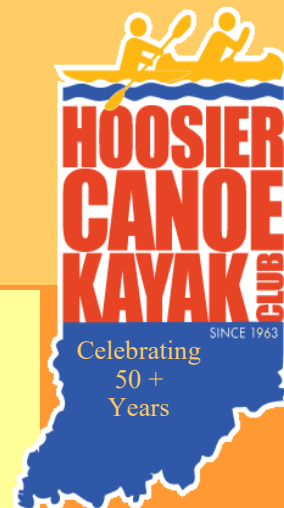


The Hoosier Paddler

June 2020, Volume 58, Issue 5

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



ATTENTION ALL HOOSIER CANOE AND KAYAK CLUB MEMBERS

Still no joy! While restrictions are easing, the club is following CDC and other guidelines. No club trips through July 1, 2020. Please see Sea Kayak Thoughts on page 4 for more details and guidelines on safe paddling during the lockdown. Watch for the July newsletter for possible trip announcements. Since we have no announcements I have asked members to submit reports from previous years. And we are starting a series featuring current club leadership biographies. Enjoy!

And an opportunity to volunteer with the DNR to observe wildlife can be found through these links

https://www.in.gov/dnr/fishwild/10363.htm?utm_source=agency-website&utm_medium=&utm_campaign=&utm_term=&utm_content=

The Editor

MEET THE COMMITTEE

Name	Richard Clapham
Committee Role	Training and Safety Leader
Years paddling	nearly 40 (3 years with HCC)
Preferred Discipline	White Water Kayak
Other Disciplines	Sea Kayak, Surf, White Water Open Canoe, Touring, Canoe Polo, Swift Water Rescue.
Interesting Fact/s	Worked for Pyranha
Favorite Boat	Pyranha S6 190. Small playboat. Sharp edges.
A favorite Trip/River	Many to choose from, so I'll start with Wills Creek Fairhope to Hyndman (technical class 3-4 (5) Per AW, lots of quick direction changes, great scenery when you have chance to look).

In this issue:

Page 1: Covid-19 Response No Go!

Update on PFD Policy

Places to Paddle without Shuttles

Trip Announcements:

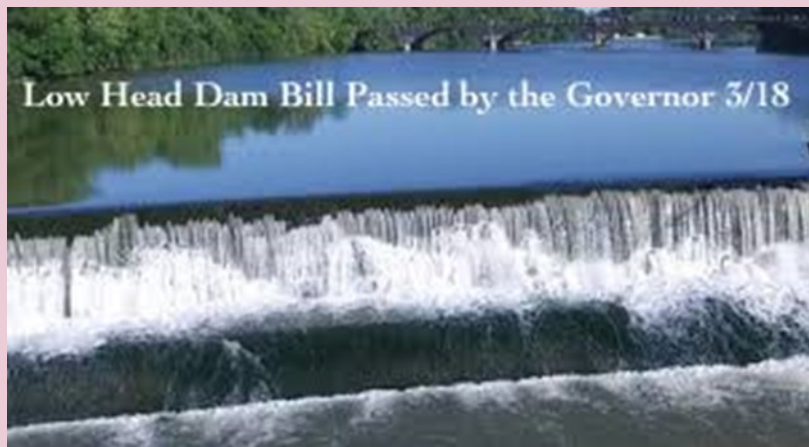
All Cancelled until Further Notice



The Newsletter of the Hoosier Canoe and Kayak Club

Congratulations to all those people who helped make our waterways safer

Low Head Dam Bill Signed By The Governor 3/18/20



Session	Title/Description	Last Ac-
2020 <u>Regular Session</u> (Passed)	Low head dams. Requires the natural resources commission to establish a roster of low head dams in the state that are capable of creating hazardous currents that pose safety issues. Establishes requirements concerning low head dams for the department... <u>[HB1099 2020 Detail]</u> <u>[HB1099 2020 Text]</u>	<u>2020-03-18</u> Signed by the Governor

Thanks to Mariann Davis and the low head dam committee for their hard work in representing the club.

