

Dive Site Review

Sandy Cove, Terence Bay, N.S

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Sandy Cove is a small cove located at the end of a cul du sac at the end of Sandy Cove Rd. This site is frequently used by divers year round day or night. It is well suited for Novice Divers and as such is used for training dives for open water and rescue courses, but should be experienced by all divers. If diving inside the cove the maximum depth will be around 30' and for the more adventurous divers a surface swim to the point and follow the coast line will yield a depth of up to 65'. This site is great for photography, due to the great light penetration, it typically has good visibility and it hosts a variety of marine life. Sandy Cove has an easy entry and exit point, and typically has slight or no surge.

Location (see attached Road Map)

Approximate travel. 40 minutes and 33.3 kilometers

1. Go Southeast on Windmill Rd toward Victoria Rd
2. Merge onto Provincial Route 111 W/Circumferential Hwy toward the Halifax/Mackay Bridge (Toll 75¢)
3. Take the exit toward Robie St./Windsor St./Bedford
4. Go straight and then exit right on ramp for Joseph Howe Dr
5. Keep in the right lane on Joseph Howe Dr. until Hwy-102
6. Take exit 2 from the 102, toward Hwy-103
7. Take exit 1A from the 103, toward Hwy-333 Lighthouse Route/Peggy's Cove/Ragged Lake

Location (see attached Road Map) Cont...

8. Turn right on to Hwy 333 and continue straight and turn left on the Terence Bay Rd.
9. Continue on the Terence Bay Rd. until you reach Sandy Cove Rd make

10. Continue to the end of Sandy Cove road and you have reached the destination.

Special Notes

- Park around the cul du sac avoiding driveways and leaving enough space for cars to turn in the cul du sac.
- Leave the site as you found it, if you have garbage bring it with you
- Always respect your surroundings above water and below the water
- The site is located in a semi-residential area, please respect the surrounding houses and their occupants
- Take only pictures, leave only bubbles.

Hazards

- Boats do occasionally enter the cove and a sailboat is usually moored most of the summer
- Lobster traps are set in the area, entanglement is a possibility
- The entry to the beach from the road to the beach is a short steep sandy hill take your time walking to the shoreline with your gear on
- Be careful of the fingers (see experienced dive) See map

Hazards Cont...

- A portion of the rocks will flood at high tide try to avoid if diving with surf or surge you may get kissed by a rock (ouch) See map

Site briefing (see attached Site Map and pictures)

Dive for all levels of divers

Sandy Cove is a semi-sheltered cove with a fairly easy entry/exit point. The sandy beach is easy to enter however be sure footed going down the sandy path from the road. Put all of your gear on at the road being sure to park around the cul du sac to allow traffic to enter and exit easily and be sure not to block any driveways in the area. When entering the water you should keep your regulator in your mouth and BCD inflated as you may find the odd rock to trip over during your entry.

The bottom is gentle sloping and sandy to the 6 ft depth mark at this point the bottom changes to rock and seaweed. On a bearing due north you will find the bottom will not change much for composition however you will run into a reef that will take you back up to around 11 ft, as you go down the other side of the reef you should run into the TRSA training block or the diver memorial approximately 20 ft apart east and/or west.. Behind the training block you must go up a second part of the reef to make the sand on the other side or if you find the memorial you can go through the channel in the reef down to the sandy bottom. Your depths in the cove will range from 0-32 Ft at high tide.

Sandy Cove is teeming with life from lobster, crab, sea gooseberry's, flounder, perch, Sea Raven's, Worms and even the occasional wolf fish; most of the aquatic life is found around the rocks and seaweed. If you go out past the reef to the sand you will run into an abundance of sand dollars and some of the biggest moon snails on the plant. (well maybe a bit exaggerated but I really caught a fish this big) This site is a terrific dive in the day but holy smokes at night the ocean really comes alive.

Site briefing (see attached Site Map and pictures) Cont...

Dive for more experienced divers or novice divers with experienced divers

For the more adventurous divers I recommend a surface swim to the point at which point you make your ascent to the sand down the back side of the reef. When at the bottom follow where the sand and the rock meets keeping the rocks to your right. The wildlife will be in greater abundance and you can make a depth of up to 65 ft. Turn around at the 2000 PSI mark and follow the rocks back on your left side (be careful of the fingers they may disorientate your navigation back if you swim into them, you will hit the reef inside them but it will make for a longer swim. At 27 ft of depth continue at a south bearing back to the beach. This dive is a must at night!!!!!!!

Emergency Plan

A cellular phone is a good idea but if you don't have one there are houses in the area. Divers should familiarize themselves with the following situations and corrective actions.

