

ETWC NEWSLETTER APRIL 2017

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

Next Club Meeting

Monday, April 24, 2017 7:30 pm

Our presenter will be Veronica Greear with the National Park Service. Veronica will be showing and discussing the NPS' new video on the Big South Fork.

The meeting will be at the club house at the top of the hill within Greystone Apts on Solway Rd ½ mile from Hardin Valley Rd.

We will also meet and eat before the meeting at Grill Don Gallos on Hardin Valley Rd, 6pm. Call Mark 865-679-9242 if you want to come eat so he can save you a spot.

Achieving the Right Fit in your Boat

-by Mark Bevelhimer

I recently got a new 'used' boat and while trying to get it adjusted to my liking I came across a helpful WaveSport video on YouTube about proper adjustment of seat, hip padding, foot support, etc. It's especially useful if you are a relatively new boater. The video is by a guy named Chris Wing, and he has many other videos in the Troubleshooting series that are worth checking out. Hope this helps you get a little more comfortable next time you are on the river. <https://youtu.be/Tpe zftVKLY>

Upcoming Events:

ETWC Beginners Clinic

This year's clinic is coming up on June 5, and culminating on June 10 on the Hiwassee. Format is similar to the past with classes beginning at 6pm and ending around dark. Francis Ruppel is our coordinator this year and Francis is seeking both instructors and students. If you can help, contact Francis at (865) 332-7725 or fruppel@knology.net. A flyer is attached to this newsletter and we ask you to spread these around at outdoors shops, work places, and to your friends.

Volunteers needed to assist the NPS Obed Wild & Scenic River "BACKYARD" program

This is reprinted from last month. This is a lot of fun, contact Billy Bob if you can help.

The National Park Service's Obed Wild & Scenic River unit is sponsoring their Morgan County 6th Graders program for again this May. 2017 will be the 6th year for this NPS award winning program. In the program, students from all of the 6th grade classes in Morgan County go to Lilly Bridge to do rock climbing and boating. ETWC has assisted the NPS in gathering volunteers for the water portion of the program, and we are again looking for boaters. This year's program will run on weekdays between May 15 and May 22, with May 23 and 24 as potential rain dates.

Each day volunteers are needed around 8:30 to help the NPS Rangers unload boats and gear before the bus arrives at Lilly Bridge around 9 a.m. with students from one school. The students are divided into two groups, and one group goes rock climbing while the other group goes to the water program. We help the NPS Rangers fit helmets and PFDs on the students before they carry the NPS-provided boats and paddles to a pool below Lilly Bridge. The first activity is usually the popular "Critters in the Creek" program by NPS personnel that involves the students capturing and identifying the animals in Clear Creek - and thus proving how unpolluted the water is.

After the Critters program, we help put the students into the NPS boats before we get into our own boats and gear to paddle with them in the pool. We limit instruction to the minimum required for safety - the emphasis is for the students to have FUN. If time and weather permits, we let the students go for a brief swim in the upstream end of the pool. Each group is accompanied by at least one teacher who can handle any discipline issues - but we have had none.

Around noon we break for lunch, and then switch groups and repeat the activities. When we finish, the students carry the boats and paddles back up the hill before leaving to return to school around 3 p.m. We then assist the NPS Rangers in sorting and loading their equipment onto their trucks and trailer.

If you have any free time available, please consider volunteering for this activity. You will be very impressed by the 6th Graders and teachers of Morgan County, and every session has been fun for all.

To volunteer, please call Billy Bob or Kary at 865-483-7525 or by email to Bill_Scarborough@msn.com.

Obed Annual Cleanup and Volunteer Appreciation

The NPS will be hosting the Annual Obed Wild and Scenic River Cleanup and Volunteer Appreciation Potluck Lunch on Saturday April 22. Contact NPS in Wartburg for details and see:

<https://www.nps.gov/obed/learn/news/upload/OBED-2017-Spring-Summer-03-07-17.pdf>

Tennessee Mountain Laurel Festival

The Tennessee Mountain Laurel Festival which will be held on Saturday, May 20, 2017 from 10am to 5pm on the square in Wartburg. Our club has participated in the past and it's a great celebration of the outdoors in the Morgan County "Mountain Laurel" area. See:

<https://www.tennesseemountainlaurelfestivalmoco.com/>

News from last month.

