



ETWC NEWSLETTER SEPTEMBER 2015



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

Tuesday, Sept 22, 2015 7:30 pm at Greystone Apts clubhouse.

Mark Bevelheimer will talk about his recent kayaking trip down the Grand Canyon.

The club house is 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 membership roster is included with this newsletter.

2015 OFFICERS

President	Ian Anderson	865-382-5723	nai.nosredna@gmail.com
Vice President	Donna Price	865-406-1058	donnaprice826@yahoo.com
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Newsletter	Bill Lewis	865-387-7821	bill.lewis865@gmail.com
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Trip Coordinator	Ken Schneider	865-671-0673	ken48work@yahoo.com
Membership	Bill Wilder	865-603-7984	NBWilder@att.net
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Safety	Rick Zingg	865-675-4184	zinggds@gmail.com
Kayak Clinic	Ken Schneider	865-441-5270	ken48work@yahoo.com
Webmaster	Billy Bob and Benny Hicks	865-386-6342	bghicks@pstcc.edu

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](#)

Message from our President

Once again summer has flown/paddled by! We started with another very successful clinic with over 20 participants – the photo at Nemo rapid reminds me of Piccadilly Circus!



Once again thanks to Ken and his merry band of helpers (instructors, safety boaters, picnic crew) for organizing this important event – we all had great fun and were able to welcome new members to the club in style.

I was also once again impressed by the number of volunteers that came forward to lead beginners trips all through the summer. Quite a number of our new friends stayed with us as we progressed from the mighty Hiwassee to the Tuck and then on to the Nanty. Due to the rainy summer we have had, we were also able to take trips on Clear Creek and the Emory. Hat's off though to the king of trip leaders, Tom Lessick, who showed us all what it takes to

organize a class trip with snacks and drinks provided at the end of a long paddle. Thanks Tom!!

We have some interesting programs lined up for the upcoming club meetings starting with Mark Bevelhimer telling us about his summer kayaking trip in Grand Canyon. You'll have to come to the meetings to find out more about the future programs.

Before ending I'd like to thank Bill for keeping this newsletter rolling – he relies on your input, don't be shy!

Looking forward to seeing you at the club meetings and of course OTR!

Ian

Welcome to our new members and graduates of our beginners clinic!

We hope you all take advantage of our beginner trips.

Nicholas Baca

Ann Bevelhimer

Lane Cooper

Michael Copland

Mandy Dubuc

Corky Freeman

Ane Lasa

Chris & Colt McMahan

Melonie Meares

April Morton

Liz Norred

Tyler Quinn

Madhu Ramasamy

Brian Robey

Ellen Roddy

Sierra Stair

Anthony Walker

Carla, & Hannah Walker

David Zubler & Brenda Fleenan

Club Communications

It's been awhile since our last Newsletter and official club meeting. In the meantime members have used our club forum and facebook to publicize and report on club trips. If you have not visited these forums, check them out at:

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

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

Clear Creek Run..... IN AUGUST!

Note: This report was first posted to Facebook by Denzill Britt

This past Saturday, August 22, the ETWC had a Pigeon River Club Trip planned! Those plans changed when Clear Creek still had plenty of water from the weekday rain. It's crazy to paddle the stinky Dirty Bird when Clear Creek is running! We met and paddled from Barnett Bridge to Lilly Bridge. We had a leisurely float from Barnett to Jett where we lost 4 paddlers but gained another 4. From Jett to Lilly we worked the river fairly hard by eddy hopping all the way down. The creek was running about 490cfs that morning and the Jett gauge showed 2.5 feet at 3:00PM. We spent about 5 hours on the river and had a really good day of paddling! At the end of the day we got to talk with the Nashville "Creeker Life" gang who were ahead of us on the river at the Lilly bridge parking lot. Next time I hope to get better pictures! We hope to see you all on our next ETWC trip.

SYOTR

Denzil



NPS Obed W&SR Morgan County Elementary Schools Outdoors program.