Low-air or out of air situation -proceed to the surface immediately using the standard surfacing techniques. Ascend slowly looking up to see any boats that might be in the area. Surface swim back to the entry point.

Buddy separation -look for your buddy for 1 minute then proceed to the surface with a controlled ascent looking up and around for any thing over head. Make yourself positively buoyant and wait at the surface for an appropriate amount of time, if your buddy doesn't 't surface, proceed to the entry point and contact **emergency assistance** as outlined.

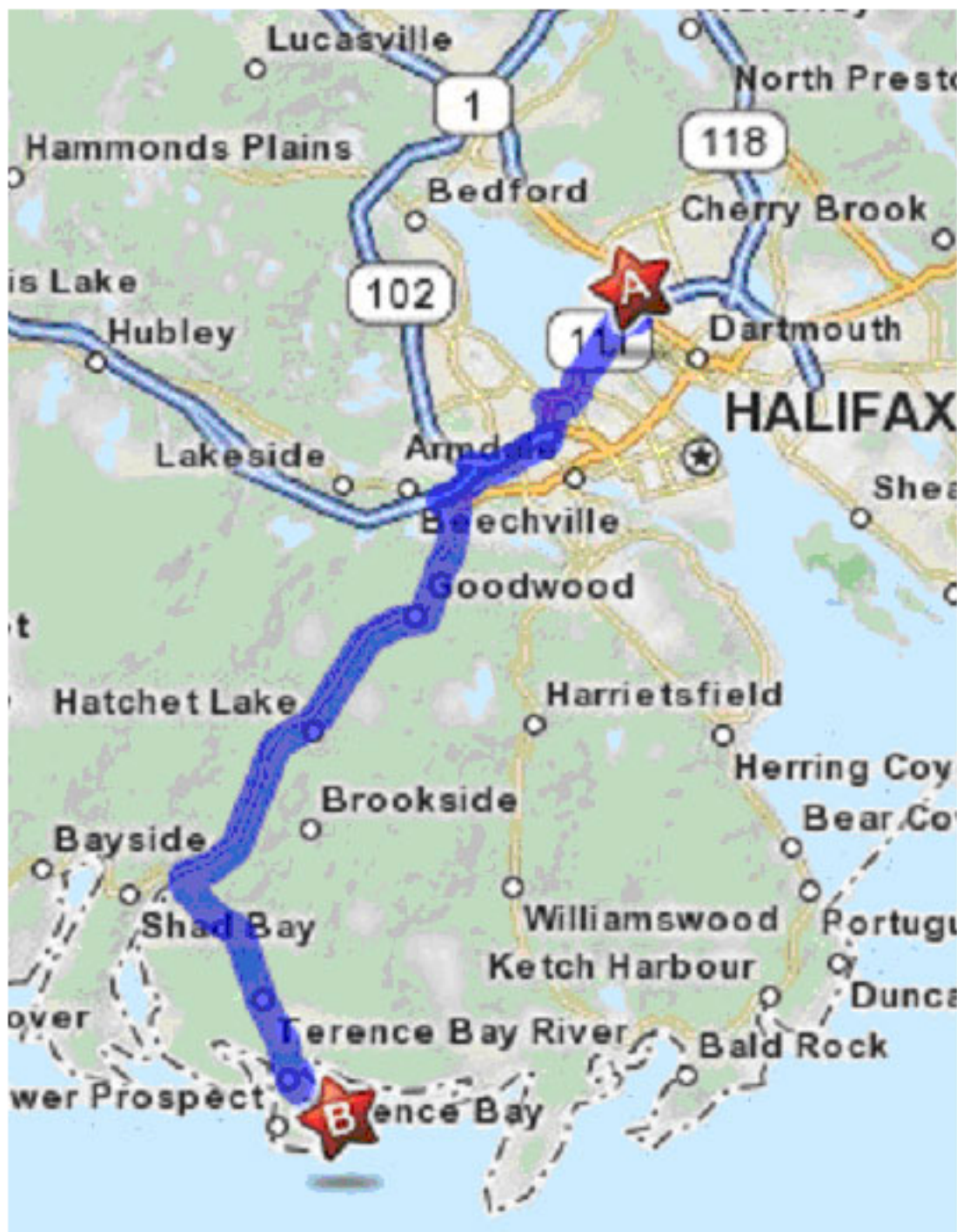
Injured diver -If your buddy receives a marine life injury, return to the shore immediately then assess the situation and contact **medical assistance** if needed.

