



ETWC NEWSLETTER December 2013

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 14, 2013

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)**

(See directions on page 4)

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

OFFICERS

President	Rick Zingg	865-675-4184	zinggds@gmail.com
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Kayak Clinic	Rick Zingg	865-675-4184	zinggds@gmail.com
Webmaster			

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: 865-387-7821 Email: bill.lewis865@gmail.com
 Photos in jpeg, gif, or bmp format.
 Reports and Classifieds as a Word or Text File Document.
 Newsletter is emailed in PDF Format-contact the editor for information.

Check out our website at <http://www.etwcweb.com>

East Tennessee Whitewater Club Business

East Tennessee Whitewater Club

Minutes

October 15, 2013

Treasurer's Report

Kary reported that we have \$542.20 in our checking account and \$6,437.05 in savings.

Roll Practice

Kary reported that we netted about \$1.50 on the cost of roll practice at the Oak Ridge pool. She also said that the costs for roll practice will likely increase for the coming indoor season. She estimated that we need to average about 10 or 11 boats per session to break even. She passed around a sign-up sheet for people to take care of roll practice.

Clinic

Kary reported that we netted about \$607 on the clinic last June despite the lower enrollment.

Donations

Kary reviewed the Club's donations for last year and we discussed gifts for this year. Everyone agreed to support the groups we supported last year and to add Tennessee Clean Water Network to our list. We will vote on these at the December meeting.

Group	Suggested Donation
American Canoeing Association	\$125
Cumberland trail Conference	\$100
National Parks Conservation Association	\$100
Tennessee Clean Water Network	\$100
American Whitewater	\$200
Friends of the Smokies	\$100
Tennessee Citizens for Wilderness Planning	\$200
Total Proposed Donations for 2013	\$925

Conservation

We talked about issues related to protecting the view from Lilly Bluff where 63 acres of land is currently for sale but outside the Proclamation Boundary of the National Park Service property, the proposed water withdrawal permit application for Crab Orchard Utility District to withdraw water from Daddy's Creek under certain conditions, the annual river clean-up/float trip on the Obed in late March, and the possibility of having a similar event on the Big South Fork.

Holiday Party

Sam agreed to host the Holiday Party at his place on Saturday, December 14. ETWC will provide a ham and a turkey and various other things. Attendees should bring a dish to share for supper

and/or dessert and a gift if you desire to participate in the now world famous gift exchange extravaganza that is often copied but never equaled.

Directions 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 2014

We put together the following slate of candidates for ETWC officers in 2014. We still need a volunteer for Safety Coordinator.

President	Ian Anderson
Vice President	Diana Cochran
Secretary	Jimmy Groton
Treasurer	Kary Scarborough
Newsletter	Bill Lewis
Roll Practice	Jason Darby
Trip Coordinator	Ken Schneider
Membership	Bill Wilder
Conservation	Jimmy Groton
Safety	?
Kayak Clinic	Ken Schneider
Webmaster	Billy Bob Scarborough and Benny Hicks

Next Meeting

Our next meeting will be the Holiday Party at Sam Suffern's house on Saturday, December 14.

Trip Reports

Middle Ocoee October 5, 2013 John, Bill, and Ken by Ken Walker

It had been a month or longer since any of us had paddled. John had been busy getting married in Germany. Bill was busy getting settled in his new condo. I had been spending my Saturdays doing home maintenance projects. We were all itching for a day on the river. There had been almost no rain for the past month so our options were limited to dam release rivers.

I had been down the Middle Ocoee my first time a year and a half earlier and swam Grumpy's and Broken Nose at the time. I ran the Ocoee my second time a month ago. Bill had been down the Ocoee two times. We convinced John to lead us down it today. We were nervous about putting in at the top and having to make the ferry across the river above Grumpy's Rapid without having any chance to warm up. So we decided to put in below Slice N Dice and take out at the creek below Flipper for a nice warm up run.