The National Park Service's Obed Wild & Scenic River Unit has put on a program for the last 4 years that includes students from all of the 6th grade classes in Morgan County. ETWC has assisted the NPS by providing volunteers to assist in the water activities portion of the program. This year's program occurred between May 11 and May 15, 2015. Each day the students, teachers and chaperones arrived at Lilly Bridge by school bus, and were separated into two groups. One group went to rock climb at the cliffs on river right, while the other group went to the water activities. After being fitted into helmets and PFD's, the students carried the boats and paddles to a large pool in Clear Creek downstream of Lilly Bridge. The first water activity done was "Critters in the Creek" in which the students collected crayfish and insect larvae by stretching nets across a rapid while moving the cobblestones upstream. The animals were then sorted and identified, and the result proved that the water of Clear Creek is especially clean. The next activity was boating in the pool in kayaks or inflatable kayaks (duckies). The only instruction we gave them at the beach was to those that chose closed kayaks, and that was how to exit the craft if it capsized. The safety boaters circulated among the students and gave useful advice when asked. At the end of the session, the students swam in the pool before returning to the parking area and dropping off the helmets and PFD's. After a quick lunch, we switched groups and repeated the activities. The afternoon group carried the boats and paddles back to the parking area before leaving on the school bus to return to their school. The weather and water level this year were excellent, and we completed the program without having to use a rain day. The warm temperatures allowed the students to be more adventurous and to have more fun than was had in previous colder programs. It was very rewarding to interact with the polite and well-behaved 6th Graders of Morgan County – particularly when some of them made two or three return trips to assist their classmates in carrying the boats and gear to the parking area. Our volunteers this year included Denzil Britt, Tom Pritchard, Sue and Kevin Havens, Ian Anderson, Rick Zingg, LJ Latorre, LaDawn Wolfe, Terry Ryan and Chad Ward. In addition, Bill Key, Terry Childs and Gordon Abney volunteered for the rain days, but weren't needed. If you can manage to volunteer on a school day (or more) next year, the folks listed above can attest to the amount of fun and river karma you'll have...

Billy Bob and Kary Scarborough



SELF RESCUE: STAND UP FOR YOURSELF

By: Teresa Gryder

“God won’t guide your footsteps if you won’t move your feet.”

Not long ago our Canadian friend Einar sent me a [link](#) to an event he described as “a long swim thru a class 3 rocky rapid captured on the swimmer’s helmet Go Pro.” The Beaver Canoe Club is similar to the Lower Columbia Canoe Club in that they welcome new paddlers and show them the basics of river running. This swim, through a rapid known as Tamihi, got me thinking about the risks inherent in standard safety teachings, and on how paddling clubs can better educate our new members.

The first safety instruction most of us get is to “Keep Your Feet Up” when we swim in whitewater. That’s what they teach on commercial rafting trips. Floating downstream feet first is sometimes called the “Safe Swim Position”.

I have bad news for you. The “Safe Swim Position” is not safe. Swimming down a whitewater rapid is a risky proposition. You can get beaten up on rocks, stuck on a log, shoved under a rock, or stuck in a hole. You can get so exhausted that you can’t swim or think straight. You could drown. It is better to get OUT of the river than it is to float passively downstream and wait for salvation.

It is easy to ignore the risk until something goes wrong. We try to manage the risk. People sign waivers saying that they accept the risk. When things go wrong, we ask, “Was it worth the risk?”

One way that we can reduce everyone’s risk is to teach self rescue. Each paddler, no matter how new, should learn the basic skills for getting their own kit to shore. It’s not that hard. Grab your boat at the end (not at the cockpit). Get your paddle in the same hand. Do the side stroke to shore, dragging your stuff behind you. This routine gets easier with practice, and you can practice in a swimming pool. It’s different from grabbing the end of your boat and floating haplessly with your feet up.

Aside: I paddled for years with a woman who could not roll but had the best self rescue in the land. She would be on shore emptying out her boat before we could even get to her.

Self rescue is much easier if you have planned ahead. Dress for the water temperature (not the air). Secure floatation inside your boat. Wear shoes that stay on and keep your life jacket tight enough that it doesn't ride up into your face. Attach your water bottle and drybag to the boat so you don't "yard sale". All of these things are reasonable baseline preparation for any whitewater paddler. It helps to know how to swim, too.

