



ETWC NEWSLETTER JULY 2016

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

Club Meeting

Next Meeting Tuesday, September 20, 2016 7:30 pm

We will have a presentation with video and pictures from our Middle Fork Salmon trip. Hopefully, our new members can attend.

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 IAN 865-382-5723 if you want to come eat so he can save you a spot.

Our latest club roster is attached and it includes our new graduates of our 2016 beginners clinics.



SPECIAL NEEDS CANOEFEST 2016

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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](#)

ETWC, April 19, 2016 Meeting

Presentation 1: Marvin Bullock, RoomforBoth.com

Marvin Bullock spoke about his efforts to open up the Bridgestone-Firestone centennial Wilderness (Scotts Gulf) and other TWRA lands to hikers, paddlers, and other users of the area. He provided an overview of the efforts to protect the Scotts Gulf area and a vision to connect several areas of public lands in the region including Fall Creek Falls State Park and Virgin Falls State Natural Area. Mr. Bullock was critical of TWRA's management of the area and has been looking for support to open up some of TWRA's wildlife management areas to non-hunters during throughout the year. He seemed to think that this strategy could also be used to try and encourage TWRA to allow broader access to Catoosa WMA for non-hunters during managed hunts. Paddlers have requested access to Daddys Creek and other parts of the Obed Wild and Scenic River during periods when the WMA is closed to access. Several ETWC members engaged in lively discussion about Mr. Bullock's criticism of TWRA.

Treasurer's Report

Kary reported that we have \$717.40 in our checking account and \$6,647.95 in our savings account. She also reported that the Club ran a deficit of \$300 and \$400 for roll practice at the pool in the 2015/2016 season. We voted to continue roll practice at the pool from January to April 2017 and to do a better job of advertising the sessions at the pool.

Clinic June 6-11, 2016

Ken reported that one person had already signed up for the clinic. Flyers have been distributed at REI, Uncle Lem's, and other places. Several people agreed to distribute them at their places of work. Ken has been getting in contact with volunteers to help with the clinic and a list of gear to share with students.

Upcoming Events

Rick reported that some people will run the New River over Memorial Day weekend.

People were also talking about the GAF meeting at the Nantahala in September. They have begun looking for a place to rent that weekend.

Knoxville Ski and Outing Club is looking for groups to make presentations about upcoming outdoor activities. They would like ETWC to make a presentation at one of their meetings. Donna will follow up with them.

ETWC will assist with the annual Obed Wild and Scenic River event for Morgan County 6th graders May 16-24. The Club has helped with this event for the past several years.

The annual Obed Volunteer Appreciation Lunch and Cleanup will be held Saturday, May 14, 2016.

Next Meeting

The next ETWC meeting is the first day of the clinic on Monday, June 6, 2016.

2016 ETWC KAYAKING CLINIC



Once again Ken Schneider and his team put on an exceptional clinic in June. Thanks to Ken and his team of instructors!

Hmmm, something doesn't look right about this?



Ready for some fun on the Hiwassee!

The Nemo photos posted at:

<https://goo.gl/photos/B9F3yj7NSgN23ruD9>

and

https://photos.google.com/share/AF1QipOV1TAuIBMwiXujBoPSdJxwa4YVG84WUxumx5wyVOR4t8mCf_FHNIuJgEAhzx-cQ?key=SXpwTURSSXJUc09nX0k2Rk8yV0xIV3ZzZHRVMmpn

Thanks Mark and Billy Bob for the great photos!

And, photos from the Hiwassee trip at:

<https://www.dropbox.com/sh/gj4rlkanthvx034/AACczrK7TuBABFSa4Qe7XNSYa?dl=0>

Thank You Donna! Great pics..

Beginner trips:

Weekend Leader Location

July 16/17 David Fox Turkey Fest (Tuck/Nantahala)

July 23/24 Ian Anderson Nantahala

July 30/31 Rick Zingg Nantahala

August 6/7 Kary Scarborough Hiwassee

August 13/14 Mark Bevelhimer Nantahala

For the latest updates, check the forum: <http://etwcweb.com/discuss/>

All of our beginners are encouraged to attend. If you need equipment or transportation just post to the forum.

Special Needs Canoe Day

Our Special Needs Canoe Day was coordinated again this year by David Fox. Thanks to David and his team of volunteers. This event hosts special needs folks and provides them an opportunity to enjoy a day at the river. So many members have told me how rewarding an experience this event has been. Thanks to MD Keough for photos. More photo are available at:

<https://goo.gl/photos/HxSM7U5t5cKAc7RQA>



Bring on the Kids!

