

# BOWLINES

Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. May/June 2018

## In this issue:

River Safety & Rescue in the BWA

Safety Starts at Our Clinic!

BWA Introduction to Canoeing/Kayaking Syllabus

What is the Most Important Aspect of Whitewater Safety?

Know The Throw Rope.....Paddlers Lifeline.

Safety Code of American Whitewater

River Safety and You

BWA Swift Water Rescue Class

Shoulder Dislocations for the Whitewater Enthusiast

River Safety: You are the "Machine"

All tied up ?

Off the Cuff: Comments from the Forum Worth Remembering

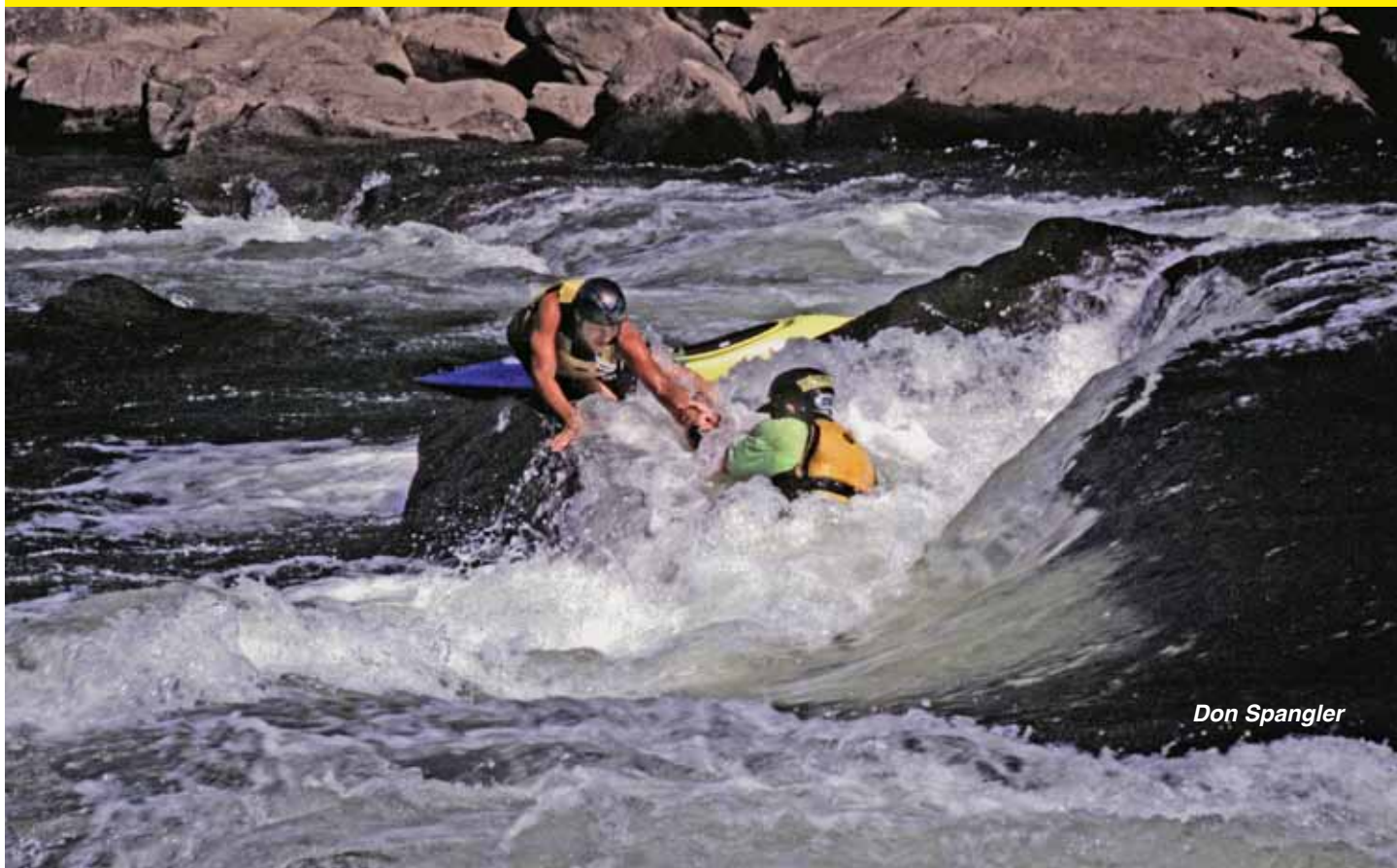
Eddy Lines of Interest

*In our own words.....*

## River Safety.....

has been important to the BWA since the first days of our Association in 1976. Here is a selection of articles about river safety that have been published in the Bowlines.

Recent serious paddler mishaps reported shows that we all need to know more & remember about river safety.



*Don Spangler*

Rescue scene on Gauley. Photo taken during filming of ***Whitewater Self Defense - Safety: Lessons, Skills, and Drills.***  
Video made by Kent Ford, John Davis, Charlie Walbridge and Ellen Babers DeCuir with help of many other paddlers.

# Looking Ahead

## Coming BWA Meetings

Second Tuesday of the Month, 7:30 pm

## BWA Monthly Meeting Meet & Eat

Location can vary

For more information on Club Meetings  
& Activities always check the online Calendar.

<http://www.bluegrasswildwater.org/?f=calendar>

## BWA April General Club Meeting

**June 12 2018 6:30 PM,**

## Pool Canoe/Kayak Roll Sessions

For dates check:  
<http://bwa.shuttlepod.org/event-2379023>

Learn to wet exit, bow rescue, and roll.  
Meet BWA members and be involved.  
Wash your boats, inside and out, before arrival.

Cost:  
\$5 - Members  
\$2 - Member child 12-18  
Free - Member child 11 and under

\$10 - Non-member  
\$5 - Non-member child  
First roll session ever? Non-members pay member rates



Bowlines is the Newsletter of the Bluegrass Wildwater Association, POB 4231, Lexington Ky, 40504

### Club Officers 2017-2018

President	Kyle Koeberlein	502-370-1289
Vice-President	Mike Daugherty	859-554-8489
Treasurer	Ben Mudd	859-576-9834
Secretary	Jansen Cunningham	270-703-0352
Safety	Robert Watts	859-33-3341
Program	Clay Warren	859-326-0602
Newsletter	Don Spangler	859-277-7314
Cyber Communications	Joe Wheatly	859-361-0892
Conservation	Brian Storz	859-324-2875
Film Festival Coordinator	James Welch	859-954-2025
Equipment Coordinator	Brandy Mellow	859-312-8640
At-Large Member	Codie Dunn	859-473-4232
Membership Coordinator	Dot Edwards	859-351-0132
Past President	Bob Larkin	502-550-4225

### Join in on the Fun!

Join the BWA! BWA Membership \$20/individual; \$25/Family year entitles you to receive the newsletter, 10% discounts at many local and out of state outfitter shops, use of club equipment, discount at pool rolling sessions, a listing in the BWA Handbook, a stream gauge guide, and web site with a forum for member's messages & a parking pass for the Elkhorn.

Meetings are held at 7:30, the second Tuesday of each month at location announced on our website: <http://www.bluegrasswildwater.org>

**BWA members want to read your story!  
Short or long. Sad or Funny.  
Tell us your paddling related story! Please!!**

Files can be e-mailed to the Editor: [DonSpang@aol.com](mailto:DonSpang@aol.com)



### Enjoy this issue of Bowlines?

Check out Bowlines Online Archive with many great issues going back to 1998!

#### Issue Archive:

[http://www.surfky-bwa.org/html/bowlines\\_arcN.html](http://www.surfky-bwa.org/html/bowlines_arcN.html)

A must read for all members, our 30th Anniversary issue:

[http://www.surfky-bwa.org/bowlines/BL30thAnnv\\_Aug06.pdf](http://www.surfky-bwa.org/bowlines/BL30thAnnv_Aug06.pdf)



<http://www.canoeky.com/>

The BWA wishes to thank Canoe Kentucky for its support.  
We urge you to patronize them for your outdoor needs.

# River Safety and Rescue in the BWA

*Don Spangler - Bowlines JulyAug08*

The club is fortunate to have a large number of new members that want to learn how to paddle whitewater. The Bluegrass Wildwater Association has introduced many hundreds of folks to the world of whitewater since it began in 1976. New enthusiasts have been the life-blood of our club. They are why we have grown from a couple dozen members to well over two hundred.

I think we do a pretty good job of bringing them into the sport. However it is understandable why those of us that have paddled for years sometime forget all the things, big and little that we know that a newbie may not be aware of. That is why our clinics and classes are so important: they provide new paddlers a foundation of knowledge and skills that they may not always pick up in the more casual setting of running a river.

We have had a tradition of promoting safe boating: In 1979 we had our first clinic at the Big South Fork, this was long before there was a paved road to the river, let alone the fancy facilities and campground that is there now. Roll Sessions started the year after we were formed, the winter of 1977. They were held at the pool at UK Memorial Coliseum on Sunday mornings 8am-12noon. It was a determined and motivated group that showed up for these roll session and braved the early Sunday hours and the cold water in the pool.

Also in the early eighties we started having novice trips for those new to the sport. Summer is perhaps the most active time for new paddlers because of warmer waters, but local streams rarely have water to paddle in the summer. Trips to the Nantahala, Hiawasse, New and similar streams that have dam water releases flows were the answer.

In 1982, to promote river safety skills and knowledge, the BWA put on the ***Southeastern River Safety & Rescue Symposium***. This two day Symposium was a first of it's kind put on by a paddling club and brought together state rescue teams, NOC instructors, paddlers, and other experts who were experienced in critical river. The speakers included some of the top experts in river safety and rescue at the time including Charlie



Walbridge, Bunny Johns, Russ Nichols, Dave Mason, and Bob Sehlinger. It helped expand and share knowledge on safe boating and river rescue. At the time there were few books, films or sources on safe whitewater paddling. Things we take for granted now like videos, DVDs, many books and the internet did not exist yet. The

mative years as a NOC then was in it's for-school of the outdoors. We were fortunate to have a similar organization start up in Lexington called SAGE. It became the fountainhead for Kentucky to learn outdoor skills like whitewater paddling.

SAGE had a store near the campus that sold outdoor equipment of all kinds including paddling equipment. They also have an excellent instructional program that taught skills like rock climbing, sailing, backpacking, and of course canoeing and kayaking. Most of those that started the Bluegrass Wildwater Association either taught at SAGE or attended their "Aqua I and Aqua II" paddling classes.

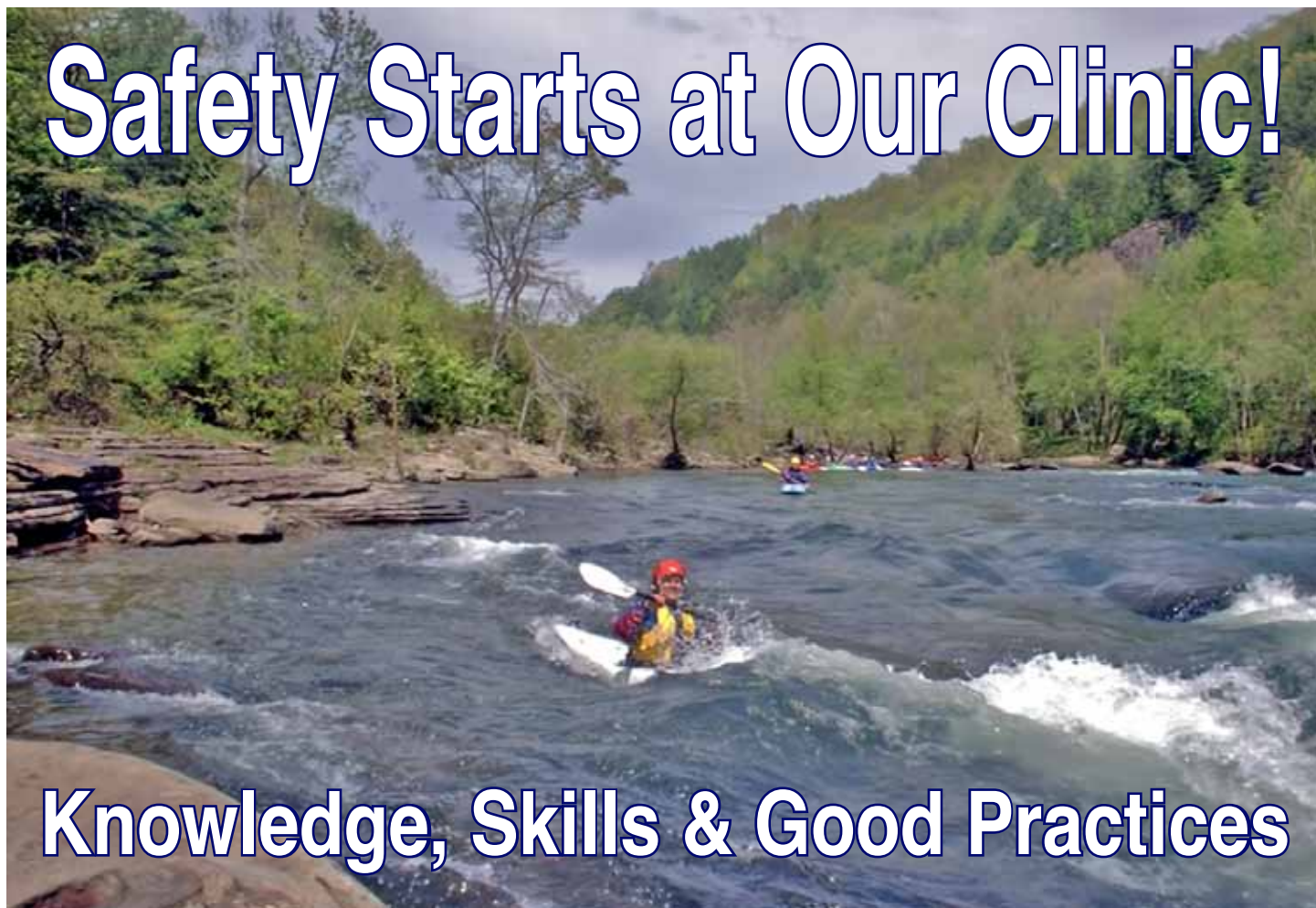
Over the years the Bluegrass Wildwater Association have had many other clinics on first aid, CPR, and river rescue. Members have also taken more advanced training at well known skill schools like the Nantahala Outdoor Center and Madawasa.. In some cases the BWA has be able to subsidize the cost of attendance to some of the classes for members or even arrange for a free cpr class or mini-rescue class. *But for most of our members, our **Annual Spring Clinic** was the start and*