The Newsletter of the Hoosier Canoe Club

Important information on floodway project

Below are comments to DNR on a potentially river-impacting floodway project. Perhaps Visit Indy could be a voice for natural heritage preservation (in the event that the development of destinations is trending a bit slow in these epidemic times). INDOT's engineers are not known for being sensitive to natural heritage.

I imagine Leonard Hoops is feeling besieged these days, esp. with his IAA and CIB board roles. Talk about a cascade of continuing bad news! His cautionary "let's-enjoy-the-good-times-while-they-last" quips at CIB meetings last year were eerily visionary.

Clarke Kahlo

"A reach of river cannot be saved merely by drawing an official boundary line around it, for in no comprehensive way is it secure". American Rivers, 1991

To: "Shepherdson, Markita" <mshepherdson@dnr.in.gov>

Subject: Application FW-30380-0

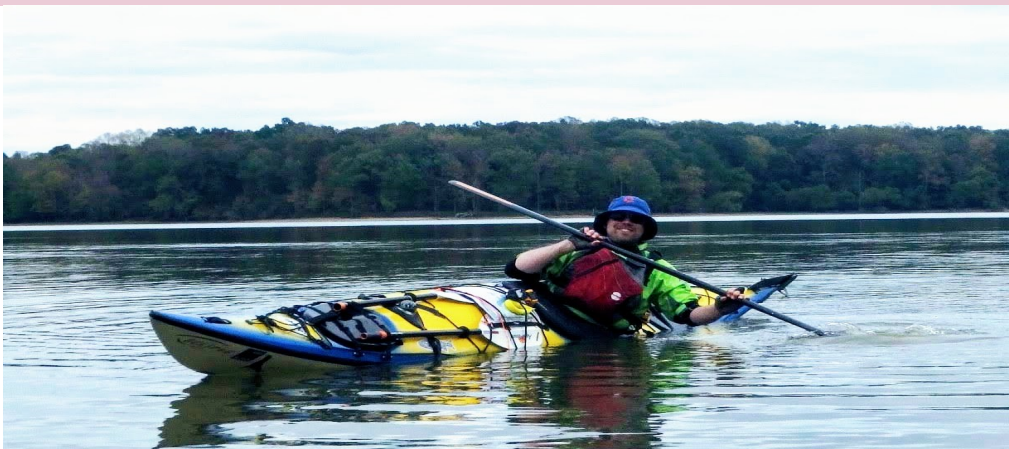
Hello Markita,

I believe this project might have the potential to negatively impact Indy Parks' Town Run Trail Park and a nearby nature property owned by the Central Indiana Land Trust, Inc.

This section of the river, though urbanized, still retains some "natural feel" along the riparian corridor , and is actively used by canoeists, fisherfolks, nature-lovers, etc. In fact, I believe that CILTI has plans in the works, already approved by DNR for two canoe launches just downstream from the I-465 crossing. it would be a shame for the project to be done in an insensitive manner. Also, a White River Vision Plan was recently completed as a joint project of Marion and Hamilton counties.

INDOT should be urged "go beyond" in providing compensatory mitigation for the tree loss and site disturbance.

Thank you. Clarke Kahlo



Jeff Stejskal
Land Between the
Lakes—Barkley Lake
Oct 2019

The Newsletter of the Hoosier Canoe Club

HCKC Trip Cancellation Extended until July 1 – At the HCKC board meeting in May, the board extended its club event cancellation policy one month from May 31 until July 1. The HCKC will not sponsor any in-person club training, paddling, or social events before that date.

The HCKC Board will re-evaluate the situation again at our June board meeting on June 9. Please contact your fleet chairman if you want to share your opinion on this with the board. If there are not new outbreaks as states reopen, state/federal campgrounds will continue to reopen and executive orders will continue to ease. After July 1, we may be able to resume those club paddling events that we can safely hold. These trips must observe social distancing rules and applicable government executive orders before, during, and after these events..

Paddling and Social Distancing – Some of us have been getting out and paddling during this time. It is possible to paddle while still staying safe and observing “social distancing” guideline and the government’s executive orders. Going forward, it is important that we learn to live with social distancing since many experts believe that social distancing may be a standard part of our lives until a vaccine is available.

