythm), and finally to asystole (cessation of heart activity).
- Cold-water immersion can intensify these effects, as hypothermia can also trigger heart dysrhythmias.
  First aid should focus on quickly removing the victim from the water, assessing the victim for breathing and providing five rescue breaths and CPR, if needed.

Immersion generally means the mouth and nose remain above water, but most of the body is submerged, which can lead to hypothermia.

- Immersion in cold water can rapidly lower body temperature, causing hypothermia. Immersion hypothermia can result in drowning after some time as the victim is unable to remain afloat.
- Hypothermia from very cold water can result in survival after long-term immersion due to the slowed heart rate, rather than ventricular fibrillation occurring.
- Cold water can trigger the cold shock response (increased respiratory rate and heart rate) and the mammalian diving response (slower heart rate when the face is submerged). These responses can cause confused heart rhythms and potentially lead to arrhythmias.
- A reflex that can prevent water from entering the lungs, *laryngospasm*, may also lead to asphyxia if it persists.

First aid should focus on quickly removing the victim from the water, assessing for breathing and providing five rescue breaths and CPR with AED, if needed. If the patient is unconscious but breathing, place them in the recovery position.

Drowning is a tragic event, but prompt and effective first aid can save or restore lives. Knowing the basic principles of rescue and CPR can provide you with the tools to respond to such emergencies. Always prioritize rescuer safety, call for help, and be prepared to act quickly. Fast actions could be the difference between life and death for the drowning victim.

AMBER WAVES DIVING REPAIR CENTER

**Properly functioning gear is crucial
Your safety depends on it. That's why we are the best technicians in the business to service your gear.**

What to expect

We are certified technicians that always follow manufacturer guidelines. Conscientious and thorough, we examine every part of your gear. We're always on the lookout for wear and corrosion, immediately swapping out anything worn or damaged. We want your next dive to be your best dive!

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BLUE TOOTH

SCUBAPRO UWATEC PROFESSIONAL DIVING EQUIPMENT

Level BCD
$645

A fresh design incorporating eye-catching silver, blue and white graphics make the Level BCD stand out in any diving crowd. But beyond good looks, this front-adjustable BCD brings together all of the performance and comfort features you'll need for any recreational diving scenario. The bladder, made of EndurTex high-tenacity 420 nylon fabric, is lightweight yet extremely rugged, and it's designed to comfortably wrap around your body without squeeze. Rotating quick-release shoulder buckles allow you to optimize the routing of your shoulder straps for comfort, and a sternum strap and adjustable cummerbund with double-pull over-strap make for the perfect fit.

YES WE HAVE BCDs IN STOCK

SCUBA PRO GLIDE	SCUBA PRO WOMEN'S BELLA	AQUA LUNG WOMEN'S SOUL	AQUA LUNG AXIOM

IT'S TIME TO OWN YOUR OWN BCD

Scubapro MK11/C370 Regulator

SCUBAPRO UWATEC PROFESSIONAL DIVING EQUIPMENT

The Mk11 First Stage Regulator is the perfect choice for the recreational diver who wants the advantage of a diaphragm first stage for use in temperate waters. Diaphragm-based first stages are environmentally sealed so that water cannot enter the inner mechanism.

PRICED RIGHT AT $719.00

SCUBAPRO UWATEC PROFESSIONAL DIVING EQUIPMENT

$1,064.00

SCUBAPRO MK19 EVO/G260 REGULATOR

THE MK19 EVO/G260 REGULATOR IS PERFECT FOR ANY CONDITIONS, ESPECIALLY THOSE WHO DIVE DEEP, IN COLD WATER, OR IN SILTY ENVIRONMENTS. THIS SYSTEM IS IDEAL FOR HARSH CONDITIONS, MAKING IT A TOP CHOICE FOR TECH DIVERS AND CAVE EXPLORERS. THE COMPACT MK19 EVO IS FULLY SEALED, ENSURING TROUBLE-FREE OPERATION IN COLD OR MURKY WATERS. THE G260 IS A HIGHLY IMITATED AIR-BALANCED SECOND STAGE WITH METAL COMPONENTS AND A LEFT-RIGHT HOSE ATTACHMENT OPTION, MAKING IT EXCELLENT FOR TECH DIVING SETUPS AND A CONSISTENT TOP PERFORMER.

SCUBAPRO UWATEC PROFESSIONAL DIVING EQUIPMENT

The new MK11 EVO/R105 is a simple, rugged and reliable air delivery system. The MK11 EVO is a compact balanced diaphragm first stage with a forged brass body fitted with thermal fins and protective plastic bumpers to ward off scratches. The R105 delivers smooth, dependable air flow from its classic downstream valve design. Built to last, the R105 features a durable metal valve housing and an anti-scratch front cover.

$585.00

apeks AQUA LUNG

The Apeks XTX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks XTX50 is designed to handle every diving condition you could put it through. It can even be changed from right hand to left hand use, by an authorized technician. You can change out the exhaust tee from a wider tee for minimal bubbles, great for photography, or a more narrow exhaust tee for a smaller more compact regulator. Apeks XTX50 features:

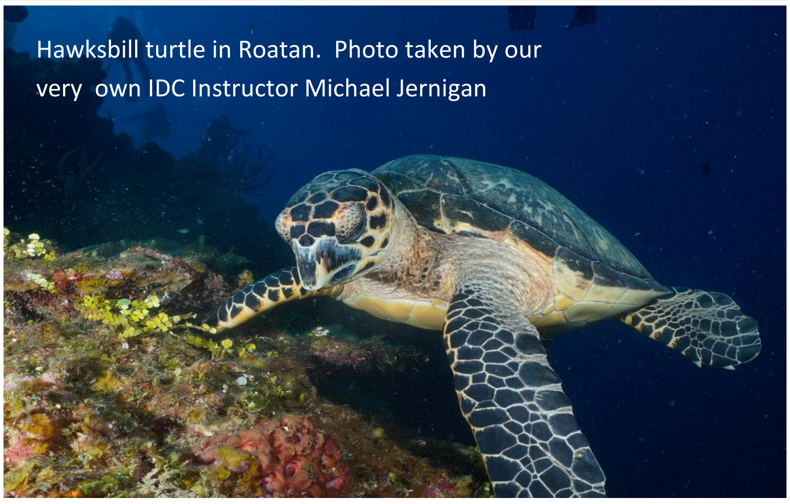
- An over balanced diaphragm design first stage that is environmentally sealed
- Four medium pressure ports, with optional fifth
- Easily converts from right hand to left hand, by factory authorized technician
- Pneumatically balanced second stage
- Diver changeable exhaust tee
- Nitrox compatible $649.00

SUUNTO

Suunto Ocean Wrist Computer with Charging Cable

Discover the unmatched versatility of the Suunto Ocean Watch
A perfect blend of a True Dive Computer and a True Sports Watch. Engineered for resilience, this watch stands as your ultimate companion under any environmental conditions. Whether you're exploring the depths of the ocean or traversing rugged landscapes and assures reliability and accuracy

$899.95



Hawksbill turtle in Roatan. Photo taken by our very own IDC Instructor Michael Jernigan

AQUA LUNG

AQUA LUNG I200C WRIST COMPUTER

The i200C is an intuitive, sporty computer with an easy versatility. With its fresh design, you'll find yourself wearing the i200C as an everyday sports watch that is ready to dive when you are. The i200C has Bluetooth capabilities

$470.00