perhaps most important way for them to learn about safe whitewater paddling.

group is not totally alert to the situation and does not respond properly.

But even with all the emphasis on river safety there have been incidents when serious harm was only moments or mere inches away. Because of learned skills... and sometimes luck, the outcome in most of these situations resulted in no major harm. But in the most serious incident the BWA lost a beloved member and longtime paddler due to a lapse of judgement on a river trip. Consequences of a small mistake or ignoring basic rules of safe boating can be serious and even deadly if you or your paddling

It is the responsibility of all participants on a river trip, from the trip leader to the least experienced member, to be alert to and question any condition or activity that could lead to potential harm. It is better to ask a question that you or someone else might consider unimportant or foolish then regret not doing so later. Paddling whitewater can be a reasonably safe activity if all of us are properly prepared and alert to dangers that can be found on the river. Good judgement can lead to good times!



BWA 2000 Clinic below the confluence of the Obed and the Emory in Tennessee. In the beginning a lot of thought went into the clinic, as it was considered the key event for the future of the club: It brought in new members and started them on the path to becoming good paddlers. There were important criteria we wanted for the clinic. We believed that location was important, thus we choose sites that were "Wild & Scenic" rivers & more remote when we could. This would give students an appreciation of what paddling could be like. Also important were stream systems with a lot of flexible choices with good water formations for teaching. Also a new section for day 2 for students to deal with practicing running a section of a river and to learn about scouting and making decisions about running rapids.

A 23 page instruction manual was put together as well as a 8 page Canoe Class Instruction Guide. The BWA started having pre-clinic activities for student orientation and to familiarize students in a pool what being in a canoe or kayak on water is like. Meals were cooked in camp (no fast food!) by Members. Saturday night was also saved for big meal and fun (just like on a river trip!)

Following is a syllabus for a clinic weekend that new paddlers will find useful as they continue to learn about paddling. Many of the other articles will be of interest to all who believe in paddling safely on the river.

This syllabus was based on instruction BWA members had experienced at SAGE, NOC, & MKC. It was given to both instructors and students to be used at our spring clinic for many years. It is still a good tool for new paddlers to use as a guide as they are learning the basics of paddling whitewater.

## **BWA Introduction to Canoeing/Kayaking**

### **Objectives**

#### **Important terms/skills to recognize and understand:**

1. Parts of the Boat: bow, stern, thwart, gunwale, painter, rocker, etc.
2. Parts of the Paddle: shaft, grip, throat, blade, tip, power face
3. Basic Safety Equipment: helmet, PFD, throw-rope, flotation
4. Hydrology: eddy/eddy line, standing wave, hole (hydraulic, keeper, etc.), pillow, strainer, dam
5. Paddle strokes: forward, reverse, draw, sweep, brace, turning/correcting/pulpulsion, body rotation
6. Boating techniques: upsteam/downstream lean, angle, speed, surfing,

#### **Strokes:**

##### **Canoeing: Achieve proficiency in:**

- |  |                                      |
|--|--------------------------------------|
| 1. forward stroke & back stroke          | 5. pry                               |
| 2. high and low braces                   | 6. cross bow draw                    |
| 3. draw stroke: to stern, bow, amidships | 7. hanging draw (turning high brace) |
| 4. forward & reverse sweeps              | 8. sculling, sculling draw           |

##### **Kayaking: Achieve familiarly with:**

1. propulsion strokes: forward & back (control hand/power hand, eye-level punch)
2. turning & control strokes-. forward sweep, reverse sweep, draw to bow, stern and amidships
3. defensive strokes: high brace, sweeping high brace, low brace, sculling draw & brace, sweeping low brace
4. Duffek etc.

#### **Introduction to water reading:**

Whitewater "Vs" (upstream & downstream), tongue, eddies, holes, pillows, ledges, horizon lines, water hazards (strainers, dams, etc.)

#### **River Maneuvers:**

##### **Achieve some proficiency and practice:**

paddling straight      turning the boat      upstream/downstream ferries peel out      eddy turn      setting

#### **River Running tactics**

paddling in control, river etiquette, running slower than current, running rock gardens, ledges, waves, hydraulics, bends in rivers, scouting, scouting from eddies (eddy hopping), surfing, lead/sweep

#### **Safety (discussion or demonstration)**

Transportation & tie down of boats & gear, boat carrying techniques, boat entry, self-rescue, swimming rapids, assisting techniques for rescue of person & boat, boat over canoe rescue, rope throw & rescue, AWA river signals & safety code, swamped or pinned boats, hypothermia, river rating, entrapment, proper clothing

**Basic Weekend Schedule:** It is important that you are read & anticipate this schedule. instructors will update you on changes. Your promptness will make it easier for all to get the most from the clinic. Be dressed & ready for the day by 9:00. You will not be back to camp till late afternoon.

**Saturday:** 7:00-8:30 Breakfast 8:30-9:00 Organizational/Safety Talk. Meet instructor/go to river.  
River time 10:00-4:30 Relax/fun 4:30-5:30? Supper about 6:00-6:30 Campfire 8:30-?

**Sunday:** 7:30-9:00 Breakfast 9:00 Break Camp 9:30 meet instructors/go to river, off river (ask inst.) 3:00-4:00

**Don't forget your lunch and water each day. Have a good time!**

# What is the Most Important Aspect of Whitewater Safety?

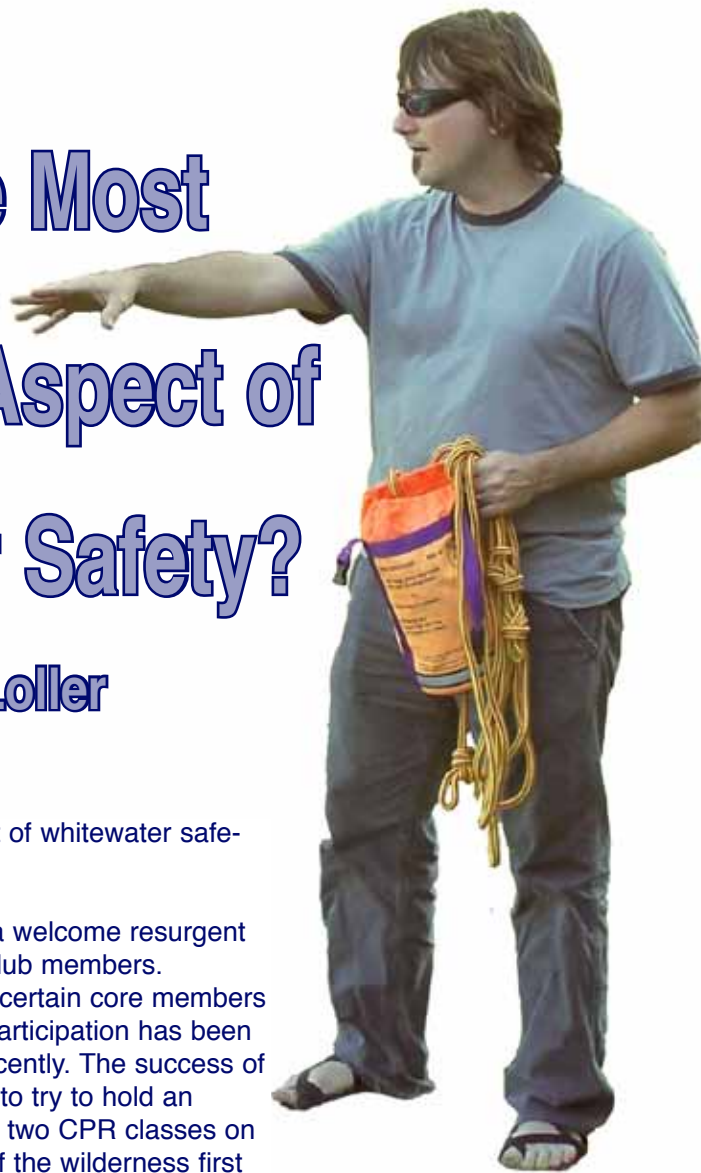
Hanley Loller

What is the most important aspect of whitewater safety?

In recent months there has been a welcome resurgent interest in boating safety among club members. Although there have always been certain core members who promoted safety education, participation has been stronger and more enthusiastic recently. The success of the swiftwater rescue clinic, plans to try to hold an advanced swiftwater rescue clinic, two CPR classes on the books, and the rescheduling of the wilderness first aid course that we have been trying to hold since last year all illustrate this renewed interest, and it is gratifying to behold.

A side effect of this renewed interest is renewed (and welcome) debate about various aspects of safety. Recent topics of debate on and off the forum include when to carry and use a throw rope, what kind of rope to carry, what kind of knowledge should every paddler have, what constitutes a good benchmark for safety and classification of a rapid or river, and what equipment is best for what reasons. These are disagreements that we can all recognize as healthy for the club as a whole since they promote discussion of tangible benefits and actions on behalf of club members to equip themselves with appropriate knowledge and gear.

This discussion, however, raises the question, "What is the most basic aspect of whitewater safety?" is it the gear you carry, the knowledge you have, experience, good habits? What is the one thing that is most likely to keep you and your friends out of trouble and allow you to effectively help someone when they are in trouble? Naturally, this will also instigate debate, but I'm going to



go out on a limb and state what I think is by far the most important aspect of whitewater safety.

By now, most folks are probably sick of me drawing comparisons to commercial whitewater, and justifiably so. Commercial whitewater and private boating are two entirely different creatures that require different approaches, different precautions and a different set of standards. If every private trip was required to carry the type of first aid kit Appalachian Wildwaters considered standard issue, along with boat repair equipment, radios and extra warm gear in profusion, no one would ever go boating. However, there are things that each of these different animals can teach the other and in commercial boating there is one aspect that bears examination here. That aspect is the greater incidence of carnage and the need to respond to scenarios. Granted the scenarios are generally less serious on the average than private boating scenarios but the experience one gains from being put in that situation repeatedly is invaluable, and I know of no other way to get it.

**the most valuable thing you can carry with you to increase your safety and the safety ..... is simply this, composure, the ability to retain a cool head under pressure.**

So, what do I think is the most valuable thing you can carry with you to increase your safety and the safety of those boating with you? It is simply this, composure, the ability to retain a cool head under pres

sure. This is the tool that will allow you to use all the other tools. It is also the most difficult one to acquire or to teach.

One phenomenon that is characteristic of young guides in the rafting industry is to be very reactionary in a crisis, to simply start acting, attempting to solve the problem immediately before assessing the situation. More experienced guides learn to ask themselves a few questions first. First and foremost is the perceived crisis real?