If you elect to paddle, here are a series of recommendations for social distancing issued by the American Canoe Association:

- If you’re sick, stay home. Contact your doctor for care. If you’re exposed to someone with COVID-19, follow your doctor’s guidance on the proper duration for quarantine
- Avoid groups of more than ten people.
- Maintain at least six feet of separation between people at all times – both on and off of the water. That may make shuttle and transportation, rafting, and tandem paddling challenging.
- Paddle well below your skill level to reduce the risk of injury and need for rescue.
- Flat water paddling, park and play, and attainments (i.e., paddling upstream) are good options. Walking or bike shuttles are also options. For sea kayakers, lake paddling is our standard fare so this is an issue.
- Maintain strict hygiene – wash your hands frequently, don’t share food or water containers, and frequently clean surfaces you touch.
- Minimize travel time and distance. Be sure to follow state and local rules for quarantine and isolation if you do travel,
- Respect the communities in which we paddle – be sure to not do anything that might stress local healthcare resources. Make sure we’ll be welcome when this crisis resolves, Note: This is important since communities have closed recreation areas where people have flagrantly ignored social distancing guidelines.

After club resumes events resume, we should evaluate these guidelines for each of trip or class. For example, maintaining social distancing for our fleet’s open water rescue class would have been almost impossible. We’ll see what the summer brings

Eagle Creek Tuesday Afternoon Paddles On Hold

Our Tuesday Afternoon training paddles will not start until after the club resumes paddling events. Stay tuned. I will send an e-mail to all club members with details and a link to the park pass once I am able to renew our partnership agreement with the park.

Places to Day-Paddle without Shuttles in the Indianapolis Area –

Shuttles and social distancing present a challenge. State “state-at-home” guidelines also advise us to minimize our travel. If you elect to paddle, here are a few places where you can paddle close to the Indianapolis area without having to run a shuttle.

- Eagle Creek Park – The North side of Eagle Creek Park (north of 56th street) is currently closed to cars and trucks. However, the ramp on Dandy Trail just north of Ric’s restaurant is open and it’s currently free to launch from there. (Note: They have gates installed but are not using them at this time.)

There are good areas to explore south of the 56th street bridge. There is a creek to explore at the end of bay across from this ramp. In addition, it’s only an 8-mile round-trip paddle to/from Fishback Creek. A beaver has even graced Fishback creek with a new lodge in the middle of the creek his spring.

Note: This ramp has been really busy on weekends since the north end of the park has been closed to cars. I’ve been told that it is also possible to launch from Lafayette Road if you want to paddle the head waters at the north end of the lake.

- Geist Reservoir, Geist Park – Geist Park is another good place to paddle. Above the Olio Road Bridge is an idle zone and is an interesting wetland area with egrets, herons, swans, and other birds. After you cross under Olio Road bridge, life can be more challenging since this section of the lake is wide open for motorboats and you can find interesting waves to play on as you paddle past the sea walls of the mansions along the lake. It is about a 10-mile round trip paddle from the park to the islands south of the Indianapolis Sailing Club/.

- Morse Reservoir, Red Bridge Park - I paddled this area this weekend. You have your choice of open lake paddling with motor boat wakes if you head south from the park to the dam or creek/wet land paddling if you head north to paddle up Cicero Creek.

- White River – Broad Ripple Park – There is a dam about ½ mile below the ramp in Broad Ripple park so that it is easy enough to paddle upstream and back from this ramp if the river is not up. There are homes along much of this stretch but there are also herons, mallards, cormorants, wood ducks, and osprey to be seen. Paddling up to Keystone at the Crossing (86th street) and back is about an 8.6 miles paddle.

- State Parks and Reservoirs– If you are willing to travel a bit, think about Indiana’s state parks and recreation areas. Summit Lake State Park and Lieber SRA are only about an hour from Indianapolis if you want variety. Cagle’s Mill Lake is currently low enough that you could launch either at Cunot or Lieber SRA to paddle up to Cataract Falls (about 7 miles round-trip from Cunot, 12.4 from Lieber).

If you live on the east side of the state, you could paddle Brookville reservoir or the Ohio River from Lawrenceburg if the river is not running too high. Lake Monroe is a great place to paddle if you live east (about 2 hours from Indy.) Lake Monroe also gives you the opportunity to canoe or kayak camp in Deam Wilderness.