The weather was stupendous. There was not a cloud in the sky and with a high temperature of 85F. For October, we couldn't dream for better weather. John and I were in play boats and Bill was in his creek boat. I was glad when John showed up in with his play boat. I can find it disconcerting to show up at the river and find that everyone brought creek boats except me, especially because I am commonly the weakest paddler in the group.



During the warm up lap, we stopped to play at Flipper. The force of the water at Flipper was a little intimidating. I jumped into the rapid and, true to the rapid's name, I immediately flipped upstream. While underneath my boat, I could tell that my paddle was on the wrong side of the boat. With the force of the water pushing against my paddle, there was no hope of getting into the setup position for rolling in that orientation. So I twisted my arms which rotated my paddle to remove the force of

the water. I then was able to get into my setup position and roll. I didn't try any more playing at Flipper during the warm up; I was happy to be still in my boat. We continued down to the creek tunnel under the road and got out and made the shuttle up to Ocoee Dam #2 to do the entire Middle Ocoee run.

Doing the warm up run was an excellent idea because it allowed us to ease the nervousness before having to negotiate Grumpy's. Anyone who has run the Middle Ocoee understands that putting in below the dam can be a heart-racing moment, especially if you have had no chance to get used to your boat before getting in the water. Grumpy's has a sticky hole that has killed people. Two rafting customers died in Grumpy's hole earlier this summer so it's something that commands serious respect. The normal line is to put in below the dam on river right and immediately ferry across the river to an eddy on the opposite bank. If you mess up the ferry you can end up in the middle of Grumpy's hole. The noise of water rushing over the dam 75 feet helps increase your blood pressure. When peeling out to do the ferry, you are faced with fast powerful moving water. It's definitely a commit move.

John led; I followed; and Bill took up sweep. We all made the ferry to the other side just fine. When Bill got to the eddy after us, there was no room for him so he continued on down Grumpy's Rapid. Bill hadn't intended to be the lead through Grumpy's but he didn't have much choice. We all made it through Grumpy's without any issues. Having successfully completed a tough roll at Flipper and having made it through Grumpy's helped to greatly build my confidence. But I knew that Broken Nose was waiting for me not far down the river.

We weaved our way through Gonzo Shoals and eddied out on river right just above Broken Nose Rapid. John asked us if we wanted to run the cheat around Broken Nose or go through the meat. We were all feeling pretty good and decided to run the meat. John told me that if I had any trouble, I should head left.

We headed down river right. I saw John go over a drop into some swirling turbulent water and watched him flip. I didn't have time to pick a different line and flipped myself. I knew I didn't want to be upside down long and tried to roll without success. I did get right side up on my second attempt. I immediately heard John behind me telling me to go left. When I heard John say "Go left" I looked ahead and thought "That's not going to happen." Directly in front of me was a ledge and following it was Broken Nose's hole. There wasn't anything I could do but square up, go over the ledge, and hope for the best.

As soon as I went over the drop into Broken Nose's hole, I got flipped. I knew I was stuck in that infamously sticky hole upside down. I felt the force of the water pushing my paddle the wrong direction and knew I would never roll in that orientation. Then that voice inside my head screamed, "Get out of your boat!" Every whitewater kayaker has heard that voice and knows how influential it can be. I almost popped my skirt. But then I remembered how well I had been doing and thought it would be crazy to not even attempt to roll my boat. Thus I decided to block out the sound of that voice in my head. I twisted my arms to release the force of the water against my paddle and eventually got my paddle to the surface of the water. I made a pitiful roll attempt and sucked in a breath of air. On my second roll attempt, I was able to get topside but found myself in the middle of an unintentional stern squirt. I just knew I would flip over backwards. However I quickly took a couple paddle strokes, was able to terminate the stern squirt, and finally was able to paddle out of the hole.