## ask ..... a few questions first

Just because someone fell out of your boat and is swimming doesn't necessarily mean they are in trouble and by attempting to rescue them without regard for your raft, you could end up creating a crisis where none existed before. Before acting, it is critical to look at the situation and make sure you are not putting yourself in danger in the process. In the heat of the moment it may seem absolutely critical to jump into a situation and rescue someone, but once you need rescuing too, it becomes patently obvious why the first rule of thumb is, "Don't make yourself a victim." Once you have evaluated the situation, you will find

## "Don't make yourself a victim."

that deciding how to act is much easier and that your decisions about what kind of action to take are better decisions. Under the heat of the moment you may be tempted to throw a rope to your friend who just swam in a big ugly rapid, but a quick assessment of the environment might reveal that you are perched on a slippery rock with no foothold above a big undercut and that throwing the rope would create two victims, both in worse shape than your friend's current predicament.

**Cool headedness will also help keep you out of trouble. It will allow you to make rational decisions and suppress the fear or anxiety that might otherwise be your undoing.**

Cool headedness will also help keep you out of trouble. It will allow you to make rational decisions and suppress the fear or anxiety that might otherwise be your undoing. Don't get me wrong, fear and anxiety are a good way to tell when you may be getting in over your head, and you don't want to ignore them, most of

the time. However, there's a time and a place for everything and when the kaka hits the proverbial fan blades, fear and anxiety are not your friend. You need to put those emotions in your pocket until you get out of whatever situation you have found yourself in.

A couple of months ago, someone sent around a link to a video of a kayaker getting mauled in a powerful four-foot pourover. He was getting hammered mercilessly and it seemed incredible that he was still hanging in there.

Finally, after what seemed like an eternity of surfing hell, the hole spit him out. He seemed to gather himself for a moment, then moved downstream as the camera pulled back to reveal that his chamber of hydraulic torture was directly above a huge drop, maybe 50 or 60 feet and with some obstruction in it that would have ensured a swimmer was severely injured or killed. Younger boaters viewing this clip may comment that he must have been soiling himself (to put it delicately) while surfing. Older boaters know that had he been soiling himself during that epic surf, he would never have managed to hang in there. He rode it out because even though some part of his mind was screaming in panic and running around in circles, he set that aside and dealt with the problem at hand, getting out of the hole.

I could go on all day about situations and how they are affected by your attitude, but I won't. Suffice it to say that good mental hygiene is, in my opinion, the most basic safety feature of boating. Not only that, but the lessons of grace under pressure on the water can be carried into other situations too. Life throws a lot of curve balls at us, from car wrecks to final exams.

**Once you develop the skill of maintaining your composure you will find that it ..... allows you to accomplish things you never thought you could.**

Once you develop the skill of maintaining your composure you will find that it effects every aspect of your life and allows you to accomplish things you never thought you could. It is one of the great lessons white-water gives to us, if we are open to it. In fact, for me it is the most tangible benefit of paddling.

*Be cool!*

# Know The Throw Rope..... Paddlers Lifeline.

*Don Spangler*

A good first rule of river safety is to know and be able to use self-rescue techniques when you are in trouble. The next rule is to know how and to be able to rescue someone else. Know-how and the right equipment are essential to river rescue. The single most used piece of equipment used in most river rescues is a throw rope. But, too often excuses are made for not taking a throw rope, or buying the smallest or cheapest one out there. You don't know when you may need to rescue someone or a boat so your rope should always be with you. And why have equipment that may not suffice in as many situations as possible? Spend the extra money and buy the better equipment, someone will be appreciative that you did.

What should you look for in a good throw rope? A quality throw rope should run 60' to 75' in length. Shorter ropes may work on small creeks, but not every stream you paddle will be a small narrow creek.

The diameter of the rope should be at least 3/8" or better. This not only provides a margin of strength, but it is easier to grab and hold onto if you are floating in the river. The cold hands of a swimmer have a hard time holding on to a narrow rope when the tension of their body in concert with the speed of the current comes to bear. Try holding on to a 1/4" rope with someone pulling on it, then try holding onto one that is 3/8" or 1/2". That should convince you to buy the thicker rope.

Of course being thicker may not be enough if the test strength of the rope is only a few hundred pounds. Some rescue situations demand more strength. I would say look for rope that has a strength of 1500 pounds or more. Pulling a broached boat full of water in the current off a rock will produce greater tensions on the rope than you may realize. Not only that, you never want a rope to be working near it's limits.

The most common rope for throw bags is braided buoyant polypropylene rope. It has good strength, floats and has some dynamic stretch. Sometimes it may have a sheath that adds to it's durability and strength. Spectra line is used on more expensive bags, has more strength but less dynamic stretch and often has a polypropylene sheath to help it float. The better throw bags will have rope that is 2-3 times stronger than a cheap bag.



Once you have a good throw rope you have another responsibility: Know how to properly use it. This involves not only learning techniques, but a lot of practice throwing the rope. Start by opening the bag and pulling out the end of the rope. I like to pull out several extra feet that I allow to drop on the ground or hold in my left hand along with the end of the rope. This allows me to let the rope play out a little further if the swimmer puts more pull on the rope than I am prepared for, or if I see that the swimmer may swing into a hazard I can let some rope out so they can continue holding onto the rope but avoid the hazard.

It is important to position yourself in a location that is downstream a little ways from where you might expect a swim. Allow for the distance that it might take for someone to eject from their boat and come to the surface as well as a few seconds for them to get their bearings on where they are and where you are. You should appraise the physical attributes of the stream at that point as well as the bank where you might locate yourself. Look for hazards or obstructions that might affect the rescue or be dangerous to a person in the water.. Also look for tree limbs or other obstructions that the rope may catch on when it is thrown. Finally, look for the best place to position yourself for the rescue, so that you have stable footing and will not be pulled down or fall over during the rescue. Locate trees or rocks that may provide you a way to belay the rope off something other than yourself. If none exist ask one of your group to stand nearby, ready to grab the back of your vest to hold you in place during the rescue. They can also be available to



respond with other needed actions. They could have a second rope ready in case your throw is bad, they could exert a vector pull on the line to affect the direction of the pull, or any other action that may be needed in a rescue.

When you throw you should remember that the swimmer is a moving target and you need to anticipate where the swimmer will be when the rope reaches them. Try to make eye contact with the swimmer, yell "Rope!" or use your whistle to catch their attention. Your throw works best most of the time if it underhanded. (If you have a small vest bag you might need to throw it over handed.) Do not arch too high or your distance and timing will be off and you may find the rope will hang on a tree limb you did not notice. The rope thrown with a high angle would be less likely to fall across the swimmer like it needs to. A medium angle with the rope bag released at

hand and arm separately pull the rope in letting it drop into a "spaghetti pile". Once you have the water filled bag swing it underhanded for a second throw. This works best when you are on relatively flat open ground, otherwise you may have to coil the rope in one hand as you pull it in.

If you happen to be the swimmer and not the rope thrower remember to grab the rope, not the bag. Roll onto your back letting the rope pull over one shoulder. This allows an air pocket to form around your face so you can breath easily during the rescue.

Assuming that the rescue was successful, it is important to take care of the rope and repack it into the bag. Restuff the bag by holding the bag in one hand with the fingers able to keep the rope from coming back out of the bag as the other hand stuffs the bag a foot or two at



about eye level will assure good distance and best aim.

Never wrap the rope around your arm, you need to be able to quickly release the rope if the situation requires it. Belay it behind your hips when you see that the swimmer has grabbed it and be ready for the jerk on the rope after the swimmer has grabbed it. In most cases the swimmer will pendulum toward the shore. You are responsible for making sure you are not pulling him into hazard. Communicate with the swimmer by yelling as needed giving assurance and direction. Do not let them stand till they are in the eddy.

If your first throw did not succeed you may have a second chance if you can retrieve the rope fast enough. Drop the end of the rope and step on it, then using each

a time. You might want to try an alternative method by having the rope coming over the shoulder with both hands holding the bag while your thumbs and forefingers are pulling the rope into the bag.

The throw rope can be useful in many other ways for river rescues especially if you have a few other items of equipment, like a couple of carabiners, a couple of prisms, a pulley and so on. But that is beyond this discussion of basic throw rope use. If you have a good throw rope, know how to throw it, practice using it, and make sure you always have it with you on river trips, you have taken the first important step. In time consider taking a river safety and rescue class as you learn to paddle more difficult streams.

**The AW safety code should be read and reread by paddlers regularly. (Editor)**

# Safety Code of American Whitewater

Five decades of service to the paddlers of America. Our mission is to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

adopted 1959 revised 2005

*Eric Nise - Safety Chairman*

*Charlie Walbridge - Safety Vice-chairman*

*Mark Singleton - Executive Director*



## **Introduction**

This code has been prepared using the best available information and has been reviewed by a broad cross-section of whitewater experts. The code, however, is only a collection of guidelines; attempts to minimize risks should be flexible, not constrained by a rigid set of rules. Varying conditions and group goals may combine with unpredictable circumstances to require alternate procedures. This code is not intended to serve as a standard of care for commercial outfitters or guides.

## **I. Personal Preparedness and Responsibility**

1. **Be a competent swimmer**, with the ability to handle yourself underwater.
2. **Wear a life jacket.** a snugly-fitting vest-type life preserver offers back and shoulder protection as well as the flotation needed to swim safely in whitewater.
3. **Wear a solid, correctly-fitted helmet** when upsets are likely. This is essential in kayaks or covered canoes, and recommended for open canoeists using thigh straps and rafters running steep drops.
4. **Do not boat out of control.** Your skills should be sufficient to stop or reach shore before reaching danger. Do not enter a rapid unless you are reasonably sure that you can run it safely or swim it without injury.
5. **Whitewater rivers contain many hazards** which are not always easily recognized. The following are the most frequent killers.
  1. **High Water.** The river's speed and power increase tremendously as the flow increases, raising the difficulty of most rapids. Rescue becomes progressively harder as the water rises, adding to the danger. Floating debris and strainers make even an easy rapid quite hazardous. It is often misleading to judge the river level at the put in. Since a small rise in a wide, shallow place will be multiplied many times where the river narrows. Use reliable gauge information whenever possible, and be aware that sun on snowpack, hard rain, and upstream dam releases may greatly increase the flow.
  2. **Cold.** Cold drains your strength and robs you of the ability to make sound decisions on matters affecting your survival. Cold-water immersion, because of the initial shock and the rapid heat loss which follows, is especially dangerous. Dress appropriately for bad weather or sudden immersion in the water. When the water temperature is less than 50 degrees F., a wetsuit or drysuit is essential for protection if you swim. Next best is wool or pile clothing under a waterproof shell. In this case, you should also carry waterproof matches and a change of clothing in a waterproof bag. If, after prolonged exposure, a person experiences uncontrollable shaking, loss of coordination, or difficulty speaking, he or she is hypothermic, and needs your assistance.
  3. **Strainers.** Brush, fallen trees, bridge pilings, undercut rocks or anything else which allows river current to sweep through can pin boats and boaters against the obstacle. Water pressure on anything trapped this way can be overwhelming. rescue is often extremely difficult. Pinning may occur in fast current, with little or not whitewater to warn of the danger.
  4. **Dams, weirs, ledges, reversals, holes, and hydraulics.** When water drops over an obstacle, it curls back on itself, forming a strong upstream current which may be capable of holding a boat or swimmer. Some holes make for excellent sport. Others are proven killers. Paddlers who cannot recognize the difference should avoid all but the smallest holes. Hydraulics around man-made dams must be treated with utmost respect regardless of their height or the level of the river. Despite their seemingly benign appearance, they can create an almost escape-proof trap. The swimmer's only exit from the "drowning machine" is to dive below the surface when the downstream current is flowing beneath the reversal.
  6. **Broaching.** when a boat is pushed sideways against a rock by strong current, it may collapse and wrap. this is especially dangerous to kayak and decked canoe paddlers; these boats will collapse and the combination of indestructible hulls and tight outfitting may create a deadly trap. even without entrapment, releasing pinned boats can be extremely time-consuming and dangerous. to avoid pinning, throw your weight downstream towards the rock. this allows the current to slide harmlessly underneath the hull.
  7. **Boating alone is discouraged.** The minimum party is three people or two craft.
  8. **Have a frank knowledge of your boating ability**, and don't attempt rivers or rapids which lie beyond that ability.
  9. **Be in Good physical and mental condition**, consistent with the difficulties which may be expected. Make adjustments for loss of skills due to age, health, fitness. Any health limitations must be explained to your fellow paddlers prior to starting the trip.