Morgan County 6th Graders Program

The NPS' fifth annual Morgan County 6th Graders Program was held on weekdays from May 16 through May 24, 2016. ETWC has coordinated the volunteers who assist the NPS personnel in putting on the program for all of the last five years.

A typical day in the program began at 8:30 a.m. when we volunteers assisted the NPS folks with the unloading of boats and gear, and in sorting the helmets and PFDs by size. The 6th Graders arrived at Lilly Bridge by bus around 9 a.m. and were welcomed by NPS rangers before being divided into two groups. One group went to rock climbing on river right, and the other went to the water program on river left.

The water program students gathered at the top of the Lilly Bridge parking lot for a briefing prior to being fitted with helmets and PFDs before they carried the boats and paddles to the water. The NPS folks then had the students do a program that involved gathering critters from the creek and then sorting and identifying them to demonstrate how pure the water in the stream is. During the critters program, we volunteers sorted boats and paddles a bit to make the rush for the water a little less hectic. When the critters program was complete, we re-checked the fit of helmets and PFDs and assisted the students into boats. The only real instruction given at the edge of the water was how to exit a kayak if it flips – the main emphasis was for the students to have fun. As the students entered the water, most of the volunteers accompanied them in their own watercraft, and gave them some pointers when they were needed. The volunteers also kept the students paddling above the rapid at the foot of the pool. At the end of the session, we let the students have a short swim near the upstream end of the pool. The students then returned to the parking lot for lunch, and left the helmets and PFDs at the top of the trail.

While the students took a lunch break, we volunteers took one too before again sorting the helmets and PFDs, and repeating the water program with the group that had been rock climbing on river right. The afternoon group carried the boats and paddles back to the parking area before leaving on the bus around 3 p.m. to return to their school. We helped the NPS folks load the boats on their trucks and trailer before leaving.

On the evening of the last day we held a celebration picnic at the Scruggs' new craft brewery at their Lilly Pad campground above Lilly Bridge.

The Volunteers who participated in the water portion of the program this year were: Tom Pritchard, Keith and Sue Havens, Bill Key, Ian Anderson, Terri Ryan, L.J. LaTorre, Rick Zingg, Charles Samuels, and Billy Bob and Kary Scarborough.

The photos by Charles Samuels that accompany this "trip report" show how much fun the students (and the volunteers) had. One of the students was heard to say as he left: "This was the BEST field trip – better than Dollywood!"

If you can spare a weekday or two next May, please consider joining in the fun as a volunteer in the water program. You will be impressed by the Morgan County students and teachers.

Billy Bob



Middle Fork of the Salmon River
June 2016
Bill Lewis

23 ETWC members took a 6 day trip down the Middle Fork of the Salmon river from June 16 thru June 22. This was my first time on a multi-day trek like this and when I questioned several guys who had been before they told me that the Middle Fork Salmon as like Whitewater paradise flowing through the beautiful Sawtooth mountains of Idaho with 300 rapids in 100 miles over 6 days. The rapids were mostly Class II/III with a few III/IV sprinkled in. The water level was ideal at 3.5', snow runoff; not too hard, but challenging enough for this Class III paddler.

When we gathered at our motel in Stanley, Idaho the night before, it was raining and cold and the Sawtooth mountains surrounding Stanley were snow covered. This wasn't the kind of weather we were expecting in mid-June. When we awoke the next morning we'd had 2" of new snow fall in the mountains. The trip was through an outfitter, Wilderness River Outfitters, and Seth the company owner and our lead guide said that he'd never seen it snow this late in the season before ... lucky us!



Day 1 – We loaded our clothes and personal items into dry bags and loaded them into the bus, and the kayaks onto a trailer. It was a 90 min bus ride down mostly rock roads to the put-in at Boundary Creek on the Middle Fork of the Salmon. We had 15 kayakers and 8 rafters who took turns riding in the rafts or duckies. The put-in was at over 7000' elevation and when we shoved off the temperature was probably in the high 30s and it was sleeting. The river at this point was fast, steep, and cold. The level was good and not too bony but fast enough you had to stay on your toes. Most of our ladies decided to start out in the rafts to play it safe at the start, HAAA! Only a mile into the trip one of the rafts broached on a rock in mid-stream and flipped spilling Donna and Dianna and their guide into the freezing river. At this point they learned why you should make sure all of those zippers on your dry suit are snug. No one was seriously hurt, just a couple of bruises, but they sure found out what snow runoff at 7000' felt like. It took over an hour to get the raft to shore and flip it back over with a whole lot of shivering going on. We decided to cut the first day short at only 8 miles and it concluded with Velvet Falls a nasty Class IV ledge with a very squirrely slot on the left that you had to make at this level. We all made the left slot but I flipped in the squirrely water and had a nice swim when I failed to roll the large borrowed kayak I was using... we won't talk about this anymore. The outfitter had 5 rafts filled with gear, food, and coolers (mostly beer) and riders. They sent one raft ahead to set up camp which was great. When we arrived in the afternoon they had the camp all set up with the fire box and chairs and food preparation and serving area and toilet facilities (that's another story). The meals on this trip were great. They were cooked mostly in