I pulled into the eddy on river right beside a guy who watched the whole thing. He told me that my getting out of the hole was one of the most incredible things he had ever seen. To me, that seemed like quite an overstatement but I very much appreciated the commendation. Bill told me I was

upside down in the hole probably about 15 seconds before I was able attempt a roll. It seemed like 15 minutes. I have to admit that getting out of that hole was a big confidence booster for me. Thinking clearly when I flip in turbulent water has been quite a challenge for me. Many times I've observed Bill flip in a tough spot and then watch him methodically feel around in the water with his paddle, assess his position, and successfully roll. I've been determined to be able to do the same thing. Finally, this day I was keeping my cool and it made a world of difference.

The rest of the day seemed charmed for all three of us. We all went for the meat of the rapids. Throughout the day, I ran terrible lines and flipped a bunch of times but my roll was good to me. We thoroughly enjoyed the abundance of big waves. At the second visit to Flipper, we played a bit. I got in a real good surf, real good for me that is. We got out of our boats on the rocks at Flipper and took a break and watched others play there.

The next big challenge was Tablesaw. We pulled into an eddy on river right above Tablesaw. The rapid was an impressive site. As far as I could see, plumes of frothing water were violently throwing themselves high in the air. At the beginning of Tablesaw, there is a wave at a 45 degree angle that starts on river left. You must ferry out so that you hit the end of that wave. If you ferry too far you'll pound into a big rock and most likely flip. You must hit the 45 degree wave with a left angle on your boat or experience a guaranteed flip. If you flip at the beginning, you'll experience 45 seconds of frolicking water before things calm down.

I peeled out and ferried out into the flow. However, I did not make it to the far end of the angular wave and ended hitting it right in the meat. I thought "This might be interesting" as I saw myself approaching the fury of that wave. Fortunately, very fortunately, somehow I stayed upright. Having made it through the 45 degree wave, the rest of Tablesaw was like an amusement park ride and was the most fun section of the run for me.

At Hell's hole we ran through the meat. Unlike the last trip, I didn't get flipped backwards this time. Bill flipped in his creek boat but immediately did an offside sweep roll. It almost looked like he never missed a stroke. We played a little bit at Hell's Hole. I was able to get a couple decent surfs in. Once while John was surfing, I thought he was getting flipped. But the next thing we saw was John doing a couple cartwheels and he stayed upright. It was an amazing move. John told us his acrobatics didn't happen on purpose; he was just trying to stay upright.

Finally, we ran Power House rapid right below Hell's Hole. We ran the meat on the right side. Of course I flipped. But I rolled and all was good.

Our Ocoee trip was fabulous. Great weather! Great water! Great friends! We couldn't wish for a better day.



Bill on the Ocoee

Cold Water Protection and Hypothermia

Excerpts from:

Whitewater Rescue Manual

By Charles Walbridge & Wayne A. Sundmacher Sr.



Charlie Walbridge is one of the first seven individuals inducted into the International Whitewater Hall of Fame. He is being recognized for his many contributions to the whitewater safety and rescue field. Charlie has conducted numerous whitewater rescue clinics for NRS associates and we're proud to be associated with him!

The International Whitewater Hall of Fame and Museum is located at the Adventure Sports Center International, McHenry, Maryland

Cold-Water Protection (Pg 24-25)

Water draws heat from the body 25 times faster than air. Like windchill, the effects of cold water increase when the current is fast. Sudden immersion in snowmelt or spring runoff is extremely debilitating, causing a substantial loss of strength, coordination, and judgment rather quickly. All cold-weather paddlers should select the gear needed for the insulation required to stay warm.

Drysuits and wetsuits both work effectively in cold water. In a wetsuit, air is trapped inside the neoprene material, and the suit fits snugly enough to keep most cold water out. What little water gets inside is quickly warmed by the user's body heat. Drysuits create an actual barrier between the environment and the paddler, eliminating that initial "cold-water shock." Paddling drysuits are made of a waterproof material with latex seals at the neck, wrists, and ankles. The paddler regulates the inside temperature by adding or removing layers of insulation, such as pile or polypropylene. In milder weather, a water-proof shell top or paddle jacket can be combined with pile clothing or a wetsuit for comfort.