10. **Be practiced in self-rescue**, including escape from an overturned craft. The eskimo roll is strongly recommended for decked boaters who run rapids Class IV or greater, or who paddle in cold environmental conditions.
11. **Be trained in rescue skills, CPR, and first aid** with special emphasis on the recognizing and treating hypothermia. It may save your friend's life.
12. **Carry equipment needed for unexpected emergencies**, including foot wear which will protect your feet when walking out, a throw rope, knife, whistle, and waterproof matches. If you wear eyeglasses, tie them on and carry a spare pair on long trips. Bring cloth repair tape on short runs, and a full repair kit on isolated rivers. Do not wear bulky jackets, ponchos, heavy boots, or anything else which could reduce your ability to survive a swim.
13. Despite the mutually supportive group structure described in this code, **individual paddlers are ultimately responsible for their own safety, and must assume sole responsibility for the following decisions:**
  1. The decision to participate on any trip. This includes an evaluation of the expected difficulty of the rapids under the conditions existing at the time of the put-in.
  2. The selection of appropriate equipment, including a boat design suited to their skills and the appropriate rescue and survival gear.
  3. The decision to scout any rapid, and to run or portage according to their best judgment. Other members of the group may offer advice, but paddlers should resist pressure from anyone to paddle beyond their skills. It is also their responsibility to decide whether to pass up any walk-out or take-out opportunity.
  4. All trip participants should consistently evaluate their own and their group's safety, voicing their concerns when appropriate and following what they believe to be the best course of action. Paddlers are encouraged to speak with anyone whose actions on the water are dangerous, whether they are a part of your group or not.

## II. Boat and Equipment Preparedness

1. **Test new and different equipment** under familiar conditions before relying on it for difficult runs. This is especially true when adopting a new boat design or outfitting system. Low-volume craft may present additional hazards to inexperienced or poorly conditioned paddlers.
2. **Be sure your boat and gear are in good repair** before starting a trip. The more isolated and difficult the run, the more rigorous this inspection should be.
3. **Install flotation bags** in non-inflatable craft, securely fixed in each end, designed to displace as much water as possible. Inflatable boats should have multiple air chambers and be test-inflated before launching.
4. **Have strong, properly sized paddles or oars** for controlling your craft. Carry sufficient spares for the length and difficulty of the trip.
5. **Outfit your boat safely.** The ability to exit your boat quickly is an essential component of safety in rapids. It is your responsibility to see that there is absolutely nothing to cause entrapment when coming free of an upset craft. This includes:
  1. Spray covers which won't release reliably or which release prematurely.
  2. Boat outfitting too tight to allow a fast exit, especially in low volume kayaks or decked canoes. This includes low-hung thwarts in canoes lacking adequate clearance for your feet and kayak footbraces which fail or allow your feet to become wedged under them.
  3. Inadequately supported decks which collapse on a paddler's legs when a decked boat is pinned by water pressure. Inadequate clearance with the deck because of your size or build.
  4. Loose ropes which cause entanglement. Beware of any length of loose line attached to a whitewater boat. All items must be tied tightly and excess line eliminated; painters, throw lines, and safety rope systems must be completely and effectively stored. Do not knot the end of a rope, as it can get caught in cracks between rocks.
6. **Provide ropes** which permit you to hold on to your craft so that it may be rescued. The following methods are recommended:
  1. Kayaks and covered canoes should have grab loops of 1/4" + rope or equivalent webbing sized to admit a normal-sized hand. Stern painters are permissible if properly secured.
  2. Open canoes should have securely anchored bow and stern painters consisting of 8 - 10 feet of 1/4" + line. These must be secured in such a way that they are readily accessible, but cannot come loose accidentally. Grab loops are acceptable, but are more difficult to reach after an upset.
  3. Rafts and dories may have taut perimeter lines threaded through the loops provided. Footholds should be designed so that a paddler's feet cannot be forced through them, causing entrapment. Flip lines should be carefully and reliably stowed.
7. **Know your craft's carrying capacity**, and how added loads affect boat handling in whitewater. Most rafts have a minimum crew size which can be added to on day trips or in easy rapids. Carrying more than two paddlers in an open canoe when running rapids is not recommended.
8. **Car-top racks** must be strong and attach positively to the vehicle. Lash your boat to each crossbar, then tie the ends of the boats directly to the bumpers for added security. This arrangement should survive all but the most violent vehicle accident.

## III. Group Preparedness and Responsibility

1. **Organization.** A river trip should be regarded as a common adventure by all participants, except on instructional or commercially guided trips as defined below. Participants share the responsibility for the conduct of the trip, and each participant is individually responsible for judging his or her own capabilities and for his or her own safety as

the trip progresses. Participants are encouraged (but are not obligated) to offer advice and guidance for the independent consideration and judgment of others.

2. **River Conditions.** The group should have a reasonable knowledge of the difficulty of the run. Participants should evaluate this information and adjust their plans accordingly. If the run is exploratory or no one is familiar with the river, maps and guidebooks, if available, should be examined. The group should secure accurate flow information; the more difficult the run, the more important this will be. Be aware of possible changes in river level and how this will affect the difficulty of the run. If the trip involves tidal stretches, secure appropriate information on tides.
3. **Group equipment should be suited to the difficulty of the river.** The group should always have a throw-line available, and one line per boat is recommended on difficult runs. The list may include: carabiners, prussic loops, first aid kit, flashlight, folding saw, fire starter, guidebooks, maps, food, extra clothing, and any other rescue or survival items suggested by conditions. Each item is not required on every run, and this list is not meant to be a substitute for good judgment.
4. **Keep the group compact,** but maintain sufficient spacing to avoid collisions. If the group is large, consider dividing into smaller groups or using the “buddy system” as an additional safeguard. Space yourselves closely enough to permit good communication, but not so close as to interfere with one another in rapids.
1. **A point paddler** sets the pace. When in front, do not get in over your head. Never run drops when you cannot see a clear route to the bottom or, for advanced paddlers, a sure route to the next eddy. When in doubt, stop and scout.
2. **Keep track of all group members.** Each boat keeps the one behind it in sight, stopping if necessary. Know how many people are in your group and take head-counts regularly. No one should paddle ahead or walk out without first informing the group. Paddlers requiring additional support should stay at the center of a group, and not allow themselves to lag behind in the more difficult rapids. If the group is large and contains a wide range of abilities, a “sweep boat” may be designated to bring up the rear.
3. **Courtesy.** On heavily used rivers, do not cut in front of a boater running a drop. Always look upstream before leaving eddies to run or play. Never enter a crowded drop or eddy when no room for you exists. Passing other groups in a rapid may be hazardous; it’s often safer to wait upstream until the group ahead has passed.
5. **Float Plan.** If the trip is into a wilderness area or for an extended period, plans should be filed with a responsible person who will contact the authorities if you are overdue. It may be wise to establish checkpoints along the way where civilization could be contacted if necessary. Knowing the location of possible help and planning escape routes can speed rescue.
6. **Drugs.** The use of alcohol or mind-altering drugs before or during river trips is not recommended. It dulls reflexes, reduces decision-making ability, and may interfere with important survival reflexes.
7. **Instructional or commercially guided trips.** In contrast to the common adventure trip format, in these trip formats, a boating instructor or commercial guide assumes some of the responsibilities normally exercised by the group as a whole, as appropriate under the circumstances. These formats recognize that instructional or commercially guided trips may involve participants who lack significant experience in whitewater. However, as a participant acquires experience in whitewater, he or she takes on increasing responsibility for his or her own safety, in accordance with what he or she knows or should know as a result of that increased experience. Also, as in all trip formats, every participant must realize and assume the risks associated with the serious hazards of whitewater rivers.
8. It is advisable for instructors and commercial guides or their employers to acquire trip or personal liability insurance:
  1. An “instructional trip” is characterized by a clear teacher/pupil relationship, where the primary purpose of the trip is to teach boating skills, and which is conducted for a fee.
  2. A “commercially guided trip” is characterized by a licensed, professional guide conducting trips for a fee.

#### IV. Guidelines for River Rescue

1. **Recover from an upset with an eskimo roll** whenever possible. Evacuate your boat immediately if there is imminent danger of being trapped against rocks, brush, or any other kind of strainer.
2. **If you swim, hold on to your boat.** It has much flotation and is easy for rescuers to spot. Get to the upstream end so that you cannot be crushed between a rock and your boat by the force of the current. Persons with good balance may be able to climb on top of a swamped kayak or flipped raft and paddle to shore.
3. **Release your craft if this will improve your chances,** especially if the water is cold or dangerous rapids lie ahead. Actively attempt self-rescue whenever possible by swimming for safety. Be prepared to assist others who may come to your aid.
  1. **When swimming in shallow or obstructed rapids,** lie on your back with feet held high and pointed downstream. Do not attempt to stand in fast moving water; if your foot wedges on the bottom, fast water will push you under and keep you there. get to slow or very shallow water before attempting to stand or walk. Look ahead! Avoid possible pinning situations including undercut rocks, strainers, downed trees, holes, and other dangers by swimming away from them.
  2. **If the rapids are deep and powerful,** roll over onto your stomach and swim aggressively for shore. watch for eddies and slackwater and use them to get out of the current. Strong swimmers can effect a powerful upstream ferry and get to shore fast. If the shores are obstructed with strainers or under cut rocks, however, it is safer to “ride the rapid out” until a safer escape can be found.
  4. **If others spill and swim, go after the boaters first.** Rescue boats and equipment only if this can be done safe

ly. While participants are encouraged (but not obligated) to assist one another to the best of their ability, they should do so only if they can, in their judgment, do so safely. *The first duty of a rescuer is not to compound the problem by becoming another victim.*

5. **The use of rescue lines requires training;** uninformed use may cause injury. Never tie yourself into either end of a line without a reliable quick-release system. Have a knife handy to deal with unexpected entanglement. Learn to place set lines effectively, to throw accurately, to belay effectively, and to properly handle a rope thrown to you.
6. **When reviving a drowning victim,** be aware that cold water may greatly extend survival time underwater. Victims of hypothermia may have depressed vital signs so they look and feel dead. Don't give up; continue cpr for as long as possible without compromising safety.

## Universal River Signals

*These signals may be substituted with an alternate set of signals agreed upon by the group.*

**Stop:** Potential Hazard Ahead. Wait for “**all clear**” signal before proceeding, or scout ahead. form a horizontal bar with your outstretched arms. Those seeing the signal should pass it back to others in the party.



**Help/Emergency:** Assist the signaler as quickly as possible. Give three long blasts on a police whistle while waving a paddle, helmet or life vest over your head. If a whistle is not available, use the visual signal alone. A whistle is best carried on a lanyard attached to your life vest.



**All Clear:** Come ahead (in the absence of other directions proceed down the center). Form a vertical bar with your paddle or one arm held high above your head. Paddle blade should be turned flat for maximum visibility. **To signal direction** or a preferred course through a rapid around obstruction, lower the previously vertical “all clear” by 45 degrees toward the side of the river with the preferred route. Never point toward the obstacle you wish to avoid.



**I'm okay:** I'm okay and not hurt. While holding the elbow outward toward the side, repeatedly pat the top of your head.



## VI. International Scale of River Difficulty

This is the American version of a rating system used to compare river difficulty throughout the world. This system is not exact; rivers do not always fit easily into one category, and regional or individual interpretations may cause misunderstandings. It is no substitute for a guidebook or accurate first-hand descriptions of a run.

Paddlers attempting difficult runs in an unfamiliar area should act cautiously until they get a feel for the way the scale is interpreted locally. River difficulty may change each year due to fluctuations in water level, downed trees, recent floods, geological disturbances, or bad weather. Stay alert for unexpected problems!

As river difficulty increases, the danger to swimming paddlers becomes more severe. As rapids become longer and more continuous, the challenge increases. There is a difference between running an occasional class-IV rapid and dealing with an entire

river of this category. Allow an extra margin of safety between skills and river ratings when the water is cold or if the river itself is remote and inaccessible.

Rivers are also rated using this scale. A river rating should take into account many factors including the difficulty of individual rapids, remoteness, hazards, etc.

## **The six difficulty classes:**

### **Class I Rapids**

Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.

### **Class II Rapids: Novice**

Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium-sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed. Rapids that are at the upper end of this difficulty range are designated "Class II+".

### **Class III: Intermediate**

Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims. Rapids that are at the lower or upper end of this difficulty range are designated "Class III-" or "Class III+" respectively.

### **Class IV: Advanced**

Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. A fast, reliable eddy turn may be needed to initiate maneuvers, scout rapids, or rest. Rapids may require "must" moves above dangerous hazards. Scouting may be necessary the first time down. Risk of injury to swimmers is moderate to high, and water conditions may make self-rescue difficult. Group assistance for rescue is often essential but requires practiced skills. A strong eskimo roll is highly recommended. Rapids that are at the lower or upper end of this difficulty range are designated "Class IV-" or "Class IV+" respectively.