dutch ovens over the fire and were wonderful. We had trout and all the fixings this first night which was wonderfully cooked over the fire. We only had to set up our tents and our sleeping accommodations each night. The gear was first class with North face mummy bags, Thermarest pads, and nice dome tents. Those mummy bags felt awfully good when temperatures getting near 30F at night.



Day 2- We started out overcast and misty and COLD. I'd brilliantly decided that it would be a waste to haul my pogies along in June.... I sure regretted that massive brain fart. By mid morning my hands were frozen and a lot of others were suffering from the cold as well. Just in time, Seth asked if we wanted to stop and take a short hike to a hot spring. Thank You Lord! We all plunged into the hot springs and thawed all of our frozen parts. It felt soooo good. The skin is just now growing back on my finger tips. During a lunch break the sun started popping through the clouds. The day was pretty continuous Class II/III finishing with a Class IV, Pistol Creek. We scouted Pistol Creek a one shot rapid with a big wave and hole that wanted to throw you to the left toward a sheer canyon wall with very squirrely water. Everyone ran Pistol OK, no swimmers and only a couple of us had to roll up. It felt awfully good to know we'd made it through what most folks agree is the toughest rapid on the river. Once again the meals were wonderful. A lot of folks wanted their Lasagna recipe. That night was clear but still cold.

Day 3, 4, & 5 - Things calmed down a bit as we descended from the mountains and into more of a high desert canyon. The temperature quickly climbed and the focus went from staying warm to sun protection. The thick evergreen forest was mostly gone, replaced by a scattering of large Ponderosa pines and smaller trees. The scenery was beautiful with the mountains framed against a clear blue sky. Every few minutes I'd just take a moment and let my kayak rotate to try and soak it all in. Several of our rafters ventured into duckies and did quite well. There were still a scattering of Class II & III rapids along the way to keep it exciting. Tappan 2 & Tappan 3 were Class III+ rapids that created some excitement. Once again, a nasty ledge with a small slot you had to punch through against a crossing wave. I flipped and finally rolled up on Tappan 3 which created some excitement. I was actually scouting for trout. Along the way we saw mountain sheep and mule deer; we hiked up a side creek to a hot spring that had been impounded in a 20' x 12' hot tub and had a nice soak, a remote cabin used by early settlers, a waterfall, and a 2 mile climb to a mountain top vista that has been a favorite for Hollywood studios. Tom Lessick tried his hand at fishing each day and caught several small trout, no trophies but still fun to catch. At night we had clear skies under a full moon. The moon lit up everything like day once it rose above the canyon walls. Doug brought his guitar and provided great entertainment around the campfire in the evenings while sipping our beverages; Slept well under the stars.



Day 6 – Oh NO- Our final day, the Middle Fork of the Salmon joins with the main Salmon river. The Middle Fork had grown considerable since our beginning 5 days earlier. It was now a big water river with big waves. The parade of Class II/III rapids continued and kept things exciting. Our last big rapid on the MF was a class III+ called “Rubber” and was mostly a string of BIG waves alternately coming from either side. It made your kayak bounce from left to right, back and forth as fast as you could alternate your paddle from side to side to brace. This was a really fun rapid at this level. The rafters were really clicking after 5 days and making those rafts jump. 5 miles into the run the Middle Fork joined the main Salmon. At this juncture the Middle Fork actually had the larger flow and the combined flow made for some bigger water and rapids. After joining the main Salmon, we ran several Class IIIs with huge waves, really fun rapids to pop up and over the waves. We reached the takeout at Cache Bar early afternoon and as throughout the trip our outfitter quickly unloaded the rafts and stowed away all the equipment. They fed us one last lunch and loaded us onto the bus for the 90 minute ride to Salmon, ID. I was going to miss those meals. I actually gained a couple of pounds on this trip in spite of paddling 20 miles each day and hiking and setting up camp each day. We arrived in Salmon and everyone checked into the motel and we had a couple of hours to unpack and explore the small downtown. We all got together with our guides that evening over dinner. Our guides were awesome and you become pretty close after 6 days together on the river. We’ll miss them. We all enjoyed a few laughs together recounted some stories and said our farewells. A great trip that I will never forget; special thanks to the guys who put this trip together.