The Newsletter of the Hoosier Canoe Club

The committee recently updated its policy on the wearing of a PFD on a club event. This was done because we care about each and every member of our club. Below are some of the many reasons why we took the decision.

Firstly, what is the difference between a PFD, Buoyancy Aid and Life Jacket

PFD and Buoyancy Aids are interchangeable in many situations. However, a Life Jacket will turn you face up if unconscious. Additional PFD specifications are not being considered other than it is a specification recognized by the ACA

Below are some of the many Considerations given:

- Sudden Shock water emersion. If you are not wearing an PFD you can drown quickly (gasping effect/heart attack). Water temperature only needs to be 10-15' less than your temperature. This can happen by surprise even if you are a good swimmer
- Hyperthermia (too much heat on a warm day) may cause you to collapse. This will likely cause you to end up in the water as you have briefly become unconscious.
- The group impact will be covered a few times, but one person drowning, needing help, puts the rest at risk. This was partially demonstrated during the Lyme Bay Disaster when 1 went in at the start, but 4 drowned.
- Instructor/rescuer has to put themselves at increased risk when carrying out a rescue. Someone without a PFD will be lower in the water and probably more frantic. Managing this additional challenge requires extra training and is much harder to deal with (See SESA training)
- Rescue techniques are much easier when the person being rescued has a PFD on.
- Whether a sit on top, canoe, or kayak, it is much easier to quickly get the person back into the craft when they are wearing the PFD. In addition, they can likely self-rescue, or need less observation, so the other people on the trip are safer.
- PFD will help keep you warmer in the water. And help you warm quicker when you are out of the water. This is critical in preventing hypothermia occurring during or after the rescue.
- Indiana law states it has to be to hand – therefore on top of your boat, and cannot be tied down... not hidden away inside the kayak. How would you keep it there without tying it down. It is both safer and easier to wear it. A recent incident, which resulted in a drowning noted that the person was not wearing their pfd, but they did find one tucked inside the kayak.
- If you need to rescue someone it often takes longer than you expect to paddle that distance.
- Putting a pfd on whilst on the water can make you unstable, and you may not put it on correctly, in which case it may come off and wash away from you quickly.
- If you are suffering from a medical issue you are at least buoyant, and at the surface.
- A PFD will, as mentioned, hold you higher in the water. This makes you MUCH easier to spot in the water, and you are able to wave for help much easier.
- Swimming in cooler water is tiring, even if you are an expert. It wont take long before your efforts start to slow

and you start to sink into the water. Before too long you may be swallowing water, which will exacerbate the situation.

- Statistics suggest that 85% of all drownings could be prevented with PFD/Lifejacket
- They are designed for all shapes and sizes and all disciplines. Note under a certain size (typically for a child) may include loops to go under the body front to back, These are essential to prevent the PFD sliding off over the child's head.
- Legally, Waivers have reduced protection in a legal battle. We ask you to sign one at the start of each activity. But a club rule, with explained reasons add much more protection to the group, instructor and club committee.
- If someone says they are not wear a PFD, it becomes a difficult discussion for the trip leader if not supported by the club. Note. If you say they are not with you – you cannot speak to them, shuttle with them etc.
- We need to protect all club members from Culpable Negligence and therefore culpable liability. "Culpable negligence is an offense that stems from **failure to exercise the caution of a reasonable person**. An individual may be accused of this offense if she engages in reckless actions that could harm others". You go to prison and your estate (funds) can be taken from you. – This could affect the whole board, but in particular the person leading the trip, the senior instructors, and senior board members, even if they are not on the trip.
- If we ran a trip, allowing the PFD not to be worn, then those with more experience/ qualification are essentially forcibly put off the trip because an issue would mean they hold the most liability, even if they have just come along for fun and are not the trip leader that day – creating an exclusion for those you may rely on later.
- Club Insurance is likely null and void as you are going against ACA and national coast guard advice/ regulations. We could not get a clear answer on this, and therefore read as this is one of their first questions.
- The trip leader should not have to decide on the risk they are willing to take around PFDs
- Profession kayakers/canoists are now required to wear them. I am aware of some that have been fired from their jobs, and ultimately the industry, due to failure to wear a pfd.