### **Class 5: Expert**

Extremely long, obstructed, or very violent rapids which expose a paddler to added risk. Drops may contain\*\* large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes. Rapids may continue for long distances between pools, demanding a high level of fitness. What eddies exist may be small, turbulent, or difficult to reach. At the high end of the scale, several of these factors may be combined. Scouting is recommended but may be difficult. Swims are dangerous, and rescue is often difficult even for experts. A very reliable eskimo roll, proper equipment, extensive experience, and practiced rescue skills are essential. Because of the large range of difficulty that exists beyond Class IV, Class 5 is an open-ended, multiple-level scale designated by class 5.0, 5.1, 5.2, etc... each of these levels is an order of magnitude more difficult than the last. Example: increasing difficulty from Class 5.0 to Class 5.1 is a similar order of magnitude as increasing from Class IV to Class 5.0.

### **Class VI: Extreme and Exploratory Rapids**

These runs have almost never been attempted and often exemplify the extremes of difficulty, unpredictability and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favorable water levels, after close personal inspection and taking all precautions. After a Class VI rapids has been run many times, its rating may be changed to an appropriate Class 5.x rating.

© 2006 American Whitewater | PO Box 1540 | Cullowhee, NC 28723 | 1-866-BOAT-4-AW | info@americanwhitewater.org

This code has been prepared using the best available information and has been reviewed by a broad cross-section of whitewater experts. The code, however, is only a collection of guidelines; attempts to minimize risks should be flexible, not constrained by a rigid set of rules. Varying conditions and group goals may combine with unpredictable circumstances to require alternate procedures. This code is not intended to serve as a standard of care for commercial outfitters or guides.

<https://www.americanwhitewater.org/content/Wiki/safety:start?>

# River Safety and You

Bowlines May/June 2004

*Take a few minutes to inform your friends/family on river safety. I just joined the BWA but have paddled with many of you for a year or so, I've been a Viking member for a couple years, I just wanted to share this... As boaters we often take the knowledge of water and the power*

*that it possesses for granted. I just want to make sure that everyone takes 10 minutes to explain to those close to you how they should handle a swiftwater situation. Let people know that they should never endanger themselves my jumping into moving current, this only adds to the people that will eventually have to be rescued/searched for by those who know what they're doing. Never stand up in moving water, if you do fall in keep your nose and toes in the air, etc. Also, don't drive over even a few inches of moving water.*

*I spent the weekend searching for a close friend of my wife's back in Lewis County (North Eastern KY) A truck that she and 4 other people were riding in was swept away in a flash flood because, get this, they backed up into the water trying to turn around. The one boy who survived said "the water was only a few inches deep". The truck came to rest about 1 1/2 mile downstream after being destroyed by several bridges. Authorities now think that the girl and the boy who survived were actually out of the truck because they were scared when it was backing into the water. They believe my wife's friend actually jumped in to try to save the boys.*

*As I was talking to the girl's mother I couldn't help but think if someone had told her, NEVER jump in moving water after someone unless you aren't putting yourself at risk, clearly none of them had on PFD's. Long story short, take a minute to explain the awesome power of water, that it should be respected and enjoyed with caution. FYI, they found the girl on Wednesday, after almost a week of constant searching.*

*I'll get off my soapbox now, just wanted to preach a little. Later, Patrick Collins*

Editors note: Many opportunities exist to talk about water safety with folks that often lack information and understanding about river safety. They often get the idea that if you are there and are boating it, it must not be "that" dangerous. Strike up a conversation with those you meet along the river, your explanation of the safety precautions you take and the learning curve that is part of enjoying the river safely may save thier life. Don't act flippant or do things that will lead them to taking river safety lightly.

## Swift Water Safety Thoughts

It's easy to over generalize when talking about swiftwater, and some of what we teach the new people in paddling we may violate in Swiftwater Rescue, but here are a couple of thoughts.

Attempting a swiftwater rescue without safety gear is stupid and suicidal. However, with basic gear like a lifejacket, helmet and throwrope, you can minimize the risk involved. There are safe techniques to wade in swiftwater and it can be a fast and effective technique to reach a victim. It has it's limits, for example depth and speed of the water restrict the technique, but it is a tool.

I'm not a fan of the defensive swimming position. It's good to get in a safe position and orient yourself, but from there I find the aggressively swimming is a safer method. Again, look at the situation, but if you have some concept of what the water is doing, you are probably going to be better off swimming aggressively for a safe eddy rather than let a flooded stream carry


WHITewater SAFETY WORKSHOPS

River safety and rescue workshops will be conducted on the Elkhorn Creek during the month of October. The only requirements are a throw bag or rope, Class III experience, and 2-3 hours of your time. Groups will be limited to 5 participants. Techniques to be discussed and practiced include:

1. Tag Line Rescue
2. Vector Pull
3. Z-Drage
4. Telfer Lower
5. Tyrolean Snatch (discussed only)
6. Sea Anchor (discussed only)

If interested, contact Rich Lewis at 502-695-4169. The following dates and times are currently available:

Tuesday, Oct 13, 6 PM  
Thursday, Oct 15, 6 PM  
Saturday, Oct 31, 1 PM



From the October 1981 Issue of Bowlines:

you.

I also advise not driving in flooded roads, but realistically unless the water is very fast, it takes more than a couple of inches of water to move a vehicle. However, I don't drive across flooded bridges, streams or causeways unless I'm very, very familiar with the area. What generally happens in these situations is that the victims assume that the water depth is only inches when in fact it is much deeper. While the weight of the vehicle would hold you down with only the tires in the current, when the water washes up against the side of the vehicle there is a lot more force and then you are in real danger. Be careful in flood waters. If you paddle, take a SWR course. Be prepared.

Want to learn a lot more? An application and waiver for the July 24/25 Swiftwater Rescue Class is available on the BWA website, look under events. The cost is still

\$75, plus \$6 for event membership if you are not an ACA member (please include your membership number and expire date on the application). It will be held at Ratliff's Hole on the Russell Fork and the dry land sessions will be at the Breaks Park. This is not a boating weekend, so plan to leave the boats at home. You will be in the river a lot. I highly recommend wearing neoprene or fuzzy rubber pants to help protect you from scraps and bruises. Decent river shoes are a must, booties and sandals are not appropriate footwear for this class. E-mail me with any questions.

Larry Cable  
BWA Safety Officer  
lrcable@aol.com



BWA Swift Water Rescue Class  
Russell Fork River, July 19th-20th, 2008

Events like this are what help make a non-profit, volunteer organization work. Low cost, great instructors, beautiful location, extra water...the 2008 SWR class

was a huge success. The class filled up quickly with 15 commitments, and nary a one dropped out... unheard of with this motley paddling crew of one-track minds! Not only did everyone pick up some great skills and knowledge about river safety, knots and rescue, but a little boating and roll practice was





Brandon Jett

enjoyed thanks to the extra release of water from the Flanagan Reservoir. Thanks Army Corp of Engineers!

The Russell Fork River near Elkhorn City, KY was as perfect a location as we could have asked for. Camping right at Ratliff Hole, which was the site for

**“a fun group, dynamic and energetic, made this a perfect weekend to bond and pick up some new skills”**

the class, colorful locals, and a fun group, dynamic and energetic, made this a perfect weekend to bond and pick up some new skills with our fellow club members. Add a full moon, and we had a great recipe for good times.

Larry and Jason went over many techniques and scenarios that will help any paddler at least be able to

recognize a situation and lend a hand, if not take the lead in a rescue or accident on the river. Techniques such as avoiding strainers, rescue vest applications, entrapments and pins were practiced, as well as self-rescue and swimming. Knots were covered, as well as pulley systems and rope work. The scenarios provided an opportunity for participants to practice their skills both individually and within a team/group context.

Big thanks to Larry Cable, Jason Foley and the American Canoe Association for putting this on and



Brandon Jett



Brandon Jett

the great instruction. Another round of applause to the BWA Steering Committee, the students and everyone else who helped put this together. And how could I forget Meryl Douglas and Dale Perry, helping in front of and behind the scenes to make this a success. Meryl gets the Academy Award for her stellar performance of the frantic swimmer...she made a little girl cry, thinking that this crazy screaming lady was

about to drown. Kudos Meryl! Nice work.

I hope we can continue to offer these kind of classes every year. The BWA will be organizing CPR and a Wilderness First Aid course this year as well, so let's take advantage of these great opportunities to become safer and more confident out there on the water.



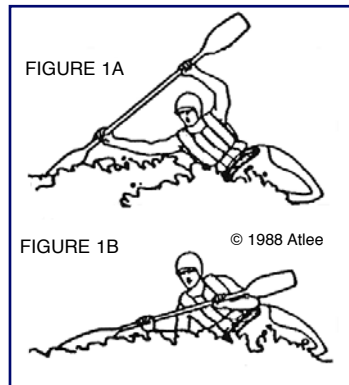
Brandon Jett

# A Simple Method of Treating Shoulder Dislocations for the Whitewater Enthusiast

Paul Dulky, M.D

From the October 1988 Bowlines

Whitewater is powerful. When acting through the long lever arm of a paddle it can easily dislocate the arm at the shoulder if the paddle is raised overhead. In this position, backward movement of the paddle shaft will force the shoulder into the position of dislocation: arm raised, rotated, and then thrust behind the head. This most commonly occurs during a brace stroke to the side of the boat when the hand nearest the head is allowed to rise too far upwards. (FIGURE 1A)

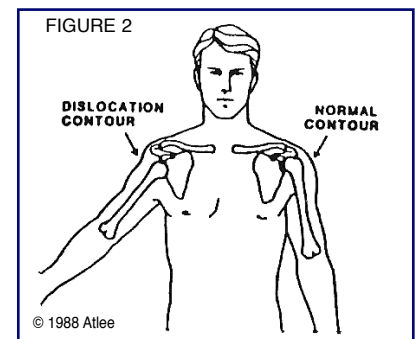


Good technique doesn't expose the shoulder to this risk, both arms are held flexed, near the chest, and the paddle held relatively parallel to the water's surface. (FIGURE 1 B) This is a strong brace and a safer one. The paddler's body acts as a block to backward movement of the paddle shaft, which almost eliminates the risk of dislocation. Nevertheless, the overhead brace is still used, and as a result, shoulder dislocations remain the most common serious injury of the whitewater paddler.

Shoulder dislocations may occur in river canyons where extrication is difficult and time consuming. Immediate reduction (returning the shoulder to its normal position) should be done to minimize the extent of the injury and suffering. A technique I've used successfully for eight years of emergency medical practice and in the wilderness is described below. It is unique in that a harness is used to allow one person to apply both controlled traction and countertraction. This method is particularly suited to the kayaker because many flotation jackets can function as harness. Rock climbers and hikers can also use this method by first improvising a harness from clothing, padded straps or rope coils.

Before using this technique in the wilderness, be as certain as you can that you are dealing with a dislocation.

The shoulder should demonstrate the typical deformity: loss of prominence of the lateral aspect of the shoulder accompanied by a soft hollow spot where the humeral head normally lies, and an inability to bring the injured arm to the side. (FIGURE 2) If the patient can touch the uninjured shoulder with the hand of his injured side, the injury is more likely to be a clavicle fracture or acromioclavicular separation, not a shoulder dislocation.

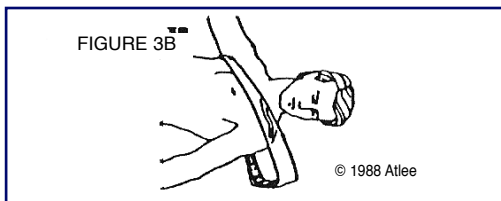
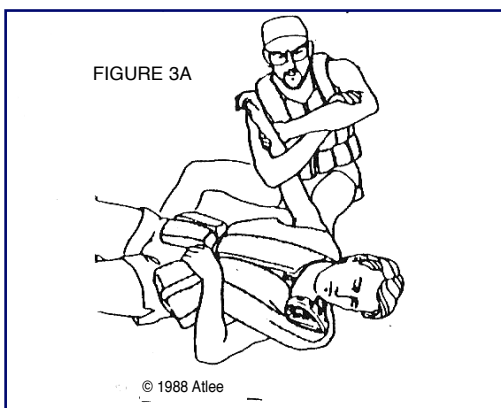


Signs of a fracture are a floppy, unstable arm, or one that is massively swollen. Do not attempt a reduction if the arm is broken. Check the three major nerves which supply the hand and arm by testing the ability to feel a light touch over the back of the hand (radial nerve), the midpalm (median nerve), and the side of the little finger (ulnar nerve). Since the radial nerve is the most frequently injured of these, also test wrist extension against resistance. If there is nerve damage you should still treat the dislocation, but with the reassuring knowledge that nerve injury was present before reduction,

The principal involved is simple. Traction of the arm (directly away from the shoulder joint) will pull the humeral head to the apex of the attached rotator cuff muscles and the still largely intact joint capsule, into its anatomically correct position. Proceed as follows for a right shoulder dislocation:

1. Ask the patient to support his own arm and help him to lay down on the flattest available ground.
2. Sit down next to the patient's injured shoulder. Slide your left foot through the float jacket's left shoulder strap from the arm opening into the neck opening. Your left leg functions as a head rest. If a strap or clothing loop substi

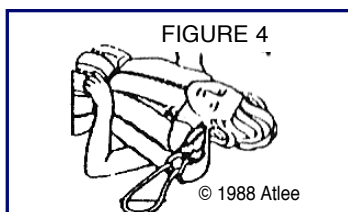
stitutes for the floatation jacket harness, it should be oriented from the injured arm to the lip of the opposite shoulder. (FIGURE 3 A and 3B).



