

BOWLINES

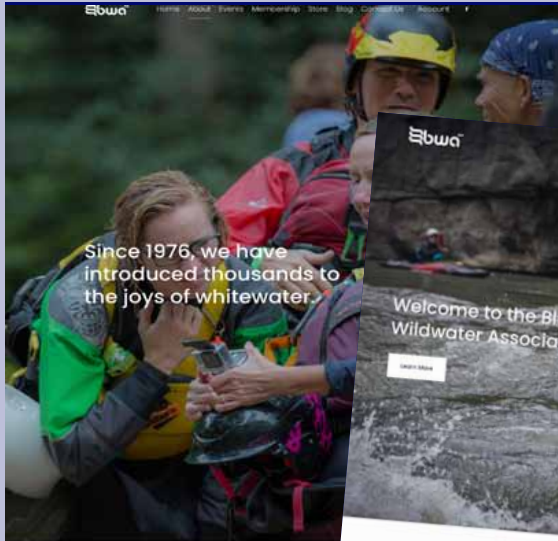
Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. July/Aug 2021

In our Own Words.....

In this Issue:

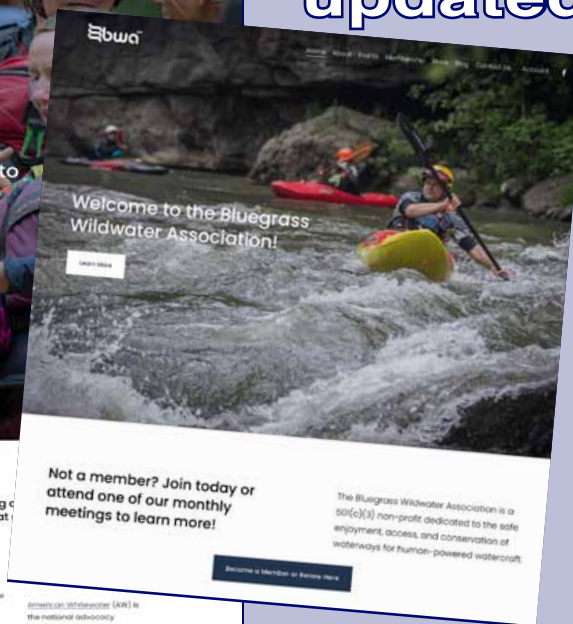
BWA Website being updated & refreshed!
 New look at the BWA Website (2003)
 BWA 2021 Fall (Formally Spring) Clinic

Compressions-Only CPR and Water Don't Mix
 Safety Code of American Whitewater
 Eddy Lines of Interest



Since 1976, we have introduced thousands to the joys of whitewater.

BWA Website is being updated & refreshed!



The web address is still the same at bluegrasswildwater.org, but we've switched our hosting and other associated services.

For the club, this means our costs are now around half of what we were previously spending for these services and the maintenance and upkeep work has been drastically reduced.

**How will these changes affect you?
 See on page 3**

BWA 2021 Beginners Clinic

AUG 27 – AUG 29
 Tuckasegee River near Dillsboro

**Wednesday, August 4th
 is the last day to register!**



Clinic registration includes:

Camping - River shuttles - Three meals - Gear loaning as necessary - Two days of river instruction
 Memories that will last a lifetime!

Sign up for the BWA Clinic NOW!

Looking Ahead

Second Tuesday of the Month, 7:30 pm

BWA Monthly Meeting

Meetings to be held on line virtually till further notice

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

<http://bwa.shuttlepod.org>

All BWA Meetings/Activities are on hold, check

BWA web site or look for e-mail updates

Roll Sessions

For Dates, info and to register go to Calendar:

<http://bwa.shuttlepod.org>

SAVE THE DATE!

The BWA Beginner's Clinic will take place this year on Saturday and Sunday, August 28 & 29. Sign ups and more details will be available later this month!



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

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

Issue Archive:

<http://bwa.shuttlepod.org/Newsletter>

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

http://www.bluegrasswildwater.org/bowlines/BL30thAnnv_Aug06.pdf



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

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President	Sandra Broadus	859-983-4475
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Secretary	Robert Watts	859-554-8489
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Conservation	Angus Milto	
Film Festival Coordinator	Emily Grimes	859-797-6988
Equipment Coordinator	Jansen Koeberlein	270-703-0352
At-Large Member	Damon Rosenbarker	
Membership Coordinator	Terri Covington Brunjes	

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



About the BWA's Bowlines

The Bowlines has been a unique record of the BWA and its members. Unique in that it has been more than a listing of club activities and general information about paddling and related issues. When you read Bowlines you read about each of us and what we thought and did over the years. Members have contributed articles not only about paddling, conservation, and the club, but also stories crafted with humor, imagination, and the spirit of enthusiasm of life and enjoyment of each other. These are only a small portion of the many articles worth rereading. There have been songs, poems, soap operas, jokes, cartoons, wedding announcements, birth announcements, and unique trip reports among all the issues. Not what you might think you would see in a whitewater club newsletter.

