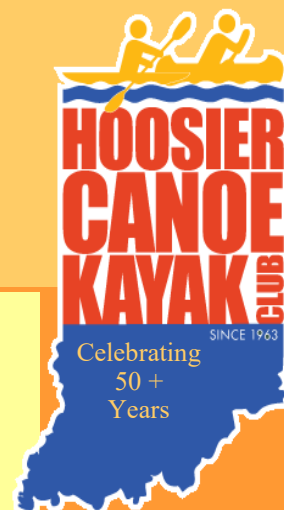


The Hoosier Paddler

April 2020, Volume 58, Issue 4

<http://www.hoosiercanoeclub.org/>



March 17, 2020

ATTENTION ALL HOOSIER CANOE AND KAYAK CLUB MEMBERS

With the concern over COVID-19 becoming something that has likely impacted the day to day activities of all of our lives, it is not without heavy consideration that the Hoosier Canoe and Kayak Club has decided to move forward with cancelling all club supported trips and training sessions through May 31st until otherwise noted. I personally have been in contact with representation of all three of our fleets as well as our Safety/Education leadership and we are all of the same opinion that it is best for us to recommend that everyone continue with what is recommended by the Indiana Department of Health and the Federal Center for Disease Control (CDC) to best prevent the spread of COVID-19.

What this means is this: We as the HCKC will be cancelling all trips planned through the end of May until otherwise noted. This may be extended (hopefully not) and we will communicate if this plan changes in any way.

In the meantime, please follow ISDH and CDC guidelines, practice 'social distancing' and refrain from gathering in groups larger than 10 people for your un-official gatherings.

If you do choose to venture out to the water, we ask you to think about the following:

If the trip requires a shuttle, consider the risk you are putting not only yourself but your shuttle partner(s). Emergency services are on skeleton crew – if there's a breakdown it may take much longer for assistance.

Meeting at the put-in...this puts everyone in close proximity which increases risk of transmittal

Please keep up to date for state/CDC restrictions in the area you plan to paddle

On the water – distancing will happen – but we are not always distant. If there is an incident while on the water, or someone starts showing symptoms of COVID-19 while on the trip, everyone on the trip suddenly becomes at risk (first and foremost the trip leaders/safety boaters)

Please keep in mind, we all have loved ones that are affected by this outbreak. Not only are our lives at stake, but those of our families – much to consider when planning a trip on the river.

With this being said, please do not take this as the club forbidding any of its membership to partake in the sport we love...just do it safely and within the National and state recommendations. Be careful out there we want to make sure after all of this is over, we continue on stronger than ever!

Be safe and we will see you all on the other side of this challenge! Your skipper Toni Harris

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Trip Announcements:

All Cancelled until Further Notice

No April Fools on Big Pine, Summit Lake, Sea Kayak excursions, Sand Creek, or Gaitor-bait's Florida Paddle

Reports:

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Things to Do:

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Page 6: Low Head Dam info

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Put your Names in you Kayak or Canoe

Jim Sprandel

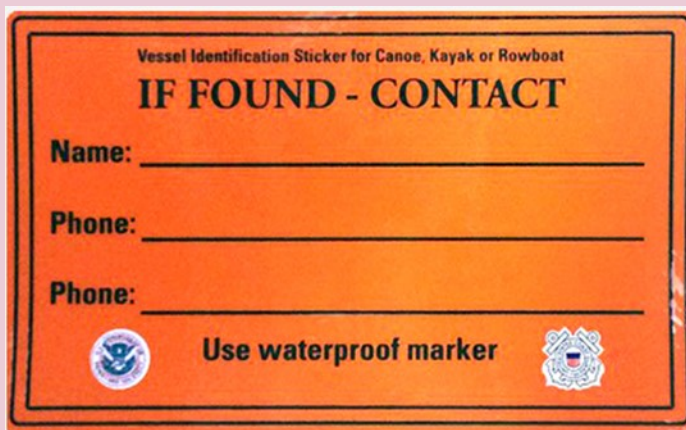
I stopped by the Coast Guard Auxiliary booth at the Boat, Sport, and Travel Show in February. They reminded me that it is important to place your names and contact information inside your kayak.