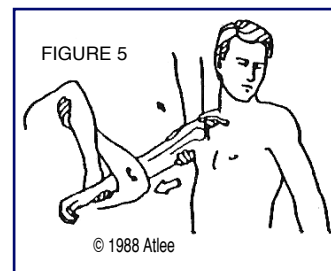
3. Hold the affected arm as shown keeping your left hand below the wrist and the meaty part of your right forearm as close to the crook of the patient's flexed elbow as possible. The right foot can be positioned wherever it's comfortable.

4. Lean slowly backwards using your leg and trunk muscles to apply traction. The patient will feel secure as he is bowstrung between your arms and your foot. The float jacket/harness allows you to distribute countertraction evenly across the patient's rib cage immediately below the dislocation. Sufficient tension is applied to lift the patient's shoulder off the ground. If the jacket pulls against the patient's neck, have him look away from you -- in doing so he will protect his airway

5. Both you and the patient should be comfortable. Sit upright or lean back slightly. On a small person, you may need to lie a loop of rope through the float jacket's left shoulder strap to give yourself enough room to accomplish this. (Figure 4) Throughout the procedure inform and reassure the patient -- muscle relaxation is the key to successful reduction.

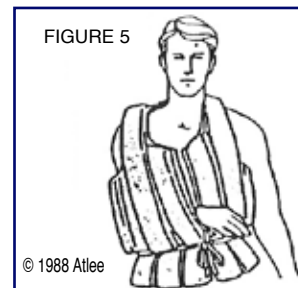


6. You can rotate your arms as a unit during traction, a few degrees left and right, to try and gently walk the humeral head outwards as you pull. Reduction is usually accomplished within two minutes. A second helper, if present, can assist by gently pulling the humeral head away from the patient's side during traction. (FIGURE 5



7. When the shoulder is felt to slide into place, allow the patient's arm to fall next to the body with the forearm across the waist. Reduction is assured if the arm and forearm can lay against the body and pain is relieved. The reduced humeral head will fill out the shoulder and feel firm under the deltoid muscle.

8. Immobilize the shoulder by securing the arm inside the float Jacket, or use any other improvised "sling and swath" arrangement. (FIGURE 6)



This technique has several advantages. The patient's arm is manipulated minimally before, during and after reduction. The entire process occurs with the patient lying on the ground; no platform is needed. The patient does not need to be undressed (although this may be necessary in order to evaluate the injury).

The floatation jacket automatically places the patient in the best position to (reduction and diffuses countertraction pressure across the entire thorax, protecting the patient from rib injury. Other harness arrangements can easily be improvised.

One person can apply considerable force in a controlled fashion. The patient is able to relax without the sensation of sliding or being pulled off balance during traction. The tug of war present when different people apply traction and countertraction is absent.

This method of shoulder reduction can be learned easily and remembered by lay persons. The technique can be practiced safely among members of a wilderness expedition in a manner identical to its actual application.

Bowlines March/April 1997

# River Safety:

# You are the "Machine"



"Paddling whitewater can be the most exhilarating adventure you can undertake. The excitement of running a whitewater stream can only be exceeded by the unsurpassed beauty and solitude of nature. If you are paddling in Class III whitewater or better, boating is a sport and no longer an activity and you should prepare your body accordingly. Properly trained and prepared paddlers are much more likely to enjoy their sport."

"In paddlesports you ARE the machine. Although most of the time this is a finesse' rather than a strength sport, there are occasions when strength and endurance can mean the difference between life and death. Paddlesports can be very dangerous and physically demanding. Therefore, it is important to keep yourself on a physical fitness training program that includes stretching. This includes working out all parts of the body at least three times a week. Stretching should be an every-day activity. The rule of thumb is that you should get in shape to paddle, not paddle to get into shape. Very few of us paddle enough to get into good physical condition. There are potentially tremendous stresses that can be exerted on the joints and muscles of particularly the arms and shoulders during paddling."

"Flipping upstream in a hole can wrench even the strongest shoulders out of joint. But your chances to avoid serious injury are best if the shoulders have"

"the musculature to stabilize it during this event. Obviously, tucking quickly instead of initiating that old standard, the high brace, is also important."

"So by now most of you are moaning and groaning about how you don't have time to work out or you just can't seem to maintain the desire to continue a"

"fitness program. If done properly, a lot of benefit can be achieved in 30-45 minutes followed by 10 minutes of stretching. It is important to find something that is fun for you. Cross training, or doing an activity other than paddling, such as biking, skiing or swimming, are excellent means of conditioning. A lot can be done with nothing more than a pair of dumbbells to strengthen the arms and shoulders while watching TV."

"Getting hurt is never fun but getting hurt on a river is really a bummer. A lot of places that we paddle are downright remote and rescue would be difficult or impossible to undertake. Transporting a paddler with a dislocated shoulder is something most of us wouldn't have a clue on how to do properly. Plus it HURTS! Prevention is the preferred alternative. Get in shape before you paddle. Do it for yourself and do it for your paddling buddies who would have to rescue you if you were to get seriously injured."

See you on the river!"

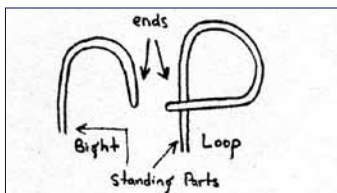
"Jim Daniel"

# All tied up ?

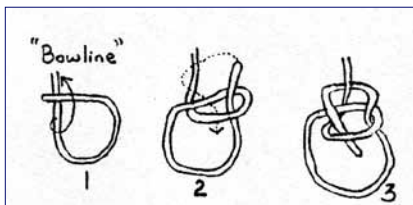
*Rich Lewis*

*From the December 1980 Issue of Bowlines*

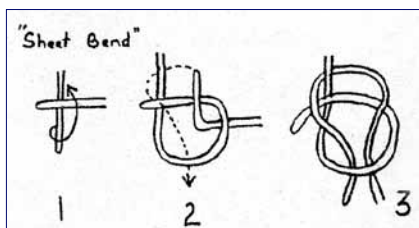
For those who missed the October meeting (or sat at the far end of the table). here are the diagram and brief descriptions of a few of the knots we learned. To begin with terminology. A bight is a simple bond in the rope. The end is folded to be parallel with the standing part. It does not cross the standing part. A loop is formed, as shown, by crossing the end over the standing part (see diagram).



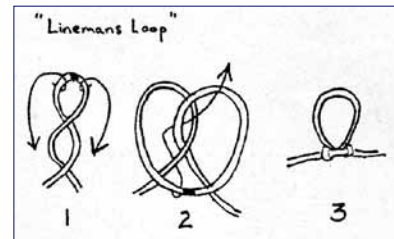
**A bowline** (pronounced bo-lin) is formed from a loop (diagram # 1). place the right forefinger on top of the crossing and pointing toward the asterisk. Put the thumb underneath the crossing and pointing in the same direction. Now turn your hand so that your palm faces you, and you should have a facsimile of diagram #2. Pass the end around the standing part and back down the loop and you have reached diagram #3. Pull up snug. This is the sailor's way of tying the bowline and results in a secure loop in the end of the rope.



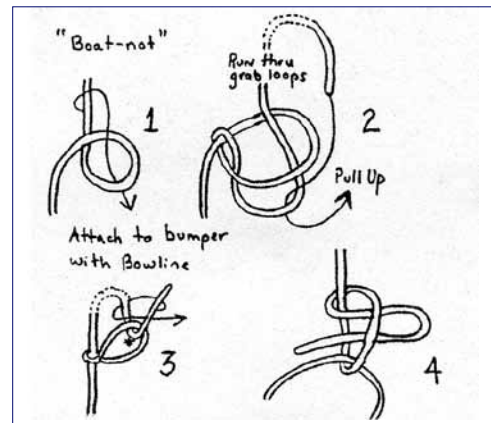
**A sheet bend** is used for joining two ropes together when a single, longer rope is needed. Arrange the ends as shown and follow the directions for tying a bowline. Pull as snug as possible, leaving 2"-3" of each end protruding from the knot.



**The lineman's loop** is an easy to tie/untie knot made in the middle of a rope. No ends are needed to tie it. Take a bight in one hand and twist it twice to get diagram #1. Pull the loop down (see black marker) to get diagram #2. Bring the bottom loop behind and then through the middle loop and pull snug (diagram #3).



**The boat-not** is a convenient and secure way of fastening boats to cars (or vice versa, depending on the size of your gas-saver). Attach one end to the bumper and run the other end up through the grab loops. At a convenient place form a loop as shown in diagram #1. Pass a bight through the loop as in diagram #2 and pull the slipknot tight. Pass the end through the loop and pull up to the desired tension (not too hard!). Pinch the crossing to maintain the tension while you pass a bight around the standing part and through the loop so formed (diagrams 3-4).



If you understand all this you probably knew it already. If you don't understand all this, bring a rope to the next meeting and/or roll session and/or river trip and ask me to explain it to that is if I'm not already tied up....

### Jessamine Creek takeout advice March 29, 2018

Hello boating universe! I'm just looking for a little advice here from anybody who is familiar with Jessamine Creek. A few years back my wife and I set out to paddle the creek, but could not find a place to park anywhere near the takeout at the stone bridge. There are no trespassing/no parking signs EVERYWHERE! Even all along the road on either side of the bridge and the little side road. Totally understandable because I'm sure the property owners around there have had to deal with their fair share of inconsiderate dootie faces over the years.

Anywho, the American Whitewater page for Jessamine Creek says that the owners of the house at the bridge are okay with people taking out at the bridge and hiking up to the road, but that still doesn't indicate where to park in a considerate fashion. There just did not seem to be a single location anywhere around the takeout that looked legit. We definitely don't want to upset the people who live around there, is it just universally known that those homeowners are cool with people hiking up their driveway? The AW page also says that there are a couple of alternate takeout spots downstream that involve a quarter mile hike uphill. That would be fine with us, anybody know where these elusive alternate takeout spots are located?

Any advice that you kind folks could offer on this topic would be greatly appreciated. Also, if anybody has run this creek recently and could offer up any strainer knowledge that would be a super cool bonus.

Cheers,  
Keith

Andrew van horn paddles paddles it. You can pm him at handle drewavan.

Joe W.

Been a spell since I've checked the forum. Parking at the take-out is best done at the old quarry. As you cross the bridge from the put in there is a sharp right hand turn. Sortly after that turn and just after the bridge is a pull off. That is the best parking for the takeout, I have parked there many times and never had an issue and is the best place to park. I will also update the AW site to reflect where to park.

Andrew Van Horn  
Captain of the Pirate Ducky Fleet

April 29, 2018

DO NOT PASS THE STONE BRIDGE!! There is a very bad low head dam there. Always take out at the stone bridge and

hike up the road to the car. The owner of the property at the stone bridge is very friendly towards boaters hiking up his drive.

Andrew Van Horn  
Captain of the Pirate Ducky Fleet

April 30, 2018 10:20AM

Thanks for the heads up! Drowning is no fun

Old Man River

### Alas, Boater Talk is Gone! Any memories to share ya'll?

April 23, 2018

I know that BT has been notifying folks for months that it was ending, but I just now took my occasional look here on my computer and then on my phone, and it seems it is finally gone. Sigh. I really liked that forum. One of the few I would actually participate in. Too bad really. But, I understand why Eric Princen, the founder and owner, walked away. Too many people using FaceBook and not enough money raised with ads at BT, especially with the lack of time Eric has these days. Blows me away it is gone. I think that sucks. Wish my friends would quit using FaceBook and contact each other in so many other ways, anyway. The Mom and Pops like BT are gone or going. Even this Forum is not as active as it should be because of the sell out by BWA'ers to FB. Please, consider quitting FB and deleting all your information before you deactivate. Don't "like" anything there, for sure. All this I have been saying about FB for years now. I won't change my view about the dangers it poses and if anything, they only solidify over time as I watch the fallout. On the other-hand, it is kinda sweet to subpoena FB account information for court cases, but that is the about the limits of what I like about it. The cookies taste better in hell I suppose because the vast majority of you reading this won't stop using FB. Suckers!