We owe a thank you to all the newsletter editors that spent countless hours preparing each issue. To all you club members a big BWA hand for your contributions. Please keep it up! Now dig in and enjoy old memories or chuckle at the amusing stories, poems and pictures...

"A New Look for the "BWA Website!"



After a lot of hard work and a few hiccups, we've built a shiny new website that we can all be proud of! The web address is still the same at [bluegrasswildwater.org](https://www.bluegrasswildwater.org), but we've switched our hosting and other associated services to Squarespace and Google Workspaces for Non-profits. For the club, this means our costs are now around half of what we were previously spending for these services and the maintenance and upkeep work has been drastically reduced.

How will these changes affect you?

- Better membership management. We've received complaints in the past regarding the confusion that our previous system created. Now, membership is managed on an annual basis from when you pay, can be checked easily in your member profile, and will allow us to send Annual Elkhorn parking permits more reliably each month.

- Transferring memberships. If you are an active BWA member for the previously set July 2021-2022 membership period you will receive a separate email with specific instructions for what you need to do to transfer your membership. If you are not active for the upcoming period you simply need to go to [bluegrasswildwater.org/membership](https://www.bluegrasswildwater.org/membership) and choose either the single or family membership. After your payment completes, you will be able to add additional information to your member profile, such as additional family members and the address for where to send your BWA parking permit.

- A better calendar. Our new event calendar makes it easy to add items to your personal calendar, as well as sign up for paid events such as roll sessions and the beginner's clinic.

• A better commerce system. Going forward we will be using our new web store to handle any commerce, including payment for roll sessions and BWA related products and services. These payments can be completed online or in-person.

• We have a blog! The new BWA blog will be continually updated with news and featured articles about our members and activities. If you're an avid reader of our long running bimonthly newsletter Bowlines, don't worry, it's not going anywhere.

Fresh Ideas!

As we get more comfortable using our new platform, we want to add more features for our members. Many of these features are just now in their brainstorming phase, but include ideas such as a boater resources page, member river log and map, and a beginner steps program. We'd also love to hear your ideas on what you'd like to see going forward on the new website. Send an email to info@bluegrasswildwater.org to share your ideas! Thank you for your continued patience and support as we transition to the updated website! There may still be some other hiccups as we finish this process, but if you notice anything amiss or have questions, don't hesitate to let us know via email at info@bluegrasswildwater.org.

Your 2021 Webmaster,

Michael Williams

One of the great improvements with the new BWA Calendar, you click on the date entry & you get a new window with all the event info!

The screenshot shows the BWA website interface. At the top left is the BWA logo. The navigation menu includes Home, About, Events, Membership, Store, Blog, Contact Us, and Account. The main content area features a calendar for August 2021. The calendar shows events for August 3rd (6:30p Summer Roll Session) and August 4th (6:30p Skills and Grills Social). There are also images for events on August 17th, 25th, 27th, 28th, and 29th. To the right of the calendar is a section titled "Upcoming events." with the text "Join us for our repeating events such as monthly meetings and weekly roll sessions." and "We also have many annual events that include:" followed by a list of events: National Paddling Film Festival, Beginner's Clinic, BWA Summer Party, Russel Fork Rendevous, BWA Holiday Party, and River Cleanups.

<https://www.bluegrasswildwater.org>

For some history about our early BWA web sites starting in 1997 check the next page in this Bowlines!



The Bluegrass Wildwater Association has always prided itself on the contributions that members have made with their time, it has always made our club one of the top whitewater groups around. Not only are we noted for our very active paddling & exploring of rivers in the US and many countries, but also our clinics, the NFFF, the Bowlines and not the least, our websites going back to 1997. It is a two way benefit. We gain a lot for members volunteering to do things for the club, but those members always gain a lot of knowledge and appreciation from all of us. Thanks to Michael Williams for taking the many hours to create a new, improved edition of our website! Here is some history of an early update of the BWA website.

The New Website
2003

New look at the BWA Web Site (2003)

There is a new look & a lot of new content on the BWA Web site. In existence since 1997, the old web site had been one we will always be proud of. It was one of the first paddling club web sites and was ahead of the curve in many ways. But I decided it was time to freshen the look and add content that was not around just a few years ago.