For a video of the trip (the 1st 4 days until my memory card topped out) see:

<https://www.youtube.com/watch?v=FI4GrAUCG9w>

Lightning on the River

By Teresa Gryder

What do you do when an intensive lightning storm comes over you while you are on the river? Are you safe in a canoe? Should you climb out onto shore? If you go onto shore what should you do?

Every area has its unique weather patterns. In the desert southwest lightning comes with summer afternoon storms that dissipate at night. In the southeast lightning can develop when a strong cold front moves through. Unstable warm air that moves upward carrying moisture is the root cause. A violent storm cloud reaches into the upper atmosphere with an anvil-shaped cumulonimbus cloud (thunderhead) and rain or hail underneath it. Other weather events that can trigger lightning include heavy snowstorms, hurricanes, forest fires, and volcanic eruptions. It helps to anticipate local weather, but sometimes you just respond when you hear the thunder.

When I was a kid, my parents tried to protect me by teaching me to get out of the water quick if I was swimming when a storm comes. This is about all I was ever taught about lightning safety. Much later I started seeing headlines about how many people get struck by lightning. Residents of the US have about a 1/3000 lifetime chance of getting struck by lightning.

People who recreate outdoors get struck the most. Fishing, camping and boating are the top 3 activities resulting in getting struck (golf is #12). Of course the kind of boating they are talking about includes power boats and every kind of recreational craft—whitewater paddling is a tiny fraction of that use.

The advice to get out of the water when you hear thunder in the distance applies 100% when you are on the ocean or in a big lake in open country. In this situation you might be the tallest thing around for a long distance, and hence a target for lightning. Water is a good conductor, so being in the water could be bad. Getting out of the ocean or a big lake makes sense. If you're on a wide open river you might decide climb ashore, whereas if you're deep in a gorge or canyon, you're probably OK to keep floating downstream. On whitewater rivers your risk of being hit is low because you are at the bottom of the topography. Lightning strikes mountaintops, high ridges, and tall trees.

It's best not to take shelter under a big tree. Lightning loves to hit big trees, and the electricity travels down the tree to the ground, dissipating along the roots. If you happen to be standing or sitting on a root, bumper dude. But if you are sitting in a plastic or rubber boat in the lowest part of the terrain, you are unlikely to take a direct or secondary (conducted) hit. On a river, we

often stay in our boats and keep going. No one really knows how big of a risk we are taking when we do this. A metal or fiberglass boat, or water in the bottom of your boat, could be an excellent reason to climb ashore.

I told my rafting customers about the dangers of sheltering under a tree as we floated on downstream. I told them that we were at the bottom of a deep gorge and lightning was more likely to strike the ridges and tallest trees than us. During my time working as a guide I experienced many violent lightning storms and nobody was injured by lightning. Wind blew trees over onto rafts, but that is another element for another day.

During electric storms I have felt the jolt of charge through my Carlisle paddle as the charge travelled down the ribbon of the river. The Carlisle paddle has an aluminum shaft inside a plastic coat. It felt like when you touch a blade of grass to a live electric fence: a buzzing jolt but not painful or paralyzing. I have paddled at night with my way lit by lightning strikes. I have tested the “bottom of the valley is safer” theory thoroughly and I almost believe it, though there is something extremely unnerving about close lightning no matter where you are.

Light travels at 186,000 miles per second, which is so fast that you see the lightning flash at almost the same moment that it happens. Sound travels relatively slowly. A thunderclap goes about a mile in five seconds. Over distance it turns to a rumble. When you see the flash, count the seconds, and you can guesstimate how far away that lightning strike was. When lightning strikes really close it is so fast that you don't have time to count seconds. If the sound takes 5 or 10 seconds to get to you, that's a mile or two away. You might still hear a rumble when lightning strikes as many as 10 miles away—the sound would get to you almost a minute after the flash. That distance might be reassuring, but it does not tell you which way the storm is going or if the next one will be closer.

Lightning that strikes within 3 miles (15 seconds) is an urgent warning if you in vulnerable terrain. If you are on a mountaintop or ridgetop: go down, avoid high places. Successive strikes are often two or three miles apart. It is possible to be struck when the storm is still 10 miles away (“dry strikes”, the kind that start forest fires).

A popular guideline for deciding when to take cover is the 30-30 rule. If the time from flash to boom is 30 seconds or less, the storm is within six miles, and you should move to safety. After the storm passes, wait at least 30 minutes after the last thunderclap before you head into vulnerable terrain.