If you put your name in your boat, there is always a chance that someone will contact you to return your boat. An equally important reason for doing this is that it helps the Coast Guard and state/local authorities figure out what is going on when they find an unmanned kayak or canoe. In these cases, they have to consider whether there is a paddler in the water or if someone has potentially drowned. In some cases, they may treat an unmanned boat as an emergency and initiate a Search and Rescue operation. (<https://paddling.com/learn/unmanned-kayaks-costing-billions/>)

There are many reasons why kayaks/canoes get away from their owners – most of them are not dire. To help identify non-emergency situations, the US Coast Guard passes out and encourages all paddlers to use of orange reflective “IF FOUND – CONTACT” stickers with blanks for your name and contact phone numbers. When a kayak is found with this information, it lets the authorities make a phone call to see whether someone is actually in danger or not.

If you do not already have one of these “IF FOUND – CONTACT” stickers on your kayak, canoe or craft, you should get one. If needed, you may purchase one for \$2.00 at <https://paddling.com/store/uscg-if-found-sticker/>. (Paddling.com charges \$2 to defray their shipping and handling costs.)

If you don't find a sticker, use a waterproof marker to write your name and phone numbers on a visible spot inside your cockpit. If you have a dark hull and a marker would be hard to see, put a piece of light, waterproof tape in the boat where you can write this information.



The Newsletter of the Hoosier Canoe Club

The good news about paddling is that we get away from the common places, away from cars, and away from cell phones. We are able to see things that most people rarely see and lose the all-pervading traffic noises. This is one of the allures of paddling and going new places.

The bad news is that we get away from the common places, we are away from cars, and away for cell phones. If an accident or medical event happens, we may have difficulty contacting emergency services and they may have difficulty getting to us after we contact them. It may take hours for help to arrive!

Wilderness First Aid training teaches how to deal with this situation. On February 29th and March 1st, twenty-three HCKC members attended a 2-day SOLO Wilderness First Aid class where the class learned what to do in this situation. The class was taught by Danyeale Green and Tymme Laun who are SOLO-certified WFA instructors working at Indiana University Outdoor Adventure center. SOLO is the oldest wilderness medical school in the United States.



Danyeale demonstrating Arm Sling improvised from Sweatshirt on Tymme



Simulated Puncture Wound

The course assumes that hospital emergency help is more than an hour away. The students' first mission is to assess the situation and patient and then to provide necessary first aid to treat and stabilize the patient until medical care arrives. Danyeale and Tymme used a series of lectures, hands-on practice, and field scenarios to teach the class.

When first coming upon an accident, they taught the class to quickly (10 seconds or less) assess the scene to determine if they can help the person without creating additional victims and then estimate what happened and how the person is hurt. We have all heard where would-be rescuers become casualties themselves.

If the caregiver can proceed, they don gloves, approach and reassure the victim using a soothing trail-side manner that they're there to help. At this point, they look for and treat any life-threatening issues (e.g., not breathing, no pulse, bleeding out ...)

and do a cursory check looking for additional bleeding or damaged/painful areas on their bodies. Normally, this assessment would take 2-3 minutes. However, treatment for a life-threatening condition would be started immediately and could take longer.

After the quick assessment, the caregiver can begin to address their conditions. If needed, the patient is moved so that they are safe and comfortable. Extreme care is used if there might be a spinal injury. If they are conscious, the caregiv-

er gets information on their medical history, what happened and how they feel. The caregiver also performs a more thorough secondary inspection to identify the full extent of their injuries (broken bones, bleeding, abrasions, and pain) and their heart and breathing rate. This data is recorded so that it can be passed on when the patient is turned over to the next tier of medical help.