When do you not need a PFD.

There are a few occasions, but this is very limited.

- In the pool – you have a confined space and lifeguards watching you. Other risks are present though. This is the only highlighted exclusion mentioned by the ACA; however I have identified a few others.
- When wearing a full 5mm wetsuit (and to some extent a 3mm wetsuit). The modern 5mm wetsuit has the same buoyancy as a PFD. This does not include a dry suit – which is not buoyant, unless air is trapped (which can leak or be in the wrong place, causing you to be held face down in the water).
- Clean up activities. When you are out of the boat using power tools. The risk of snagging is too significant. However, like the pool exceptional safety cover needs to be set up. The movement between locations still requires a pfd.
- When you are away from the water at the end of the session. Note should you trip on the side the PFD will also protect you, therefore do not take it off even when having lunch, unless sat down away from the water.

NOT SURE IF TO INCLUDE THIS ONE -

- SPECIAL EXCEPTION – if you are in a hole (hydraulic), and held there out of your boat. If all else fails you should attempt to tuck into a tight ball, which may flush you out as you drop into a lower part of the holding water. In extreme circumstances, taking you PFD off may aid this! This is last case, and the training is extreme, and once you are out of the hole you then have the rest of the river to deal with with no aid. Demonstrating this as a method in training is difficult enough!

I hope this makes more sense to everyone who has questioned this decision. As you can see this is a long, but not complete list on why to wear PFD. We are looking at the safety and protection of the individuals, group, leader, instructor and committee, and all associated families and friends should the worst happen.

Many thanks

Richard Clapham

Safety and Training Leader

HCKC

Member Cliff Cooper modeling proper attire for cold weather paddling in moving water



The Newsletter of the Hoosier Canoe Club

Trip Report: Turtle Flambeau Flowage Judy Thompson

On June 2-5, 2019, three HCKC paddlers enjoyed camping and exploring this area in Northern Wisconsin. The Flowage is a reservoir created in 1926. Rather than a single, large open body of water, there are larger water sections connected by narrower channels, with many islands. It is a great place to paddle in the Wisconsin Northwoods. There are 2 portages that can be taken as shortcuts, but our group did not use them. It is a good place for portage-less paddling and primitive camping with what you haul in your boats.

The eastern part of the Flowage is a voluntary quiet no-wake area, and is where we traveled and camped. There are many water access campsites, each of which has a fire-ring, and wall-less privy as used in BWCAW. We found a nice campsite the first night, and decided to use it as a base camp for our time there, rather than move camp every day.

It is too bad it is a long drive from Indiana, but if you are planning a paddling vacation in or through Northern Wisconsin and have a few extra days, check this area out.



My First Kayaking Experience

Author: Richard Clapham

Nearly 40 years of kayaking and canoeing bring many experiences, but I can still vividly remember my first occasion. I was about 8.

My dad had been give an old canvas kayak/canoe (technically a kayak – but he initially tried to use canoe paddles). I was young, innocent and very excited. He had taken a couple of months repairing broken spars, putting in a seat (a wooden floor), and making it water tight again..... I think he was going back to his teenage experiences, when he first canoed in Canada and part of a special school trip.

Well, it was a hot summer's day. We were on the shores of Lake Coniston. There was a light wind and clear blue sky with a few fluffy clouds (It wasn't raining – to stop all misconceptions about UK weather). We left the shore line in great excitement, bouncing through the ripples made by the wind and wash from the steamer travelling up the lake. We were about 30 yards from the shore, before we tried to turn the boat. When new to kayaking, turning sideways to the waves brings new challenges, often tensing and over compensating for the rock, or leaning and/or edging the wrong way. Needless to say the pair of us were dumped in the water.....as the kayak flipped.

Conistone is one of the deepest lake in the UK. It is the lake that Donald Campbell lost his life on, trying to set the water speed record, and it took over 50 years to find the boat! It goes cold and deep just a few feet from the shore and has many ledges underwater.