ETWC Joins River Cleanup on the Obed

-by Mark Bevelhimer

Several ETWC boaters joined Tennessee Citizens for Wilderness Planning and the National Park Service in kayaks and rafts for a river cleanup on the Obed (Obed Junction to Nemo Bridge) on March 25. Six kayakers and nine rafters filled a couple rafts with trash, but we mostly just had fun. Fortunately, the Obed system is a lot cleaner than a lot of other local rivers. What a treasure we have in our own backyard and how lucky are we for the great job the NPS does in protecting this national treasure.



If you look closely you'll see the remains of an aluminum canoe that met its demise in the Obed. Who knows what happened to the paddlers?



A successful run through OhMyGod Rapid.



First time down this stretch of the river for Mark B.

ETWC, February 17, 2017 Meeting Minutes

Presentation: Kirk Eddlemon

Kirk Eddlemon gave an amazing and informative presentation about how he came to develop and publish his whitewater guides: Whitewater of the Southern Appalachians, Volume 1: The Plateau and Volume 2, The Mountains. He discussed briefly his introduction to paddling and how he integrated information from a number of disciplines into his books. He talked about his adventures on rivers in the Southeastern U.S., the Pacific Northwest, Grand Canyon, Rockies, British Columbia, Chile, and Central America (Mexico and Costa Rica). His talk was illustrated with many wonderful photographs documenting the beautiful and wild rivers that he has experienced. He also donated a set of the guides to be sold to raise money for ETWC.

Treasurer's Report

Kary reported that we have \$947.85 in our checking account and \$6,110.22 in our savings account.

Website

April is working on updating the website and she welcomes any suggestions we can provide. She is currently updating photos.

Clinic

Francis reported that the Clinic will be June 5-10. He has retrieved a lot of Ken's materials related to the Clinic but not everything. He is still looking for the rest of the materials. Briefcase that had a lot of material is still unaccounted for and there are some computer files that have not been located. He suggested that the registration cost for the clinic should remain at \$75, the same as last year. He will get April information about the Clinic for the website. He also requested any suggestions on how to advertise the Clinic better.

Volunteer Opportunities

May 15-19 and 21: Work with Morgan County 6th grades (Contact Billy Bob)

March 25: TWCP-NPS Obed River Cleanup (Contact Mark)

April 22: Annual Obed Wild and Scenic River Cleanup and Volunteer Appreciation Day (Contact NPS)

Trips

We are always looking for new rivers to run and ideas to encourage newer paddlers to stay active and involved (and older paddlers too).

Next Meeting

The next ETWC meeting will be ~~on Tuesday, April 18, 2017~~ Monday April 24 at the usual place.

THE “HAND OF GOD”

BY Teresa Gryder

The Hand of God is a rescue in which a person who is upright in their boat pulls another boat upright without any help from the paddler in it. It's so high and mighty sounding that maybe you haven't tried it yet. I didn't try it for many years, thinking it was only do-able by super athletes with immense strength. Well that's not the fact; it is not that hard. It's much easier than I thought it would be, and a valuable addition to my rescue skills. The next time you go to the swimming pool for some winter practice, try it. Try being both the unconscious victim and the heroic rescuer. You might learn something that could save a life.

The most obvious reason that this rescue could be needed is if someone gets knocked out by hitting their head on a rock in the river. Just ask Brian Thompson about the day he was knocked out in Swingset on the Bull Run. If a kayaker is knocked unconscious but still in their boat, being able to pull the boat right side up could keep them from drowning, and makes it easier to get them to shore.

In real life I've seen this rescue used in kayak classes in which some of the paddlers weren't very good at rolling, and the instructor would just pull them upright instead of making them go through the motions of an eskimo rescue (aka T-rescue). Usually the conscious participant is instructed ahead of time to tuck forward against the deck and wait. A quick Hand of God rescue works especially great with children, who are simply overjoyed to be right side up again. Adults don't mind either, once they get over the shock of being suddenly upright. It's enough to make you say “Hallelujah”! A quick rescue saves everyone a lot of time if you don't have to pull the swimmer and boat to shore, empty the boat, and get them put back together again.