Anyway, the "Monsanto" and the "Big Tobacco" of Social media is FB. Be very leery of that one. I truly feel blessed to have no footprint there myself, although I know my friends wittingly or unwittingly plaster my picture in it at times. I wish that would back off too to be honest. You can post pictures of me and ya'll running "what not" falls all you want right here on the BWA forum. Let em search that. Or the newsletter is fine. Or your blog. Maybe not the classified section of the New York Times, even though I am sure that is a smaller audience than FaceBook. Funny how people think you are hard to find if you are not on FB. Suits me. My real friends can find me, no problem and quite quickly. Alright, enough of me saying over and over again: FaceBook is bad, mmmkay?

So long Boater Talk. I spent ten days camping with Eric Princen at Burning Man two years ago and he was telling me back then of his plans to shut down BT if he could not transfer it to someone, anyone, for free even. But, nothing came of that, he moved to the NW from his home CO and is working full time there and was left with no choice. What a journey BT has been with a homegrown crowd of boaters, lots from the east and less from the west, and a scene that dominated this part of the boating world over the past 15 years or more. While I was never a big fan of handles and always posted my full name to own what I said, in the end, everyone there knew who was generally who, except for the excitement of the occasional, sometime more than occasional troll. Shit, I met some good friends that use to flame like crazy just to get folks riled up and then watch the fun. It would be like, damn, I can't believe that was you doing that. Another Merry Prankster in my river life...

Now, how about some stories of your favorite BoaterTalk moments or exchanges? Any out there? I gotta think about it, but there have been a few interesting sessions over the years. Get back to you on that later, maybe.

And if any of you put a link to this post on FB, you are a friggin drag! So there! You should be surfing the Forum to see this. If you want a buddy to see it, call her and tell them to go look at the forum, or text or email a link. There are other ways ya'll.

Brent

Great read Brent but BT has just moved to Amazon Cloud - [aws.boater-talk.com](http://aws.boater-talk.com) There is a redirect link but it's misspelled. I still use FB for convenience. I'm sorry but it's just a bit easier than using the forum on my phone. I get your points though! Hopefully FB will get better after the legal fallout or something new and better will come along.

Wes

Fatality on the Linville Gorge yesterday  
April 29, 2018

Just heard the news that open boater, Burton Greer passed away yesterday in the Linville. A solid accomplished boater that I did not know but had seen out on rivers. Clay has paddled with the brother. Terrible sad news. It is very beautiful in there and the whitewater is world class challenging. It has sure been a tough year already for our boating family at large. Sigh...  
Brent

May 03, 2018

Hoping this unfortunate event may provide some food for thought on risk management while on the water (and in general). It appears the rescuer wants to share for the sake of safety/etc, so I'm commenting to promote knowledge, yet also with the deepest respect for all involved and what they are going through.

I didn't know the victim but this accident really speaks to me, as it illustrates a somewhat common occurrence that I have observed and personally experienced when you become a more confident and proficient boater and negotiate the delicate balance of risk and reward on the water (for example, walk or run fist's hairy fairy at medium to higher level, which I seen go successfully and not).

Overall, It sounds as if the primary cause of the accident was a simple mistake made by a skilled boater: essentially, attempting to boof in an unknown rapid with an unforeseen hazard (and somehow making an error while boofing or being acted upon by an unforeseen rock or hydraulic that prevented a successful boof stroke in the proper river position). Secondly, a contributing factor may be that an additional boater may have been beneficial for rescue in the below scenario (second rope, second had, one person goes for help while the other maintains a visual on the victim). Although it sounds as if the force of the water was very strong. Also, I spoke with the author of the accident description (primary rescuer), and it sounds like the victim was in a Braap, which may have promoted stern pinning. How many times have you boofed (or simply ran a rapid) without scouting or without a boater with previous experience on the river leading (and only in a party of two)? It happens...

Enjoy life and live it to the fullest, but perhaps it's best to do so in a manner that conservatively manages risk for yourself and the boaters in your group.

John

## **Rec boater killed in Marion Co. running Dead Head Dam**

May 08, 2018

A rec boater on his first trip out in a kayak, not wearing a life jacket and running a dead head dam in Marion Co. Ky died today. Obviously he had no business out there doing what he was doing but while looking for him, his friends rescued a woman hanging off the same dam. It amazes me that more isn't done to limit the deadly hydraulics associated with these dams. Keep an eye out for these people and pass on some knowledge when you can.

Bob

Another kayak fatality, this time on the Green Narrows May 10, 2018

Saturday night, at the Cheat Fest, I got the news about Matt Ray dying at Go Left on the Green Narrows after a pin and foot entrapment in his bulkhead earlier that day. News travels fast in boating circles. I understand he was 20 years old. I have friends that were friends with him. This is a bad south-east year. Hope the western runs starting up have a better season than ours over here. Just terrible, terrible news.

Brent

Yeah I read about this, but didn't hear about the bulkhead, is that what happened? I've thought that some of the modern



bulkhead designs seem to leave too much room around the edges, more a function of modern boat design than the bulkhead itself. If you have any more details, please let us know.

Hanley Loller

May 11, 2018

This from Wade Harrison's account as posted on Facebook. He was not paddling with Matt, but was in a group just behind Matthew and Matt's paddling partner on the Green that day.

From Wade:

I'm going to do the best I can to give my accounts of what happened on the Green River Narrows at Go Left Rapid. Sorry took couple days I know the Green gets paddled 100s times a week and everyone want to know some first hand accounts. So something needs to be said.

I want to start off I was not in Matthew's group that day. I was paddling with Grady behind their group. We stayed back and ate lunch while they were putting on. Time had past from us putting on after them. So everything is after the actual pin happened. I don't know all that went on before I was there. I have been told but I was not there so a lot of that will be cleared up later. I will try to focus mostly what I was involved in.

Just to clear the air Matthew Ray flat pinned his kayak underwater at Go Left rapid Saturday May 5 2018. His left leg was entrapped in the kayak and could not get out and was eventually overcome by water and drowned still in the boat. Many attempts to save him by his group were made with no luck. He was pinned dead center of the rapid off the dome, looks like bow dropped and his boat became severely flat pinned. I'm very familiar with Go Left and know how this happened that I know. Also to note he was paddling a low volume kayak and the boat did not fold or the bulkhead collapse. His left leg was broken and pushed at 90 degree angle under/against the bow wall. He was a very skilled kayaker that has run that rapid 100 times. Water level was 9" on the stick it was later day around 3-5pm?

Grady and I were down at the pool above Whaletail just hanging back taking our time. Steve's group caught up with us there. We chatted a bit and all just kind of paddled down together from there. Steve's group dropped Boofers and we stayed back to give them time to clear. I ran center Boofers and as soon as I came around Boofers rock I saw Jeremy standing on Go Left rock holding a rope waving his hand. I seen Steve's crew getting out very fast and I didn't see Matt my heart sunk. I just knew right away Matt's pinned his boat in center but probably ok. I went down to the river right eddy jumped out grabbing my rope and pulley gear out my boat. Ran down and Steve gave me the no good signal. I jumped down to the bottom rock close to the hole and member of Steve's group was there and told me it's Matthew and he flat pinned and its been awhile he's gone. For some reason I was thinking awhile means like 10 to 20mins? Later found out not the case. I wanted to think

there was hope and yelled for Grady to come up and help. Going to live bait out and get him out there. I'm very familiar with Go Left and the rock that pins boats you can stand on in the center. I just wanted to get my hands on him and try to get him out and start CPR. We all worked fast to set up ropes and I jumped out to center rock and was able to get hands on him. I grab him and pulled with everything I had I knew something was wrong. I dove under and felt his left leg was still in the boat and I tried to free it but could not. I grab him by his right hand and neck shook and pulled with all I had still no luck. I knew at that point only way was to unpin the boat or pull him out upstream out with a rope. I yelled for more ropes tied one to him and reached back and unhooked the one attached to my harness and went under and clipped that to the bow grab loop. Came up and told all to hold up and dove over Go Left rock and swam to the bank and ran up. Explained to everyone what the situation was under there and if we pull boat and him same time one will most likely come free. We all pulled and Matt and his boat came out but his left leg was still in the boat and right leg was completely out. We ferried boat over to the eddy right. I slide down to the boat and used my foot to try to free his left leg while holding the bow grab loop but didn't fully dislodge it. I seen his leg was at a 90 degree angle and was visibly broken. It was not past the bulkhead. Boat was still in good shape had little more piton on the bow nose but still looked ok. His leg from knee down was between the bow wall and side of the boat very usual entrapment. Most likely happened on impact? I fell in the water it was very deep there and yelled to ferry him over to river right bank. At that moment he came right out of the kayak. We all grab the rope that was attached to him and by this time EMS was running down the river left bank. We got a kayaker in the water to ferry that rope over to EMS they pulled Matt across to river left side. And started CPR but it was too late he had been under a very long time. I'm sure we all can learn from this. Everyone did the best they could with a very bad situation. There were lots of people involved. We all worked together as one hell of a team. There's always what if's when these things happen. I want to move on from this and a Big thank you to everyone that reached out to all us involved. Watch each others back out there and let's play safe. RIP Matthew Ray you will be miss buddy...

Clay

Wow. Anybody know what the boat he was paddling was?

Hanley Loller

He was in a Dagger RPM. There's a really cool tribute video put together by Zack Shelly on FB highlighting Matt's shred skills down the Green. He was a young ripper for sure. <https://www.facebook.com/zach.shelly.5/posts/10156322751717179>

Clay

**Wow**, that really hits home. My beloved RPM.

Hanley Loller

# Eddylines of Interest

## **BWA General Club Meeting Minutes 02-13-18**

**Non-Steering Committee Members in Attendance: 40**

### **Introduction of New Members**

Terry came to his first meeting and got involved through roll sessions. People can sign up for memberships tonight.

### **Program 30-45 Minutes**

Geology And River Morphology: Paddling Your Way Through Dynamic Landscapes With Bethany Overfield

### **New Business**

Club Available Balance as of 2/13/18: \$9,467.88

Members as of 2/13/18: 465ish

Voted for NPFF Director to spend up to \$3000 for NPFF 2019 at the end of the event to secure venue for the following year if they so choose. John Mello made the motion and Tim Miller seconded it. The motion past.

Vote to pay up to an additional \$500 for RFR for up to a total of \$1,000. Tim made the motion and Brit seconded. Motion past.

### **Trip Reports**

John Mellow gave a trip report and so did Sarah Leach

### **Announcements**

National Paddling Film Festival

Keep your ears open for Not NPFF race details as water levels may change.

Spring Clinic registration up and running. May 18th through the 20th.

### **Adjournment**

Bob Larkin made a motion to adjourn the meeting on 02/13/2018 @ 9:06 P.M. and it was seconded by Robert Milgate. The motion was carried.

## **BWA General Club Meeting Minutes 03-13-18**

**Non-Steering Committee Members in Attendance: 47 Members**

### **Introduction of New Members**

### **Program 30-45 Minutes**

Program - Two Live Rescues: A Critical Analysis  
In light of several recent tragedies on the river, we would like to revisit some rescue scenarios. We want to provide

an interactive discussion relating to topics that could potentially help build better preparedness while on the river. Please come out and join us for this and many other informational topics and of course some trip reports and socializing!

### **New Business**

Club Available Balance as of 2/13/18: \$20,082.08

Members as of 3/13/18: 476ish

NPFF Wrap Up

Vote to donate up to \$9000 and as long as NPFF hold back at least \$5000 to run next years event after 2019 Venue is paid for.

Vote to give Mike up to \$2,000 to set up spring clinic.

### **Trip Reports**

Trip Reports Here.

### **Announcements**

Spring Clinic Student and volunteer sign ups live online. 4 people signed up as students so far for this years clinic.

Roll Session Friday at 8:00PM

### **Adjournment**

Hanley Loller made a motion to adjourn the meeting on 03/13/2018 @ 9:53 P.M. and it was seconded by Ben Mudd. The motion was carried.