When someone is struck, injuries to the nervous system can stop the heart or breathing. Immediate CPR can often be lifesaving; don't wait for an ambulance. Serious burns are possible but not common. Lots of other symptoms can occur, and medical care is indicated any time someone takes a bad shock.

Not every lightning strike is the same. Wikipedia says that an “average” bolt of lightning carries a current of 30,000 amperes. Large bolts can carry up to 120 amps of current. Only 10% of people who are struck actually die. Of the 90% who survive, many have permanent injuries.

There is no way to eliminate risk and be out in the world, but we can minimize it. If you are Catholic, pray to Saint Agrippina of Mineo and have a devotional feast on June 23 every year. If

you don't expect saintly protections, here are a few other options that could save your life if caught by a lightning storm. We've pretty much covered the theory about when to climb on shore, and when to stay in your boat and continue downstream. The following set of survival tips mostly apply when you are on shore.

LIGHTNING SURVIVAL TIPS

1. If you have access to a vehicle, get in it. **Vehicles are the best shelters** because the metal shell works like a faraday cage, conducting the charge through the metal and around you instead of through you. *Driving to the Salt River takeout in an Arizona monsoon storm, I watched the sky drizzled electric sauce over the vehicle in front of me on the road. The sound was so loud that I could not hear it. The struck driver pulled over, and I pulled up next to him to check on him. He was stunned but OK. He couldn't hear for a minute or so. If he hadn't been in his vehicle he'd have been toast.* Cars, trucks, busses, all are great shelter from lightning because of the metal shell. Don't touch metal inside a vehicle during a storm.
2. **Avoid taking shelter under a large tree.** Oaks are particularly bad because they have a high moisture content, and conduct electricity well. The tallest tree or the one with the biggest trunk and canopy may be the most likely one to take a direct strike, conducting the electricity down to the ground and out along its roots. Stay at least 30 feet away from the trunk of any large tree. Avoid roots.
3. **Stay away from cliff walls, and gullies** where water runs with a rain. Water is a decent conductor and electrical charges can sheet down rock surfaces even when dry. Lightning prefers to dissipate along paths where there is moisture.
4. Beware when your **hair stands on end**, or you have tingling sensations. These are signs that a close strike is imminent. Lightning can strike without warning signs but if you feel this, instantly assume the lightning crouch.
5. The **lightning crouch** keeps your vital organs away from the ground using a squatting position with your **heels together**. Crouch on the balls of your feet, stay as low as possible and **cover your ears** with your hands. This position encourages ground charges to move only through your feet and increases your chance of survival. **Don't lie down.**
6. **Insulate yourself.** Get away from metal fences, guard rails, and tent poles. Get on top of something that does not conduct electricity. You could crouch on top of a life jacket, a camping pad, or a drybag to insulate yourself from the ground. Take off jewelry especially rings and bracelets. Small pieces of jewelry can cause burns to concentrate in bad places.
7. If you go indoors during a lightning storm, **stay away from wiring and plumbing.** Unplug your computer then get away from the wiring. No showers, dish or hand washing. No telephone calls if there's a wire to your phone. Land lines are the #1 cause of indoor lightning injuries. Buildings are safest when they are equipped with a lightning rod. Metal, wood or vinyl sheds, picnic shelters and such are no better than being outdoors.

How to Survive a Lightning Strike

Crouch down low like a baseball catcher. Get as low as you can. The nearer you are to the ground, the less likely you are to be struck by lightning. But never lie down!

If your hair begins to stand on end or your skin starts to tingle, a lightning strike is imminent. Immediately get into the crouching position. Lightning may strike without this warning, however.

Place hands over ears to minimize hearing loss from the loud clap of thunder that will boom very close to you.

Don't touch any possible conductors.

The only thing touching the ground should be the balls of your feet. Lightning can hit the ground first, and then enter your body. The more you minimize your contact with the ground, the less chance of electricity entering your body.

The Art of
MANLINESS
BY TED SLAMPYAK

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Touch the heels of your feet together. If electricity from a ground strike enters through your feet, this increases the chances of the electricity going in one foot and out the other, rather than into the rest of your body.

Illus by Ted Slampyak for The Art of Manliness



Cows kills by lightning hitting a fence.

ETWC Forum

Check out the discussions on our forum:

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

Roll Practice Friday Nights, Oak Ridge at Clark Center on Lake

Remember roll practices on most Friday nights at the Lake.

Please post to the forum if you plan to go to be sure others will be there.

We meet around 6pm or when we get off work at the Clark Center Put in (where we held the clinic).

Trip Reports!

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.

**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)