For example, our new site has a page just for video clips and another one just for photos. There was not much equipment available then for the average user to do home video editing with and few could afford a digital camera, even if you were a pro. Now computers, software and cameras are both cheap enough and good enough that many in the club are really into documenting our paddling. Now all you have to do is send the webmaster (me) your video clips or still images I will get them up for all of us see. We want to set the good, the bad, and the ugly. We know everyone swims now and then, so show no mercy on your buddy, it is for sure he (or she) will show and tell on you!

The Bowlines will still be there for you to download and read those great articles that have been a tradition in our newsletter since the early days of the club. In fact I will have an archive of past newsletters back to 1996 for all to download. I know of no other club that has a newsletter that comes close to our award winning newsletter for it's great original content that our members have written.

My goal is to give our web site a personal touch like our newsletter has. The site should have other things like: links to other paddling sites, news about club activities, when are meetings are and more. I added two new pages that will tell others more about us and better link

us to each other and our history. One page is called "What's New?" and the other is called "What's Old?"

The "What's Old?" page is somewhat self explanatory, it is for things from the past. So we can remember or get to know about past members, boating when there was no plastic and things like that. The "What's New" page is for what is happening now,, this year. Pictures & stories that do not make it to the Bowlines, ie. wedding announcements, recipes for your favorite camping meal and so on. Just send me you contribution and I will add it. Let's have some fun with these new pages!

I hope you enjoy the new site and find it interesting and useful. Let me know if you have any other ideas for it.

Don Spangler

From Bowlines March/April 2003



Our First Website
in 1997

2021 Beginner's Clinic

August 27th-August 29th

Wednesday, August 4th is the last day to register!

<https://www.bluegrasswildwater.org/store-2/p/bwa-beginners-clinic-2021>

All students must join the BWA to participate in the clinic. Membership is \$20 a year for individuals and \$25 for family.



The 2021 BWA Beginner's Clinic will take place on the Tuckasegee River from August 27th-August 29th. Two days of instruction and small classes make this one of the best kayak learning experiences you can find. Arrive Friday night to camp and instruction begins on Saturday morning. Come join the fun!

Section 3 of the Tuckasegee river near Dillsboro, NC was selected for its modest rapids, good practice features and dependable dam-release flow.

Learn more about this section of river here: <https://www.americanwhitewater.org/content/River/view/river-detail/3392/main>

Clinic registration includes:

Camping

River shuttles

Three meals

Gear loaning as necessary

Two days of river instruction

Memories that will last a lifetime!



Padding Safety Info From Hanley Loller

Compressions-Only CPR and Water Don't Mix

I've been meaning to re-write this old post and update the stats for some time now, then a shocking conversation I had with a member at the meeting convinced me that it couldn't wait. So, the stats are old (I wrote the original in 2009) but the facts are the same. Some corrections have been made after Dr. Wes Prince chimed in (thanks Wes). Please take the time to read this, it's very short, and could save someone's life.

What you as a boater should know about the difference between traditional breaths-and-compressions CPR taught by the American Red Cross (ARC) and compressions-only CPR taught by the American Heart Association (AHA). It is vitally important for you, as a boater, to know and understand the difference.

Cardiac arrest is the leading cause of death in the US, whereas accidental drowning doesn't even break the top 50. In 2007, the last year for which complete statistics are currently compiled there were:

--over 616,000 deaths from cardiac arrest and 3,443 accidental drownings

That's 179 cardiac arrest deaths for every 1 drowning. For the AHA, this is a no-brainer, since compressions-only CPR has several advantages over breaths and compressions in cases of cardiac arrest .

- 1) It's easy. A 911 operator can train you to do it on the spot over the phone
- 2) It takes away the squeamish factor. No mouth to mouth contact with a clinically dead stranger.
- 3) Cardiac arrest victims usually have a gallon of fully oxygenated blood in their system so just circulating it can maintain them for a few minutes.
- 4) The vast majority of cardiac arrest happens in a setting where Emergency Medical Services (EMS) is close at hand.

If EMS is not close at hand, CPR of any type has an absolutely dismal chance of success against cardiac arrest. This is because CPR does not address the mechanism of injury (usually arrhythmia) and so if EMS can't get to the victim quickly, their chances are extremely slim.

Compressions-only CPR has one huge drawback: In the event of drowning or suffocation, compressions-only CPR just adds insult to injury. Performing compressions-only CPR on a drowning victim wastes precious time that could be used to save their life.