The first goal is to protect the torso, which shelters the "core" of the body. The greatest heat loss occurs in the armpits and crotch. Next, pay special attention to the extremities. The head radiates a surprising amount of heat. If the helmet alone is not warm enough, pile or neoprene liners can be worn inside. Neoprene booties cover the paddler's feet, and if the sole is thick enough they can be used alone. Another alternative is to wear lightweight neoprene socks inside sneakers. In cold weather a boater's hands quickly lose the strength and sensitivity needed for effective paddling. Neoprene gloves or mittens are one answer; mittens are warmer than gloves, but more awkward and harder to find. Pogies (mittens that cover both the hand and the paddle) permit direct hand-to-paddle contact for maximum control with a kayak paddle. In borderline weather, carry hand protection along for possible use later in the day.

Hypothermia (Pg 129-130)

The human body functions only within a narrow temperature range. Warmth must be maintained to support the chemical and metabolic functions sustaining life. When the body cools below acceptable levels (hypothermia), there is a significant loss of strength, coordination, and alertness. Patients suffering from hypothermia may become unable to paddle effectively or to assist in their own rescue.

Paddlers must often contend with water that is dangerously cold. The effects are felt with surprising speed. Just like the effects of windchill, those of moving water produce an enhanced cooling effect that multiplies the impact of cold water. But hypothermia does not always occur in cold weather. Unexpected summer storms can soak an unprepared boater, or the wind can steal heat from his body. An unprotected boater who takes a long swim on a cool, overcast day may find it hard to rewarm. An injured victim may experience hypothermia as shock sets in

Levels of Hypothermia

The human body has three layers; an outer superficial layer, an intermediate layer; and the inner core. The superficial layer consists of the skin and subcutaneous tissue; the intermediate layer is made up of the extremities, skeletal and muscular tissues, and some lesser organs; the inner core contains the most critical organs; the heart, lungs, and brain. When hypothermia sets in, the body prioritizes heat distribution. It works to keep the vital core warm, hoarding the additional calories required to heat parts of the body that are not necessary for survival,

As the body begins to chill, the first signs of hypothermia come in the form of muscle tension and goose bumps. This non-shivering heat generation can double the metabolic rate. As the core temperature continues to drop, shivering begins. These uncontrolled contractions can increase the metabolism to five times the normal rate. Now the body is burning roughly 400 calories per hour. That's approximately the number of calories in two Snickers candy bars. Under the right conditions, the body can still rewarm itself.

At some point, the body starts to realize it is beginning to lose its battle to heat all its layers and decides it can survive without the superficial one. By shunting the blood flow away from the skin and outer tissues, it reduces the flow by about 1 to 2 percent. Strenuous activity could increase heat output, but the body has limited stores of fuel. Heating the entire body might burn what reserves are left and leave the victim to cool even more quickly.

When core body temperature falls below 95 °F, shivering diminishes. The patient may become confused; reasoning becomes clouded. With continued heat loss, the body decides to sacrifice parts of itself so that the brain can survive. By reducing the area being heated, life is prolonged. First, the body decides it doesn't need the extremities, and carbon dioxide and lactic acid build up in these areas. Then it begins to shut down blood flow to unnecessary organs. And finally, it will limit flow to the three organs that sustain life itself.

As the body continues to cool, the victim begins to lose touch with reality. In some cases, they experience atypical mood swings and may become argumentative or combative when assistance is offered. Once the core body

temperature drops to 90 °F, shivering is replaced by muscle rigidity, and mental facilities are severely impaired. The victim is semiconscious, progressing toward unconsciousness. As the core temperature continues to drop, the metabolic rate diminishes, oxygen consumption drops, and respiration slows. Cardiac output also slows and weakens, resulting in further reduction in blood flow.

