



December, 2011

Our Aims

PROMOTE canoeing and kayaking as a water sport
TEACH boating techniques and water safety for river travel
PRESERVE our remaining wilderness rivers for future generations

ETWC Annual Christmas Party

6:30 p.m.

Saturday, December 17, 2011

Sam Suffern's home at 126 Everest Circle

The club will provide drinks (alcoholic and non)

and the main course (ham and turkey).

Attendees should bring a side dish.

*If you want to participate in the traditional Chinese Gift Exchange,
bring a small wrapped gift (valued around \$20)*

For those of you unfamiliar with the location of Sam's home, directions follow.

From Knoxville:

Take Rt 62 into Oak Ridge. At the Y-12 Federal Credit Union take a right onto Lafayette Avenue. Once on Lafayette Avenue go to the fourth traffic light, this should be the Oak Ridge Turnpike. Go right onto the Oak Ridge Turnpike. Travel past the Sonic and through the red light at Fairbanks Road. The Oak Ridge Veterinary Clinic will be on the right take the next left at the former Mattress Outlet Store (now closed). Travel a short block to a tee in the road. Turn right onto California Avenue, at the intersection with Delaware Avenue bare right; staying on California Avenue. Go to the top of the hill (approximately 1.1 miles). Take a right on East Drive, travel 300 yards and turn left onto Everest Circle. Sam's house is the second house on the left.

In case these directions don't work for you give Sam a call (483-4800), and he will talk you in. See you Saturday.

-OFFICERS FOR 2011-

President	Rick Zingg	865-675-4184	zinggds@gmail.com
Vice President	Paul Wolf	865-789-2826	leonjeronimo@gmail.com
Secretary	Jimmy Groton	865-483-5799	groton87@comcast.net
Treasurer	Kary Scarborough	865-483-7525	Fcscarbo@bechtel.com
Newsletter	Bill Lewis	865-777-5276	wclewis@tds.net
Roll Practice	Jason Darby	865-482-7357	wepaddle@bellsouth.net
Trip Coordinator	Ken Schneider	865-671-0673	ken48work@yahoo.com
Membership	Bill Wilder	865-483-1542	w_wilder08@comcast.net
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Safety	Jay Wright	931-265-9503	jwright0627@yahoo.com
Kayak Clinic	Ariana Beste	865-228-3819	bestea@ornl.gov
Webmaster	Woody Austin	865-483-3049	rapidsnow@gmail.com

Please keep your dues up to date!

If you want to pay online via PayPal, fill out the form at:
http://www.etwcweb.com/concrete/membership/online_form
 Or, send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to:

ETWC
P.O. Box 5774
Oak Ridge, TN 37831-5774

NEWSLETTER DEADLINE – 7TH OF EACH MONTH

Newsletter Editor: Bill Lewis
 Phone: 865-777-5276 Email: wclewis@tds.net
 Photos in jpeg, gif, or bmp format.
 Reports and Classifieds as a Word or Text File Document.
 Newsletter is available in PDF Format-contact the editor for information.
 Check out our website at <http://www.etwcweb.com>

River Gauges by Telephone

(800) 261-5033 – Big South Fork	(865) 632-2264 – TVA Lake and Rivers Gauge
(800) 899-4435 – Big Pigeon	(Knoxville)
(800) 232-7238 – Chattooga River	(865) 751-2264 - TVA Lake and Rivers Gauge
(800) 829-5253 – Green River	(Chattanooga)
(800) 238-2264 - TVA Lake and Rivers Gauge (Out of Town)	

**East Tennessee Whitewater Club
Club Meeting Minutes
November 15, 2011**

Treasurer's Report

Kary Scarborough reported that we have \$879.68 in our checking account and \$6,595.15 in our savings account. Rick Zingg asked how much it costs to hold each roll practice. Kary responded that it takes at least 10 boaters to break even (cost is \$46.875 per session). We've held two roll practice sessions with 7 and 9 boaters.

Roll Practice

Jason Darby reported that it will be after the first of the year before Tommy Clapp will be able to bring the Jackson kayaks to roll practice.

Donations

Rick read our list of donations for last year and asked for discussion on donations for this year. It was suggested that we make the same donations this year. Jay Wright mentioned that First Descents and Team River Runner were also good causes. Jay explained that First Descents provides a boating experience for kids and young adults with cancer. Team River Runner helps veterans through whitewater boating and other paddling sports. It was asked whether they had any local groups and several said that we would like to find out more about those groups. It was noted that we limited donations to \$1,000 last year because that is what we cleared on the clinic. Since we cleared just over \$1,700 this year we could increase our donations. The motion was made that for now we give the same donations as last year and hold extra money in reserve for opportunities that arise later in the year. The motion was seconded and passed.