The next, what seemed like, 2 seconds are a bit blurred. Panicking, I set off back to shore. I know I was a good swimmer, but I think I broke the water speed record (unaided) based on how quickly I felt I got back to the shore! I left my dad behind – he was initially worrying where I was – to sort the kayak. It had no floatation, and limited buoyancy when full of water. He swam dragging the boat back..... To face a very angry 7 year old..... I remember telling him off for dumping me in the lake, and having to swim back. Looking back I know it was a worrying experience for him. He was probably just relieved to see I had made it back to land.

The next experience in the same kayak was a couple of days later. On a very sheltered, very slow section of river. The Duddon.

I feel compelled to write the next short section. My father, and myself, were very lucky that day. Around that time, in the UK, you would regularly hear of children and adults dying by misadventure. In short they were not wearing pfd's and had inappropriate clothing on. We were no different to them but we made it back to shore. Fortunately the wearing of PFD's is common place now, with the UK, and you do not hear of this much at all.

Anyway – that summer provided me with a new experience, one that would grow and develop with me. I continued to grow within the sport through Scouts, school, canoe clubs, university, professional instructing/coaching and even working for major outfitters and kayak/canoe manufacturers. Kayaking and Canoeing are now an important parts of my life, and my family's life, and one that I take immense pride in passing the training and experiences onto others.

Thanks

Richard

Hoosier Canoe and Kayak Safety and Education Leade

The Newsletter of the Hoosier Canoe Club

An Oldie but Goodie

Trip Report—Mississinewa River, Saturday, November 7, 2009

Trip Sponsor: Dick Fetty resubmitted by Clarke Kahlo

Participants: Dick Fetty, Kelly Rushing, Dennis Stoner, Greg Hecht, Jay Moyer, Gina Moyer, Denise Szocka, Clarke Kahlo, Theresa Kulczak, Frank Wolf, Sara Hare, Frank Ciao, Dave Inskeep, and Gino

Thirteen paddlers and one canine met on a sunny morning to ply the waters of the Mississinewa (insert photo 1). At the put-in, we befriended two non-HCC kayakers from Kokomo who, it turned out, knew one of our group. The wind was fortuitously at our backs as we embarked, and the weather progressed to a balmy 69 degrees. The water level was adequate with a crisp flow and good clarity.

We saw hornets' nests along the way (insert photo 2 if there's room) and paddled past a horseback rider at the edge of Francis Slocum Forest who was enjoying a view of the river while his horse and dog drank its clear water (insert photo 3). Most of the trees had already lost their leaves, so we had great views of the surrounding landscape.

As we approached our shore-lunch takeout on an inviting spot across from the Seven Pillars formation (insert photo 4, choose the best of the three), a canoe tipped as it encountered a tight spot. The inevitable gentle ribbing was received with good-natured aplomb. The kayakers from Kokomo joined us for lunch and everyone introduced themselves. It's good paddling practice to know the names and home places of fellow paddlers—it was surprising to learn the wide range of Indiana geography represented.

During lunch we had a visitor—Chief Brian Buchanan of the sovereign Miami Nation of Indians of Indiana. The Miami Nation is the present-day embodiment of the clans, bands, and divisions historically known as the Miami. They've lived on the lands now known as Wabash County since the tribe's early existence. Brian just wanted to ensure that people using the sacred Indian land were respecting it and not conducting any unsavory activity. He graciously urged us to enjoy our visit. He spoke with Clarke who inquired about the status of the state's Native American Indian Commission upon which Brian had served as chairman until he and four others resigned in April in protest of the impediments and non-cooperation of the state administration.

After lunch, we reached the confluence of the Mississinewa and Wabash rivers (insert photo 5 if there's room) upstream from Peru. As we entered the Wabash we encountered a bit of a headwind which prompted us to settle in for a bit of "applied paddling." Despite the extra effort required, the trip ended as a great day in good company on a felicitous stream. And at the take-out, everyone lent a willing hand to help one another with an uphill carry. Many thanks to trip leader Dick Fetty for a perfect day of paddling!

A closing river reflection:

"Our history is understood by riverine chapters, and it is impossible to know American life without constant reference to rivers. And it is still to them we look for restoring some poetry to our national life in the face of an increasingly platitudinous present."

Thomas McGuane, 1993

The Newsletter of the Hoosier Canoe Club