As lung and cardiac function diminish, cardiac arrhythmias develop, and ventricular fibrillation, a spasm of the heart muscle, eventually leads to cardiac arrest. A review of hypothermia symptoms follows:

- Temperature above 95 °F. Conscious and alert. Vigorous uncontrollable shivering, pain or numbness in extremities, loss of manual dexterity, slurring of speech.
- 90 ° to 95 °F. Conscious. Mildly impaired mental facilities. Diminished shivering is replaced by muscle rigidity.
- 86 ° to 90 °F. Semi- or fully unconscious. Severely impaired mental abilities; may appear intoxicated. Rigid muscles, cardiac arrhythmias.
- 80 ° to 86 °F. Unresponsive, unconscious. Rigid muscles, dilated pupils barely responsive to light, diminishing or nonexistent pulse and respiration, blue-gray skin color.
- 80 °F. Ventricular fibrillation, cardiac arrest. Pupils fixed and dilated. Death.

Loss of body heat occurs in a number of ways that may affect a paddler simultaneously:

- Radiation: Heat is given off to a cooler environment directly. The amount lost to cold water is many times that of cold air.
- Conduction: Heat passes out of the body directly into a cooler object, such as the ground an injured person is lying on.
- Convection: Heat rises away from the body into the air. Clothing helps prevent this.
- Evaporation: Heat is removed from the body as water or perspiration evaporates and the skin dries. This is why wet clothing should be removed from hypothermia victims.
- Respiration: Heat is continually lost as cold air is drawn into the lungs, warmed, and then exhaled.

The Invisible Mistake

Teresa Gryder

Seen with 20/20 hindsight, every major accident was allowed by several minor mistakes. Usually our minor mistakes are forgiven, but when enough of them pile up, something nasty can happen. The most common mistakes involve pride and overconfidence, inadequate equipment, poor fitness, ignorance of risks and hazards, and assumptions that things will remain the same when in fact they are constantly changing. Challenges like cold, high water, equipment failure, delays, hunger and thirst, can happen anywhere, and when they start adding up it's like a snowball rolling down the slope--picking up speed and mass as it goes.

When we suffer and survive the consequences, we are more likely to make an effort to change our behavior. When I am involved with something going south on the water, I make lists of what we did

right and wrong, and what we might do differently the next time. The mistake I personally am most likely to make is one that nobody but me can recognize until after the fact. That mistake is to go when I should not go.

It is important to be cautious, to advance incrementally, to get comfortable on easy water before venturing onto harder stuff. Once you have run that harder stuff, it's easy to think that you are now qualified, and you can go do it any time and have a good time. But this is not true. Just because you survived a hard run once doesn't mean you're adequately skilled to paddle at that level all the time. Even on easy water, the unexpected happens. Even on familiar runs, you have good days and bad days. The trick is to recognize bad days before they happen.

This is easier said than done. There are many forces that propel us forward even when a bad day is somewhat predictable. Our motivators are simple, like friends who are expecting us, or trips we said we'd lead, or the fact that we only get one day to boat this week and if we don't go, we don't get another chance. Sometimes people run rapids because there's good safety set up that day, or there's a photographer shooting, and they really want that picture.

Russ Sturges has a story about a near drowning on Agua Azul in the 2013 Survival Report in *Outside Magazine*. He and his crew of class V paddlers had scheduled themselves a little tight while paddling in Mexico, and ended up driving most of the night before an important film shoot. Russ said "we were really pushing ourselves to get this helicopter footage on the Agua Azul". Russ even had a broken nose and two black eyes from a previous run. Still they were not about to miss the opportunity to style the falls for posterity--in front of a professional photographer in a helicopter.