The 2012 donations are:

- | | |
|---|-------|
| 1. TCWP (Tennessee Citizen's for Wilderness Planning) | \$200 |
| 2. AW (American Whitewater) | \$200 |
| 3. CWEET (Clean Water Expected in East TN) | \$200 |
| 4. Friends of the Great Smoky Mountains | \$100 |
| 5. Cumberland Trails Conservation | \$100 |
| 6. NPCA (National Parks Conservation Association) | \$100 |
| 7. ACA (American Canoe Association) | \$100 |

Swift Water Rescue Clinic(s)

Jay said he would like to do a one-day land-based classroom session early in the year. Rick was going to check on using the Bubble at Pellissippi State Community College for the one-day class. Jay does not plan on teaching any medically related training. He suggested we have a separate First Aid class for the club as we have in the past. Kary is to check with Jimmy Groton about teaching a First Aid Class. The two-day class would be held on a river, possibly at Nemo Rapid on the Emory and would be in May before the beginner clinic.

Christmas Party

The annual Christmas party will be Saturday, December 17, 2011 at Sam Suffern's home, 126 Everest Circle, Oak Ridge. The club will provide drinks (alcoholic and non) and the main course (a turkey prepared by Sam). Attendees should bring a side dish. In addition, if you want to participate in the gift exchange bring a wrapped gift (\$10-\$20), something you would enjoy receiving. It was requested that the directions to Sam's be included in the newsletter.

2012 Club Officers

Rick requested nominations for club officers. Billy Bob Scarborough reported that Jimmy Groton was willing to continue as secretary. Ken Schneider, Jason, Jay, and Kary also said they would be willing to continue in their club offices. Rick, Kary, and Billy Bob will check with other club officers. Katy Gonzales said she was willing to hold a club office. The nominations will be published in the December newsletter and will be voted on at the Christmas Party.

Treating a Shoulder Dislocation

Billy Bob and Kary gave a demonstration of the Paul Dutky method of treating a shoulder dislocation. Dutky, an ER doctor, is a paddler and was president of ETWC back around 1988. They will look for Dutky's original ETWC newsletter article and send it in to be published in the newsletter. (See following pages)

The ETWC Forum

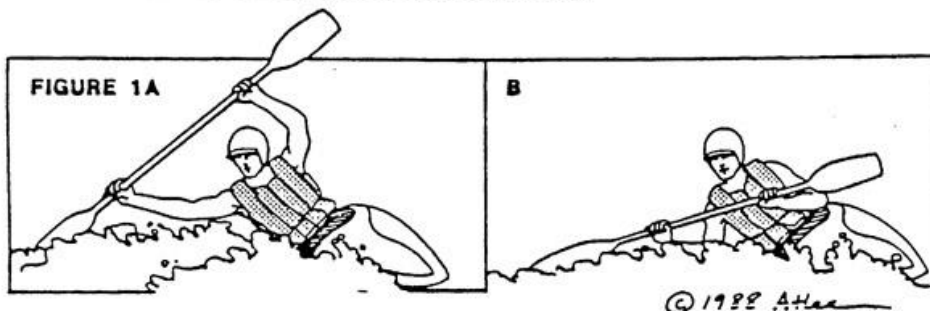
New users read and register at:

<http://etwcweb.com/discuss/index.php?mode=thread&id=1>

A SIMPLE METHOD OF TREATING SHOULDER DISLOCATIONS FOR THE WHITEWATER ENTHUSIAST

by Paul Dutky, M.D.

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]

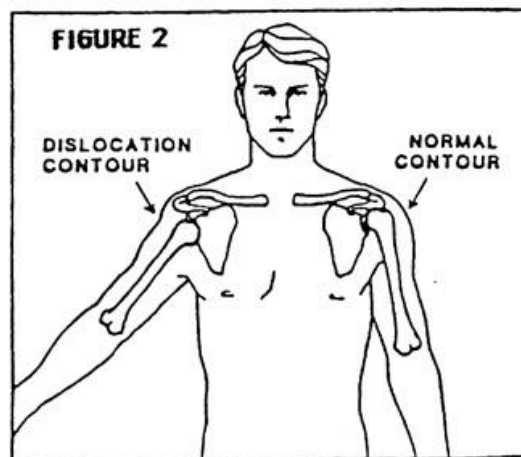


Good technique doesn't expose the shoulder to this risk, both arms are held flexed, near the chest, and the paddle held relatively parallel to the water's surface. [FIGURE 1B] This is a stronger brace and a safer one. The paddler's body acts as a block to backward movement of the paddle shaft, which 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 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. The 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 for the ability to feel a light touch over the back of the hand (radial nerve), the mid-palm (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 on 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:

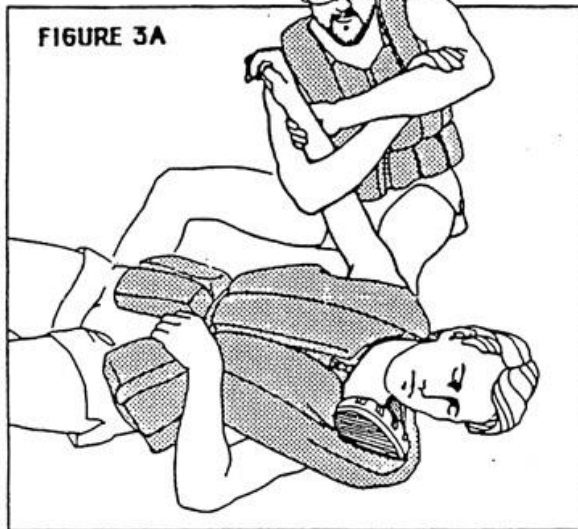
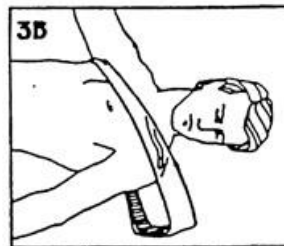


FIGURE 3A

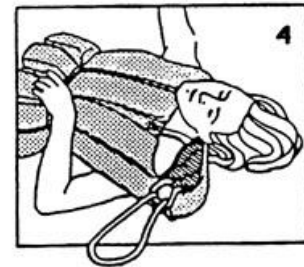
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3B

- 1 - Ask the patient to support his own arm and help him 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 substitutes for the flotation jacket harness, it should be oriented from the injured armpit to the tip of the opposite shoulder. [FIGURE 3A 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 shoulders 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.

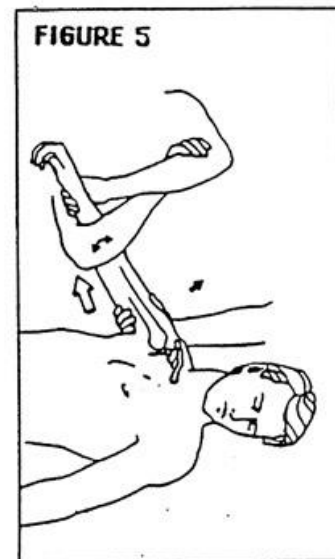
- 5 - Both you and the patient should be comfortable. Sit upright or lean back slightly. On a small person, you may need to tie a loop of rope through the float jacket's left shoulder strap to give yourself enough room to accomplish this. [FIGURE 4] Throughout the procedure



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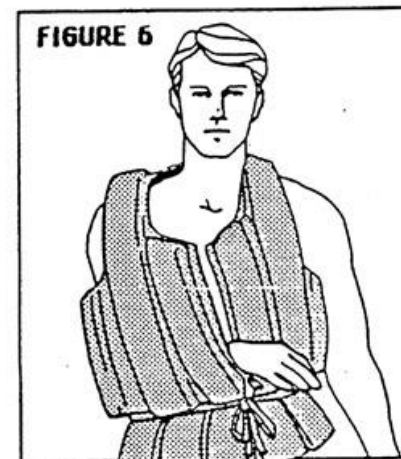
inform and reassure the patient - muscle relaxation is the key to a successful reduction.

- 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 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]



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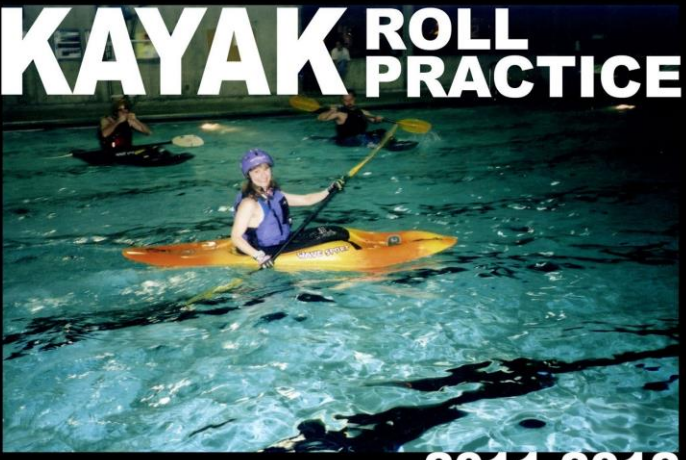
This technique has several advantages. The patient's arm is manipulated minimally before, during, and after reduction. The entire process occurs with the patient lying on the ground; no platform is needed. The patient does not need to be undressed (although this may be necessary in order to evaluate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

The flotation jacket automatically places the patient in the best position for 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.