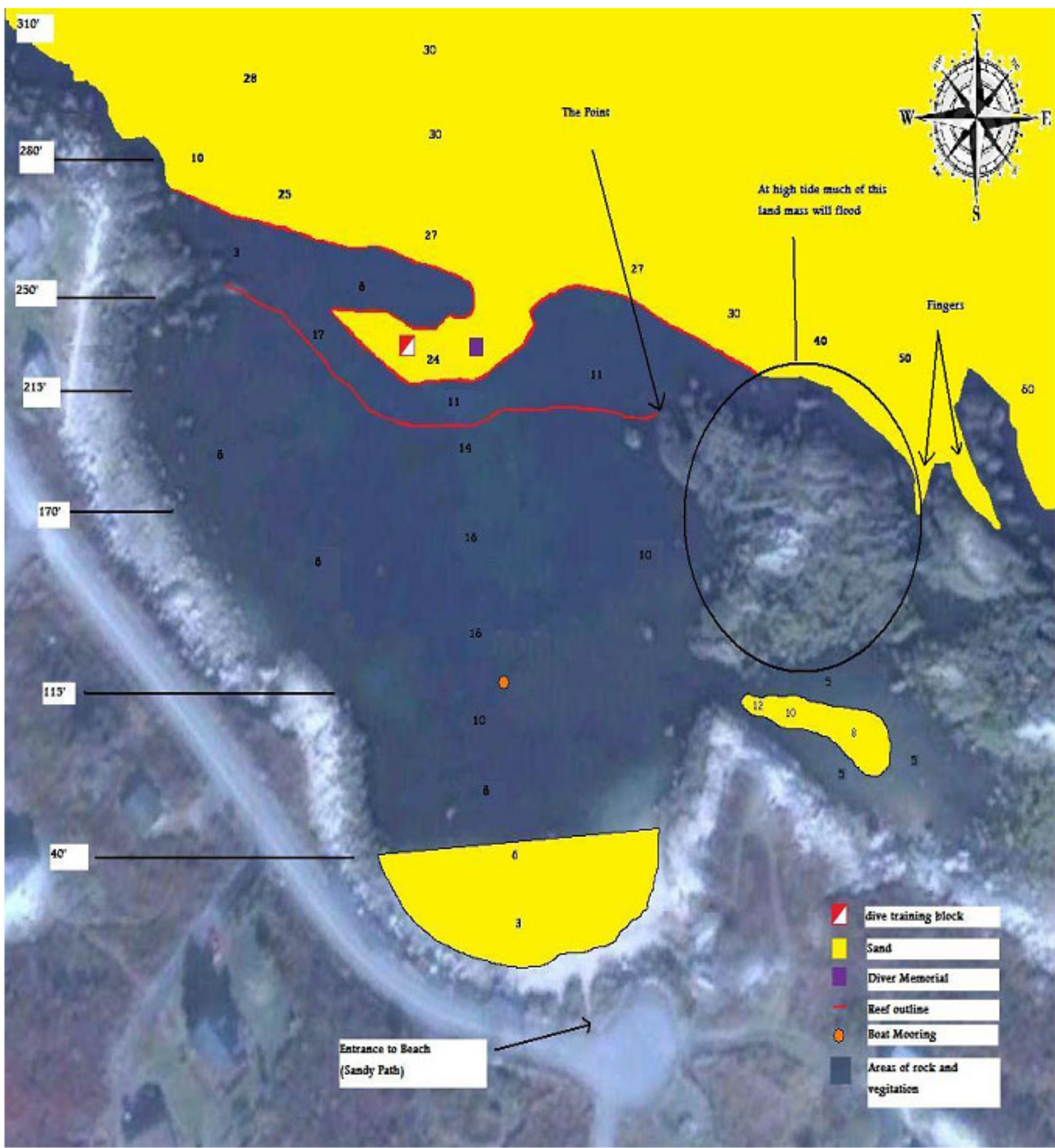
Near-drowning situation, lung injury, or decompression illness -Get the injured party to shore and have someone contact emergency assistance immediately.

Entanglement -If a diver becomes entangled in a fishing line, attempt to free the diver. Do not hesitate to cut the line if necessary.

Emergency Assistance numbers

1. Ambulance/medical.....911
2. Royal Canadian Mounted Police.....911
3. Search and Rescue.....911
4. Divers Alert Network (DAN)..... (919) 684 -8111 or (919) 684-4DAN
5. Recompression Chamber..... (902) 473-7998
6. Marine VHF Channel 16





At high tide much of this land mass will flood

The Point

Fingers

Entrance to Beach
(Sandy Path)

-  dive training block
-  Sand
-  Diver Memorial
-  Reef outline
-  Boat Mooring
-  Areas of rock and vegetation