They got up early, got in their boats, and paddled to the place where the shoot was to begin. When the helicopter showed up, they started firing up these drops. One of their number blew his line, lost his paddle, and was unable to hand roll up in a boiling eddy. He had to swim, and the currents took him deep. He was unconscious when he came to the surface. They were able to get him to shore and did CPR on him for a few minutes before he started breathing again. He is alive and well today.

There are many stories like this. It could have happened on a day when they were not tired, but they *were* tired. Going paddling when you are tired, injured, sick or even just run down, is commonplace. Most of the time the river lets you get away with it. We like to say that whitewater boating is forgiving, compared to climbing, because we can swim but we can't fly. But it isn't that simple. Cumulative mistakes make for bad situations. A whole group of people who don't respect their limits is worse than one individual. It is incumbent upon us to watch ourselves and our paddle mates.

If there is one thing that *you and only you* are responsible for, it is your own health and energy level. Nobody else knows how you feel inside. We are all capable of pushing on through. We make ourselves work when we aren't well. But we don't have to make ourselves play.

I'm not immune to this mistake. Sometimes, I don't know how I feel inside. It is possible to be quite disconnected. Recently I launched on Sandy Gorge after an illness thinking I was fine, only to discover that I was shaky and weak. I launched on Canyon Creek on a normal gray November day, only to wish that I'd stayed at home with a hot water bottle on my uterus. I crawled miles out from the Chattooga after launching with a queasy stomach. I have done it more times than I care to list, and got away with it. But sometimes you don't get away with it. I am working on judging my own condition better. Up until I have launched, the decision to go at all is under review. There is no

shame in running shuttle, taking photos, or going for a hike instead. On the river I want to be a strong link in a good solid chain, not the weak link because I made an invisible mistake.

A Checklist of Things You Can Do to Reduce Mistakes:

- 👏 Choose runs that are easy for you, and do hard and daring moves to challenge yourself.
- 👏 Listen to your body, and let it tell you to take a break sometimes.
- 👏 Don't go to remote locations when you feel under-the-weather.
- 👏 If you get tired on the water, get serious about fitness and choose easier runs in the meantime.
- 👏 Dress warmly, eat well, and bring supplies for yourself and to spare.
- 👏 Be honest with yourself about your skills and experience.
- 👏 Be clear about the group and how much support they might need or conversely, be able to give.
- 👏 Keep your mind open about how you're feeling, the conditions and the group's strength.
- 👏 Abort from launching or walk out if at any time it is the smart thing to do.
- 👏 Be aware of any "shoulds" in your thinking that influence your decisions.
- 👏 Be willing to speak your mind if something doesn't feel right, even if it's just a feeling.

ETWC Forum

Check out the latest action on our forum at:

<http://etwcweb.com/discuss/index.php?mode=index>

Winter Roll Practice Friday Nights, Oak Ridge Civic Center

Remember roll practice on Friday!



Date	Coordinator	Phone	
12/6/2013	Diana Cochran		
12/13/2013	Mark Belvelhime		
12/20/2013	NO PRACTICE		
12/27/13	NO PRACTICE		
1/3/2014	Rick Zingg		
1/10/2014	Rick Zingg		
1/17/2014	Donna Price		
1/24/2014	Beth Housley		
1/31/2014	NO PRACTICE		
2/7/2014	Rick Zingg		
2/14/2014	Need volunteer		
2/21/2014	Angela Wood		
2/28/2014	Need volunteer		

Thanks to all of our wonderful coordinators! If you can't make your assigned date, contact Jason Darby at wepaddle@bellsouth.net or 865-803-1899

Trip Reports!

Nothing excites our fair weather paddlers to come out and join the fun more than a good trip report... love that gnarly creeker stuff!

Please send reports to Yours Truly at bill.lewis865@gmail.com

PROGRAMS

We are always looking for interesting programs for our meetings. If you have a program or an idea please contact Rick Zingg at 675-4184 or zinggds@gmail.com

**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

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)