At this point, we entered the MacGyver School of medicine. Most kayakers and back packers only carry basic first aid kits designed to address minor cuts, abrasions and medical conditions (e.g., headache, allergies, and GI issues). The class learned to use the equipment that is normally carried to improvise splints, slings, and bandaging. It's amazing how effectively you can make a splint for a broken arm with a paddle float, or how effectively you can make an arm sling with a spare sweat shirt.

Danyeale and Tymme talked about how to deal with a range of soft tissue injuries (e.g., abrasions, lacerations, punctures, and impaled objects.) They also taught us to treat shock, heat injuries, dehydration, hyperthermia, anaphylaxis, and heart issues.

One early question that the caregiver has to address is how long will it take for help to arrive! Can your cell phone or VHF radio reach help? Does the patient's condition require them to be evacuated ASAP? If yes, the caregiver might send people to get help early in the process.

After this course, the students learned a process to address a wilderness first aid situation. They learned how to access and treat many common first aid situations plus which medical issues require immediate evacuation or treatment by more advanced medical staff.



Treating Simulated Puncture Wound in Arm



The Hoosier Canoe and Kayak Club Supports Low Head Dam Safety

Please Support the Low Head Dam [House Bill 1099](#) by lobbying your local district legislator in writing to vote yes on this important piece of water safety legislation regarding our rivers. You can find your representative @ [Find your Legislator](#). (A drafted letter to send to your representative is found below for your convenience).

A Synopsis of the Bill 1099:

The natural Resource commission will establish a roster of LHDs in the state that are capable of creating hazardous currents and pose safety issues.

Establish requirements concerning LHDs for the Dept. of Natural Resources and owners of LHDs.

Prohibits persons from accessing a LHD except for purposes of inspection, maintenance or removal.

Prohibit wading, boating, swimming or accessing the waters within a 100 feet of a LHD when warnings signs are present.

Provides that the state is not liable for any death or injury that occurs that is not owned by the state.

Provides for a penalty for violations.

Requires the department to prepare a report that includes recommendations concerning creation of a LHD removal program and any recommendations concerning LHD safety legislation.

*The Bill was proposed by Ethan Manning, District 23, 800-382-9841.

Send your letter of support to your local district legislature, [[Find your Legislator](#)], not Mr. Manning.

Copy and Paste Sample Letter (Questions to marianndvs@gmail.com)

Dear, [Find your Legislator](#), as a member of the Indiana community who supports and enjoys our beautiful rivers and the recreational activities it provides, I am asking you to support House Bill 1099 regarding Low Head Dams. Indiana communities have suffered too many human losses due to lack of attendance and regulations regarding these—often referred to—drowning machines. These Low head dams are a public health concern that take too many lives. We want action now. Thank you for your YES vote.

Sincerely, [Your Name]



The Newsletter of the Hoosier Canoe Club



Low Head Dams Take Too Many Lives: New Legislation Will Provide More Than Life Support

[click on photo](#) (Provided by Mr Sweeten's website)

New Low Head legislation could be viable by the summer of 2020. Thanks to Ethan Manning, State Legislature and sponsor of House Bill 1099 [click \(Low Head Dam Bill\)](#), and co-sponsors: Sean Eberhart, Davis Abbott, and Pat Boy. Kudos and congratulations, also, to Professor Jerry Sweeten, ecologist for Ecosystems Connections Institute [click \(website\)](#) and retired professor of biology and Director of Environmental Studies at Manchester University, who together with Mr. Manning helped develop the framework for this important bill.

There were so many others who spoke their truth to “Power” and gave their collective energy to this public health problem. Low head dam survivor (2017), Warren Rosenthal, member of the HCKC presented at both the House and Senate committees in favor of the bill speaks out in formal presentations on the subject; Jennifer Lovely, mother of Sean Hiebel, who died in a dam accident in 2015, headed the “Pelorus Project” of Fort Wayne, and presented at the House Bill hearing; The Silver Jackets of Indiana who mobilized teams of foot soldiers to sound the alarms about these “drowning machines.” Our own club’s interest in promoting safety in the HCKC and through our Low Head Dam Committee. There were so many people that spread the word. No voice was too soft to deliver this important message.