Another good reason to learn how to pull a boat right side up is that it makes an empty boat easier to get to shore. Canoes, especially, are easier to shove into an eddy when they are right side up, even if they are full of water. This wouldn't be called the hand of God if there was nobody in the boat, but it's still useful.

You can perform the hand of God from a kayak or a canoe. It might even be a little easier from a saddle in a canoe, because you are up above it and can reach across the upside down boat easier. I am willing to play “victim” for you when you are ready to try it, in the swimming pool or in the river. Just ask me. I do not recommend trying to right an occupied canoe this way, just kayaks.

I've summarized the maneuver in steps to help you remember it.

HAND OF GOD RESCUE CHECKLIST

1. To execute the Hand of God Rescue, it's important that the paddler be still in the boat. If they are partway out of the boat, you can hurt them by trying to right it. This won't be a concern when you are practicing in the swimming pool, but it will matter when you're out on the river or ocean. This is one reason to be quick and decisive if you're going to attempt it.
2. Maneuver your boat parallel to the upside down boat. No matter what angle you come from, when you can hit their boat slide in broadside next to them in moments.
3. Set your paddle aside.

4. Lay across the bottom of their boat, with your outside hand on the near side of their hull, and your inside hand reaching all the way across the boat for a grip on the cockpit rim or near there. This is the hardest part, because depending on the boat it can be a major stretch to reach a solid grip. Having long arms helps.
5. Once you have a grip on the far side, shove down with your inside hand while hauling on the far grip with your entire body. This combination rotates the boat and can right them in one smooth motion. This is the part that was easier than anticipated.
6. Once the person comes within range you can grab them or their life jacket to make sure they don't flip back over. Hold them close to you, even across your sprayskirt to "raft up" and keep them as stable as possible until you've checked in. They could have a serious neck or spinal injury.
7. Check on their status. Awake and OK? Able to paddle? Awesome. Unconscious? Not really functional? Find a way to get them to shore and check their ABCs (airway, breathing, cardiac function) and more.
8. Grab your paddles and execute the next stage.

There are videos online of people teaching and practicing this technique. One of them is of our illustrious local teacher Paul Kuthe. Watching videos may reassure you, but what matters is that you get out there and try it. Once you've discovered that it isn't that hard, you'll likely be willing to practice it several times, on a variety of people and boats, to get a feel for it and be sure that you can do it when it counts.

It's educational to take a turn as the victim. You'll want to get a few good breaths, use some nose plugs because you could be under water waiting for a while. It's an interesting experiment to go limp instead of straining to set up or roll. One of the things I learned when I played unconscious was that my Sweet helmet floats so well that it drags my entire body toward the surface on the side of the boat. Brian was wearing a full face Sweet helmet when he got knocked out.

It's important to realize that this type of rescue is just one of many tools, and that perhaps the most important and useful tool is the rescuer's ability to assess each unique situation and improvise. Brian Thompson's story has been told to me many times as an example of a successful Hand of God rescue. It turns out that Dave Hoffman didn't do a Hand of God rescue. He improvised.

It was on their second run down Bull Run on a class III "Get Out and Paddle" day in 2013. Dave Hoffman was in the first eddy on the left at the bottom of the rapid, watching his group of 14 run the rapid. Swing-set is the last and pushiest rapid on the run. Brian flipped over near the top and floated upside down through the main waves of the rapid. The boat did not twitch or move and he did not roll up. When the upside down boat floated past Dave's position he could see Brian's arm limp in the water, and his body not far below the surface. He knew that Brian was unconscious. Dave peeled out and caught up with Brian's boat, grabbed his lifejacket and hauled his upper body up onto the deck of Dave's kayak. Dave's priority was to get his head above water. Within a few seconds Brian started moaning. With his other hand Dave tried to paddle their two boats to shore.