Drowning is an entirely different ballgame. In drowning, or suffocation, the mechanism of injury is LACK OF OXYGEN. That is why the heart has stopped and oxygen must be reintroduced into their system immediately if there is going to be any chance to save them. In this case, you as the rescuer can address the problem directly by introducing fresh air into the victim's lungs. You can reverse the mechanism of injury and literally save the person's life, even if EMS isn't coming. CPR when applied to a drowning victim swiftly, actually has a REASONABLY HIGH rate of success.

So, to sum up:

Cardiac arrest: In this case, the main purpose of CPR is to maintain the person in the hope that advanced life support will arrive swiftly and if it does not, there is little that you can do to help them. Keep doing CPR and hope help arrives.

Drowning (or suffocation): In this case, you as the rescuer can literally snatch a person from the jaws of death if you can re-introduce oxygen into their system quickly and circulate it. In these circumstances it is absolutely vital that the CPR you perform is traditional breaths-and-compressions CPR and that it starts as soon as possible.

For a better picture of the importance of breaths and compressions CPR, go to the **American Whitewater accident database** and browse through it. There are numerous cases of persons whose lives have been saved because one of their rescuers knew CPR and applied it quickly.

<https://www.americanwhitewater.org/content/Accident/view/>

Don't be caught out on the river without the one best tools you can have to save someone's life!

Since the Start of the BWA, River Safety Information is an important feature in the Bowlines. The best overall guide has always been the Safety Code of American Whitewater, if you have not read it in a while, it is worth taking a few minutes to do so.

Here it is in time for all to carefully read before the Clinic in August.

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

Charlie Walbridge - Safety 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. I. 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.

II. 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.

III. 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. IV. 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 escapeproof 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:

- I. 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.
- II. The selection of appropriate equipment, including a boat design suited to their skills and the appropriate rescue and survival gear.
- III. 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.
- IV. 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:
 - I. Spray covers which won't release reliably or which release prematurely.
 - II. 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.
 - III. 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.
 - IV. 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; 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:
 - I. 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.
 - II. 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.
 - III. 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.

I. 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.

II. 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.

III. 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:

I. 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.

II. 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.

I. 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.

II. 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 safely. 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 rescue whistle while waving a paddle or throw rope 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.

Examples of commonly run rapids that fit each of the classifications are presented in the attached document, "International Scale of River Difficulty - Standard Rated Rapids." Rapids of a difficulty similar to a rapids on this list are rated the same. 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 V: 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.



<https://www.americanwhitewater.org>

Eddy Lines of Interest

BWA General Meeting Minutes

6/8/2021

Call to Order

A meeting of the Bluegrass Wildwater Association was held. Meeting called to order at 8:00 PM.

Steering Committee Members in Attendance

Name	Office	Present
Sandra Broadus	President	Y
Emily Grimes	Vice President/NPFF Coordinator	N
Walt Hummel	Secretary	Y
Kyle Koeberlein	Treasurer	N
Don Spangler	Newsletter Editor	N
Bob Larkin	River Conservation Liaison	Y
Dave Foreman	Safety Officer	N
Clay Warren	Program Director	Y
Regina Hatfield	Film Festival Coordinator	N
Michael Williams	Web Meister	Y
Jansen Koeberlein	Gear Meister	N
Gus Milton	Member At Large	Y
William Samples	Membership Coordinator	N
Robert Watts	Past President	N

Officer Reports / New Business

Michael discussed new website

Website almost done anticipate launching next week

Since we are a 501c3 organization we will get free access to Google Workspace

Incorporating auto renewal for membership

Hanley discussed the late summer clinic last week of August location TBD registration open when website launches

Discussed the possibility of mini clinics

Roll sessions being held on the river

Officer elections, all positions filled with exception of Vice President

Motion made to approve steering committee candidates, motion passed

Special election will be held for VP/Trip Reports

Adjournment

Meeting was adjourned on 6/8/2021 @ 8:30 P.M.

Walt Hummel

6/8/21

BWA Skills and Grills Social

Wednesday, August 4, 2021

6:30 PM - 9:00 PM

AW Acres

4121 Peaks Mill Road Frankfort, KY

Skills and Grills August 2021

Fee is \$5.00 you can pay on line

Join the BWA for our Skills and Grills, a social event with a side of skills.



This is a social event with a skills component. Come share a meal and mingle while you brush up on skills such as ferrying, grabbing an eddy, peel outs, or just rolling. If you are new to boating this would be a great opportunity to start learning essential skills.

Follow this event for exciting updates on instructors that will be handling the skills portion.

This session cost \$5.00 which will cover all the skills you can learn from several of our instructors and food. Almost forgot the Grills! We will feed you. Always something delicious being served up. Bring your appetite you will not leave hungry.

Don't miss out on this evening of skills, grills and sharing of river stories.