The Low Head Dam story isn’t new. The dangers have been known for many years, even decades. The delicacy in negotiating a bill that can mitigate Low-head dam dangers, by garnering support on both sides, takes finesse, good research, and plausible arguments in favor of both human and ecological safety. Jerry Sweeten was successful in presenting his research in a clear manner to the non-scientific community. Along with explaining the obvious dangers of the hydraulics below a dam that circulate a victim over and over until eventual death, he also sites the ecological danger above the dam in the pooling area. This leads to a lower supply of various species of fish. This eco-degradation causes the destruction of these vital species and their natural habitat. Fish migration upstream is curtailed and spawning is mitigated.

The Newsletter of the Hoosier Canoe Club

Yet there are some that protest against these dam removals. The basis for their protest seem to hold more misinformation than substantive research: some sighting the beauty of these so called “waterfalls” as a benefit to their property value. Sweeten sites some non-believers:

“There are those who have argued that anyone who attempts to navigate over a low-head dam during dangerous conditions ‘get’s what they deserve’ even if it’s death. ” Sweeten responds: ‘which of us should still be on this earth because of some act in a vacuum of wisdom?’

As it is, we don’t need a lesson on doing what is right for public health and safety or for river ecology. We all “get it” on face value. What we may need is a civic lesson as we may not fully understand how the legislative and democratic process works. Simply stated any person (constituent) or lobbyist can suggest a bill to be introduced by their representative. *click ([find legislator](#))* “With some exceptions (such as when a controversial bill is moving), state legislatures do not receive much media attention — which means that many constituents do not know what is going on. As a result, people don’t usually engage in the state legislative process, and legislators are more often responsive to lobbyists in the capitol than their own constituents. Replacing apathy with activism presents an enormous opportunity for you to make an impact at your statehouse.”

In 2019, Mr. Manning filed a bill that called for a study committee on Low-head dams and riparian rights. While he didn’t ask for that bill to be heard he wanted to introduce the issue of low-head dam safety and he then began working on HR1099. Both the DNR and Mr. Sweeten contributed to the framework of the bill which eventually was received by Chairman Eberhart for a hearing. This is the beginning of the process by which a bill becomes a law. This is how democracy works. On this issue of a bill’s moment through the legislative process, Mr. Manning was quite generous with his time, explaining in non-legal-ease the intricacies of maneuvering within our civic mindedness.

The bill may be tweaked as it travels through the general assembly and various committees. It is almost at the end of this process and relatively unscathed with only one small amendment made. If this legislation passes, the legislators will have done their elected jobs; a community who enjoys river recreation will be safer; and Low-head dam victims and survivors will derive some support and emotional compensation in knowing that their personal sacrifices had not been in vain.

Moving forward in making river recreation safer.....Mariann Davis

Gear Sales

Liquid Logic REMIX XP9

One Liquid Logic REMIX XP9. This is a 9 Ft. crossover with a skagg that can be raised or lowered from the cockpit. Can be used on flat or whitewater. I bought it new. Very comfortable seat with back support. All adjustable. Color is a neon green. Easy to spot from the air. It has been to pool sessions 4-5 times, spent one day at Eagle Creek for training, and supported one Triathalon. Like new, with a few light scratches on the bottom. Current new price is \$999. Asking \$750.

One Werner Paddle model Rio FG IM with straight one piece shaft and curved faces. 6' 5" tip to tip. Like new condition. Current new price is \$135. Asking \$90. Jon 317-649-2921 Jon Reeves
reevesj@myninestar.net

Dry Suit For Sale:

New never been used dry suit for \$450 dollars
Type: Women's Stohlquist Amp dry suit size medium
Color: yellow and black
Contact: Don Schlegel if interested.
Text: 317-698-5614 or Email: dts8111@gmail.com