## **BWA General Club Meeting Minutes 4-10-18**

**Non-Steering Committee Members in Attendance: 47 Members**

### **Introduction of New Members**

### **Program 30-45 Minutes**

Paddle Sports: Then, Now and Into the Future

Nathan Depenbrock, Canoe Kentucky

nathan@canoeky.com

502-395-1535

Aca website has various series of videos teaching safety  
Another state club : Bluegrass Yakmasters, Kayak Fishing  
American Canoe Association has curriculum to teach in the classroom for kids  
Canoe Kentucky offers summer camp to kids  
Woods and Waters - organization that raises money to protect the lower kentucky watershed

### **Trip Reports**

### **Announcements**

### **BWA Elkhorn Clean Up**

The Great Elkhorn Creek Trash Bash

June 2nd, or makeup date June 16th

Clean up from forks all the way down to Ky river

Volunteers from bwa and wikings will cover whitewater section

City of frankfort will collect the trash

Cook out along with award ceremony at end of the day  
\*goal is to change the perception of what is okay and what is not okay on the river

### **Beginners Clinic**

May 18th - 20th at Russell Fork River  
Camping at Ratliff Hole  
Viking Canoe Club will be joining us this year  
If you volunteer, its free  
Camping only is \$20 in advance, \$25  
Please pre-register! Will help us tremendously.

**Next month program**, West Prince will come back and give wound care and first aid demonstrations. Location to be determined.

**NoliFest** at Nolichucky this weekend, April 7th

**CheattFest**, day of derby, grass roots festival on banks of chief on NW West virginia

**Tuck Fest**, a week from Saturday, April 21st

### **Adjournment**

Mike Wilson made a motion to adjourn the meeting on 4/10/2018 @ 9:38 P.M. and it was seconded by John Mel-low. The motion was carried.

### **BWA General Club Meeting Minutes 5-9-18**

#### **Non-Steering Committee Members in Attendance**

45 Members

#### **Introduction of New Members**

#### **Program 30-45 Minutes**

Program - First Aid With Wes Prince

#### **Trip Reports**

#### **Announcements**

Spring Clinic Student and volunteer sign ups live online..  
Roll Session Friday at 8:00PM

### **Adjournment**

Mike Wilson made a motion to adjourn the meeting on 5/9/2018 @ 9:35 P.M. and it was seconded by Bob Larkin. The motion was carried.

### **BWA Steering Committee Meeting Minutes 03-06-18**

#### **Reports**

##### **President – Kyle Koeberlein:**

1. BWA T-shirts  
General, Iconic T-Shirts  
Could be something to give to new members

2. Officers for 2018/2019

elections are held in June

Start thinking about future positions

3. Zina's email about Central Kentucky Audubon Society

#### **Vice President - Mike Daughtery:**

1. Spring Clinic Update

campground reserved...need to be extra vigilant on trash clean up, complaints from last year

Mike received letter regarding trash, Bob will handle it moving forward

will need a volunteer coordinator and a gear coordinator ASAP

goal is 50 volunteers

Hanley mentioned volunteering coordinating instructors

Bob suggested asking chief to be safety officer again

Ben suggested improving the questions in the sign up form

contacted canoe kentucky regarding rental equipment

Need to speak with them about not sending cross over boats

Upcoming to do list:

contacting someone about port a potties

Bob will handle this

DJ dance party or live band??

part of the insurance for clinic is insurance and water

bob is taking care of the insurance

\$125 for club, aca

25 for breaks

25 is actual insurance

40 is for bob having to have membership, must be under someone's name...only wants half of this cost, 20

#### **Secretary - Jansen Cunningham**

no new news

#### **Treasurer -Ben Mudd:**

main account 5,562.26

npff 15,317.62

#### **Newsletter Editor – Don Spangler:**

not present

#### **River Conservation Liaison – Brian Storz:**

Working with Clay Warren on a program regarding climate change and its effects on the rivers in our future.

Come up with plan for cleanups that the club is going to organize and work with Bob Larkin on his Elkhorn Creek idea. Red River Clean Up

#### **Safety Officer – Robert Watts:**

Roll session update

attendance is poor for the last 2

#### **Program Director – Clay Warren:**

program for following is going back to safety theme

need videos from kyles laptop

Gerry Seavo, give 1st 15 min....follow up with safety

if time, clay would like to discuss group dynamics  
nathan is tent planned for april, would like to give him an  
idea of where it would be held  
maurikas is a good option  
Jimmy will check into this

#### **Film Festival Coordinator – James Welch:**

NPFF

donation schedule = \$9,000...need to make motion for this  
at next club meeting

AW \$4,000

ecuadorian rivers institute (ERI) \$500

the green river access fun \$500

north chickamauga conservancy \$1,000

west virginia rivers coalition \$1,000

ottawa riverkeepers \$500

jess albright kayaking education endowment \$500

BWA \$1,000 (would like to put this into rendezvous account)

this year did not charge volunteers, could of used fewer

next year should charge a small amount

Britt recommended having something different than alcohol...such as root beer

resigning from silent auction coordinator position

Maria Noakes funeral is Saturday and will be broadcasted  
live from NOC

Paddle is at 10 am Nantahala

based on what donations + venue rental ... leaves roughly?

$15,317.62 - (9,000+1,200) = \$5,117.62$

money could still be coming in

need deposit back for beer

several weeks to a month

AW got 67 memberships from drive

33% increase from last year

#### **Web Meister – Joe Wheatley: not present**

#### **Gear Meister – Brandy Mellow:**

#### **Member At Large – Codie Dunn: not present**

#### **Membership Coordinator – Dot Edwards:**

needed update from memberships and fees from NPFF sign ups

if they sign up online, it is automatically updated with wild apricot

new sign ups....9 total

are family memberships, 4 are individual

total active is 325

#### **Past President – Bob Larkin:**

Work with Brian Storz about Elkhorn Creek clean up.

#### **Announcements**

Hanley

would like to have more business cards to give out  
other clubs subsidize their members to become AC certified  
should this be something we consider?

roughly costs \$400-500

if we have them certified, they must be instructors/volunteers at the clinic

#### **Adjournment**

Brandy Mellow made a motion to adjourn the meeting at 03/06/18 8:59 and it was seconded by Bob Larkin. The motion was carried

#### **BWA Steering Committee Meeting Minutes 04-03-18**

Non-Steering Committee Members in Attendance

Dara

#### **Reports**

##### **President – Kyle Koeberlein:**

BWA T-shirts

Basic BWA T Shirt for Spring Clinic Students

Up in the air, Bob has been looking into this

Officers for 2018/2019

elections are held in June

Start thinking about future positions if you plan to leave your role

NPFF Financials

By Laws regarding NPFF:

Kyle's interpretation is NPFF needs to b)

Bob's opinion is they need their own accountability for their organization.

If NPFF takes in money and spends money...they need to have separate accounting, steering committee members BWA can't lose site we started this and will always continue to support it, however, financially it does not need to mix with BWA funds

Rendezvous needs to do the same thing

Overall....more control you get, more liability you get. However, BWA should not govern their accounting.

##### **Vice President - Mike Daughtery:**

Spring Clinic Update

22 of the 45 volunteers signed up

15 students signed up as of 4/3

Up in the air about T-shirts, band, menu

Mellos know the Baja Yetis.....Mike is hoping/pushing for them to come out and play for about 3-4 hrs.

Talent Show

will have a speaker set up

Jesse is lead instructor...mike will be assisting with participant sign up

Ben will be equipment coordinator

Had the thought about holding a second clinic in the Fall

Need help with finding sponsors...help with food, equipment

If anyone has connections with outfitting organizations that are willing to demo boats

Waiting to hear from Canoe Kentucky regarding rental equipment...will talk with him at the next general club meeting

Mentioned The Viking Club would like to join forces for Spring Clinic..their lookin at roughly 20 people.

Issues: Camping, river space

Bob brought up no water on Friday

Park is paying for 3 port-a-potties...may need to look into more based on number of students.

May need to look into having a dumpster for trash

**Secretary - Jansen Cunningham**

No new news.

**Treasurer -Ben Mudd:**

BWA Balance \$5,463.84 (Includes Pending PayPal Transfer)

not deducting the \$2,000 for spring clinic

Owe CPA \$490.00

Ben paid today 4/3

Need to budget up to \$500 for taxes.

**Newsletter Editor – Don Spangler:**

Newsletter

Lacking a list of the films in NPFF and who entered them along with a synopsis

Need names of winners

How much did we make at the film festival? How much do we donate? Whom do we donate to?

Would love to have an article from Clay regarding the NPFF race that didn't occur and why it didn't happen

Would like to have article advertising Spring Clinic

Feels like steering committee is not communicating well with club where problems arise and why certain decisions are made

**River Conservation Liaison – Brian Storz:**

Working with Clay Warren on a program regarding climate change and its effects on the rivers in our future.

Come up with plan for cleanups that the club is going to organize and work with Bob Larkin on his Elkhorn Creek idea. Red River Clean Up

**Safety Officer – Robert Watts:**

Roll Session Update

Officially canceled this Friday...pool was drained last Friday Friday the 13th, Robert will need help manning the door.

Doesn't believe Hanley will likely be absent as well.

If no extra volunteers, will cancel this session as well.

if both sessions are canceled, will have 5 weekends until Spring Clinic

Robert needs \$375 (if we do the 13th)

**Program Director – Clay Warren:**

Program Update

Nathan from Canoe KY is coming for next club meeting discussing the state of the Kayaking industry: past, present and future. Will discuss what they have to offer for future spring clinic students

Marikka's for April Club Meeting & Form

Kyle will be sure to advertise and send e-mails to get the change of location out there.

Located upstairs meeting hall....can hold up to 65 people Hope to bring in more members due to the more central location

Asked Mike to send out message to spring clinic students to come out and listen/ talk to Nathan

If you are on facebook, share event on your personal page.

Asked Kyle to send out e-mail to members about this.

Will make post on forum about the general club meeting.

Marikka's minimum tab is \$500

Clay offered to pay out of pocket the difference if we don't meet 500

Club voted to cover the difference if we do not meet the minimum. Bob made motion, Codie Seconded motion, motion approved.

**Film Festival Coordinator – James Welch:**

**Not Present**

**Web Meister – Joe Wheatley:**

**Not Present**

**Gear Meister – Brandy Mellow:**

**Not Present**

**Member At Large – Codie Dunn:**

**No new news.**

**Membership Coordinator – Dot Edwards:**

Family = 152, Honorary = 5, Individual = 161, Lifetime = 12  
Total Members= 482

**Past President – Bob Larkin:**

Work with Brian Storz about Elkhorn Creek clean up.

May 12th will be date

Grant money that has been allocated to club, \$1,250, Bob needs access to. Will use Kyle's credit card.

West 6th, Rock House, Country Boy, and Canoe KY are official sponsors.

Canoe KY will donate ~20 kayaks to use

Will clean up from the Forks to Softleys

BWA and vikings will clean up the white water section

City of Frankfort will pick up the trash

Most trash picked up will receive prize

Beer and get together will occur afterwards

Event will generate 0 profits...doesn't want BWA to have to account any money for the event now or in the future

Expenses are T-shirts, prize, signage

Need volunteers and key positions..will bring up at next meeting

Name had to change...thinking The Great Elkhorn Trash Bash

Goal for next year is to have government out...police and fire fighters...etc.

T-shirts

Student t- shirts and volunteer t-shirts

Retro t-shirt to raise money for the club

**Announcements****Adjournment**

Mike made a motion to adjourn the meeting at 04/03/18

9:07 and it was seconded by Bob The motion was carried.

**BWA Steering Committee Meeting Minutes 05-01-18****Reports****President – Kyle Koeberlein:**

No new news.

**Vice President - Mike Daugherty:**

Spring Clinic Update

PA and sound guy lined up. Need shuttle vehicles. SMOKE

MACHINE!! \$1000 for entertainment.

Porta Potties Priority.

Velocity to gather food.

**Secretary - Jansen Cunningham**

No new news.

**Treasurer -Ben Mudd:**

**Newsletter Editor – Don Spangler:**

Nothing new

**River Conservation Liaison – Brian Storz:**

Motioned passed to give Brian \$200 to red river clean up.

**Safety Officer – Robert Watts:**

Roll sessions start back in June

**Program Director – Clay Warren:**

Wound care and first aid on the river.

**Film Festival Coordinator – James Welch:**

Not Present

**Web Meister – Joe Wheatley:**

Not Present

**Gear Meister – Brandy Mellow:**

Not Present

**Member At Large – Codie Dunn:**

No new news.

**Membership Coordinator – Dot Edwards:**

Past President – Bob Larkin:

Trash bash well under well. BBQ being provided.

**Announcements**

**Adjournment**

Kyle made a motion to adjourn the meeting at 05/01/18

8:57PM and it was seconded by Bob The motion was carried.