By the time they reached the slow water below the rapid, others had raced ahead and climbed out of their boats, and were wading out into the water to grab Brian and bring him to shore.

There was an EMT with the group who helped assess his condition. The EMT thought he might need a helicopter evacuation. Brian had sustained a serious head injury and was bleeding copiously from his eyebrow.

They scouted and decided that the fastest way out from the river was down the river. There is less than a mile of class II or less water down to the takeout at Dodge Park. Some paddlers sprinted downstream to call 911 from the gate of the park, which is the only place that there is a cell signal. Dave "rafted up" with Brian in his boat, meaning that he held onto him and kept both boats upright while others pushed them into the main channel at each minor rapid. Brian had lost his short term memory and was asking the same questions over and over, specifically asking about the whereabouts of his paddle, and saying "I think I hit my head". The whole rescue took about 30 minutes.

The ambulance arrived only 10 minutes after they reached the takeout, but not before Brian's friends had removed his drysuit to keep the paramedics from cutting it off. While this choice was understandable, there was no way of knowing at the time if his spine was stable, so it had some risk. Brian had not aspirated any water, which could have been life threatening, and he recovered well from the concussion. He had surgery to stabilize the broken bones of his orbit and zygomatic arch. To this day Brian does not remember a thing from the time that he entered the rapid until he was at the takeout. Aside from that memory lapse he recovered completely.

Dave did not perform a Hand of God, but his quick thinking and decisive action probably did save a life. Every situation is unique so we are bound to learn as many tricks as we can, then improvise to get the job done. The Hand of God can be used for unconscious victims, and as a quick alternative to a T-rescue for conscious paddlers who are tucked and waiting for help getting upright. Our quiver of rescue skills is increased when we practice it and know our own abilities.

Roll Practice 8:30pm Friday Nights, Oak Ridge Civic Center Pool

Winter roll practice in the nice warm pool is the perfect place to develop skills or perfect that roll. Don't wait until spring! Guests are welcome; you don't have to be a club member.

Roll practice cost is \$5 for adults, \$3 for 18 and under and is used to pay the pool rental.

DATE

NAME

4/14/2017

No Roll Practice (Good Friday)

4/21/2017

Ann Bevelhimer

4/28/2017

Kary Scarborough

In May we will be moving our roll practice to the Lake at the Clark Center Park.

ETWC Webpage and Forum and Facebook

April Morton has been updating the webpage lately and it is a work in progress. Contact April if you have any suggestions for improvements or pictures to share

Check out the discussions on our forum and check out some great whitewater photos.

<http://etwcweb.com/discuss/>

Or see us on Facebook at:

<https://www.facebook.com/groups/179301605435695/>

Trip Reports!

Spring is nearing and we want to tell everyone about our winter trips. Send trip reports to Bill, including videos if you have them!

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 Donna Price at 865-406-1058.

2017 ETWC OFFICERS

President	Mark Bevelhimer	865-679-9242	mbevelhimer@gmail.com
Vice President	Donna Price	865-406-1058	donnaprice826@yahoo.com
Secretary	Jimmy Groton	865-805-9908	groton87@comcast.net
Treasurer	Kary Scarborough	865-483-7525	kary_scarborough@att.net
Newsletter	Bill Lewis	865-387-7821	bill.lewis865@gmail.com
Roll Practice	Ian Anderson	865-382-5723	nai.nosredna@gmail.com
Trip Coordinator	Ian Anderson	865-382-5723	nai.nosredna@gmail.com
Membership	Bill Wilder	865-603-7984	NBWilder@att.net
Conservation	Need Volunteer		
Safety	Need Volunteer		
Kayak Clinic	Francis Ruppel	865-694-3118	fruppel@knology.net
Webmaster	April Morton	909-859-5542	april.m.morton@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: 865-387-7821 Email: bill.lewis865@gmail.com
 Photos in jpeg, gif, or bmp format.
 Reports and Classifieds as a Word or Text File Document.
 Check out our website at <http://www.etwcweb.com>

River Gauges, see ETWC Forum
[AWW What's Running in East Tennessee](#)

**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)