There is a time to ditch the boat, for example when faced with swimming a long, abusive rapid. You CAN let go of your boat, that is a viable option. Let it go over the waterfall without you. Letting go of the boat allows you to aggressively swim to safety. Also, boats are pretty easy to see and pull in, unlike paddles which get lost so easily.

But let us back up, to the "Safe Swim Position". This instruction includes the advice to "Never Stand Up" in whitewater, because of the risk of Foot Entrapment. This advice is good but rather too absolute, because there IS a time to stand up.

Foot Entrapment is terrible when it happens. A person tries to stop by standing up in the middle of a rapid and their foot gets stuck and they are pushed under water by the current. It is nearly impossible to save someone who is stuck under fast current, so it is usually fatal. Survivors of this situation often have a broken leg. This is why reasonable people are afraid to stand up.

Foot entrapment is thankfully uncommon. Foot entrapments can occur from attempting to stand up, but they also can occur when someone floats *feet first* over a ledge—in the "Safe Swim Position"!! Falling water shoves their feet to the bottom. The accepted way to protect against this entrapment is to "ball up" when you go over a drop, keeping your feet off the bottom of the river. There is still plenty of risk involved.

On the Nantahala River in North Carolina, there is a class III finale rapid called the Falls following a mostly class II run. Paddlers there usually have class II skills, and they are stepping it up to run the Falls. Swimmers who were swept over the wrong part of the ledge have died because their feet got stuck in a crack at the base of the falls. After it happened a couple of

times, folks decided to modify the river bed to prevent it from happening again. They shut off the river at a dam, and poured concrete in the crack until a foot wouldn't stick in there anymore.

There's a gang of Tennessee canoeists who used to say that participants should SUGUS, that is to say, Stand Up and Get Ur Stuff. Then there was a drowning. I hear that they are less adamant that folks should stand up now.

So WHEN is it OK to stand up in the river? If you are swimming, you decide. I can think of two situations in which standing up could be less risky than floating on down: 1) When the water is shallow. 2) When the water is still or moving very slowly. Let's think about these scenarios.

I define shallow water as being less than knee deep. Knee deep means it is less than arm deep. It's hard to stand up in fast knee deep water. You can bang your shins or fail to find footing. If the water's speed is moderate, standing up is more doable. If it's only shin deep, and you are bumping along the bottom with your butt, standing up is the obvious choice. If the water is 3 feet deep and fast, you'd better swim, and keep your body shallow to reduce impacts.

Slow water is another chance to stand up. If you can get out of the current by catching an eddy, you can stand up in 4 or 5 feet of water. The water behind a hole can be quiet and shallow. Take advantage of the opportunities that you get. If you find yourself in shallow or slow water, you CAN stand up.

The glorious thing about standing up is that it stops the action right there. If you catch an eddy and stand up, you won't wash out of the eddy. You are higher up and can see. You are at least partly out of the water. You can climb up on the rock and do a flat dive toward your destination. You can stash loose items and empty out your boat. Standing up stops the ride and lets you gain a semblance of control over your situation. Standing up is NOT verboten, it is just another risky option.

Self rescue requires quick decisions. When you are swimming a whitewater rapid, someone helpful may yell instructions to you. They could tell you to keep your feet up, or to stand up, or to swim this way or that. You can take these instructions as advice, and sometimes it is good advice. When you are down in the water, you can't see as much as a person who is higher up in

a boat. You decide whether or not to listen to them. Nobody knows for sure which risk is greater.

LINKS

LONG "SAFE" SWIM IN TAMIHI AT LOW WATER

<https://vimeo.com/121756352>

HIGH WATER AT TAMIHI FOR CONTEMPLATION

<https://youtu.be/lcpMFmFe7IM>

Roll Practice 5:30pm Friday Nights, Oak Ridge at Clark Center on Lake

Check the forum to see if others are going!

Trip Reports!

Send trip reports to Bill, including videos if you have them!

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

And, Thank You AGAIN, **Teresa Gryder** for all of your articles on safety along with all of my other contributors. Thanks so much!

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)