Winter Roll Practice Friday Nights, Oak Ridge Civic Center



KAYAK ROLL PRACTICE

2011-2012

**East Tennessee Whitewater Club
Oak Ridge Civic Center Pool**

**FRIDAY NIGHTS
8:30 - 9:45 pm**

DATE	NAME	COMMENT
11/18/2011	Rick Zingg	
11/25/2011		No roll practice.
12/2/2011	Katy Gonzales	
12/9/2011	Nina Balke	
12/16/2011	Rick Zingg	
12/23/2011		No roll practice.
12/30/2011		No roll practice.
1/6/2012	Ken Schneider	
1/13/2012	Nina Balke	
1/20/2012	Rick Zingg	
1/27/2012	Katy Gonzales	
2/3/2012		No roll practice.
2/10/2012	Katy Gonzales	
2/17/2012	Rick Zingg	
2/24/2012	John Wisinger	
3/2/2012	Kayla Hutchison	
3/9/2012	Katy Gonzales	
3/16/2012	Rick Zingg	
3/23/2012	Kayla Hutchison	
3/30/2012	Jason Darby	
4/6/2012		No roll practice.
4/13/2012	John Wisinger	
4/20/2012	Rick Zingg	
4/27/2012	Jason Darby	
5/4/2012	Kayla Hutchison	
5/11/2012	Kary Scarborough	

Ok its winter, and its cold outside. However, for those of us who would like to work on those skills in warm water we are again fortunate to have the Oak Ridge Civic Center pool available for our use on Friday nights. Roll practice begins at 8:30pm and we end by 10pm. Whether you are a beginner just trying to learn to roll or find a boat, or an expert working on your playboat tricks, there's usually someone there to work with.

Tommy Clapp has use of a fleet of Jackson kayaks, and is willing to bring them to our roll sessions at the pool for people to try out. It may also be possible for club members to arrange to borrow one of the boats for a river trip to try one out on whitewater.

**EAST TENNESSEE WHITEWATER CLUB
MEMBERSHIP & RENEWAL FORM**

Dues: \$15.00 Yearly Family Membership (*January 1 renewal date*)
Send to: East Tennessee Whitewater Club, P.O. Box 5774, Oak Ridge, TN 37831-5774

Name(s) _____

Address _____

_____ Zip _____

Phone: (H) _____ (W) _____ Email _____

I would like to receive my newsletter by email. (circle) Yes No

Membership Status? (circle) New Renewal

What boats do you paddle? (circle) Kayak C-1 C-2 Solo Canoe Tandem Canoe Other

What is your paddling ability? (circle) Beginner Intermediate Advanced Expert
Class I-II Class III Class IV Class V

RELEASE AND WAIVER OF LIABILITY

I, _____, desiring to join my fellow paddlers in the East Tennessee Whitewater Club (ETWC), do hereby declare that I fully understand and accept the following facts of life on the river:

1. Canoeing, kayaking, or rafting, particularly on whitewater rivers, exposes the participants to various safety hazards, including but not limited to, water hazards (boulders, undercut rocks, trees, strainers, water formations such as water falls, holes, keepers, hydraulics, and other obstacles), swimming in turbulent water, using paddling equipment, accidents or illness in remote places without medical facilities, and travel in a vehicle not driven by me.

2. No one but I am responsible for my safety when I choose to paddle a particular river or a particular rapid.

3. I further understand that I have no legal duty to assist others, nor does anyone else have a legal duty to render such assistance to me. I certify that I am in good physical condition, that I can swim, and that I have no physical defects or injuries that would prevent me from participating in this activity. I fully understand and agree that, when I participate in canoeing, kayaking, or rafting, there is always the possibility of unknown, uncontrollable dangers and accidental or other physical injury and death. I know I can be killed, and I willingly assume the risks referred to in Paragraph 1 and elsewhere in this release.

Therefore, in consideration for granting me the right to join and participate in ETWC activities, and intending to be legally bound, I hereby release, waive and discharge my right to sue ETWC, its trip coordinators, instructors, leaders, officers, directors, representatives, agents, employees, and affiliates, and also any landowner or governmental unit which may allow ETWC to use its property, for any and all loss or damage on account of injury to my person or property or on account of my death, which may occur during, in preparation for, or in transit to or from an ETWC activity.

I further understand that ETWC carries no insurance for the protection of participants in whitewater activities, and any insurance coverage existing with respect to ETWC shall not alter the terms of this waiver nor impose any liability on ETWC.

This waiver applies only to acts or omissions of ordinary negligence and to any deliberate act intended to promote my safety or well being.

This waiver is signed by me in the interest of permitting ETWC to exist and to serve the paddling community, and to enable me and my fellow paddlers to feel free to donate their services to improving the sport and to help in training those less skilled in the sport without fear of liability.

I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND I SIGN IT OF MY OWN FREE WILL.

Signature: _____ Date: _____

Signature: _____ Date: _____

(Parent or guardian if participant is under 18 years of age)