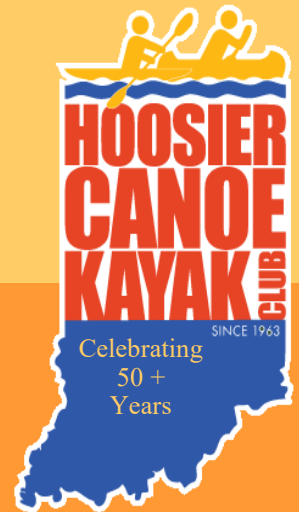


The Hoosier Paddler

July 2020, Volume 58, Issue 6

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



We were looking forward to resuming paddling trips and plans were being made. And then this: *Kayaker Drowns on Geist Reservoir June 16, 2020* <https://www.wthr.com/article/news/fishers-kayaker-drowns-geist/531-731c3291-1772-4c87-8228-6deebfa699cf>

The Hoosier Canoe & Kayak Club deeply mourns the loss of one of our most respected leaders: Jim Sprandel. Jim was our long-time Sea Kayak Fleet Chair, a club officer, a recognized sea kayak instructor in the Midwest, a mentor to all who loved being on the water, and a cherished friend. He constantly amazed us with the knowledge and passion he brought to our sport. His desire to lead and promote kayaking and prepare the next generation of paddlers was always present. This is a huge loss to our community and we will be forever grateful for his enormous contributions to our organization. At this extremely sad time we ask that you give your thoughts to his family and friends.

In this issue:

Page 1: Jim Sprandel

Trip Announcements:

Page 2: East Fork White River

Page 3: Sea Kayak Thoughts

Page 4: Sea Kayak Thoughts Forward Strokes

Page 5: Eagle Creek Tuesdays

Page 6: Training Opportunity

Page 7: PFD Policy

Volunteers Needed:

Page 2: Triathlons

Trip Report

Page 10: Lake Monroe

Page 11: Memories



The Newsletter of the Hoosier Canoe and Kayak Club

Volunteers Needed!!

Eagle Creek Triathlon Events: Volunteers needed!!

July 11, August 15 and August 22- Go Girl!

Looking for volunteers, meet at the park office on 56th street just east of the bridge over Eagle Creek. Be ready to be on the water no later than 7:45. It starts at 8 am sharp. Usually last about an hour. Check with other paddlers to see if anyone wants to go fishing, paddling or eating after the event. Any questions?? Contact John at john2sea56@gmail.com or Dwayne at dwaynesjamesa1@hotmail.com Tell us your T-shirt size just in case we are able to get some this year.

Trip Announcement

EAST FORK WHITE RIVER Saturday, July 11

Trip Leader: Richard Tekulve

Please join us for the eleventh annual East Fork trip on Saturday , July 11 from Seymour to Brownstown. Our put in will be at 10 am at the Bell's Ford DNR access site located at the SR 258 bridge about two miles west of Seymour. We will paddle 16.3 miles to the DNR access site at the US 50 bridge 2 miles west of Brownstown. Near the halfway point we will pass under the historic 144 year old Shieldstown covered bridge one of Indiana's longest at 331 feet in length. Expect a gentle mid-summer current of 2 m.p.h. with dozens of huge sandbars and a river width of 150-200 feet consistently along its journey. Our put in is on the Delorme atlas on page 51 E-10. Our total round trip shuttle distance is about 27 miles. Expect about 5-6 hours on the river with a lunch break. COVID-19 social distancing and face masks on the shuttle will be in effect along with HCKC waivers and newly required PFD wearing on this trip. More info on the COVID-19 is listed in this newsletter. This trip was last run as a club trip about six years ago. Interested parties can contact me at canoeindiana@yahoo.com or by phone at 812-767-1317 by 10 pm on Friday, July 10th. Sincerely, Richard Tekulve, East Fork trip leader since 2010.

Canoe and Kayak Covid 19 Policy

The Canoe & Kayak (Flatwater) Fleet will resume some trips beginning in July. The details have not all been worked out, but we will need to take additional precautions due to Covid-19. Participants must complete a Trip Waiver & COVID-19 Self Screening form prior to the event and send an electronic copy to the Trip Sponsor. Participants will be excluded if fever, symptoms or risk factors are positive. We will add some shuttle-less trips so that we can more easily practice social distancing. On any (mainly river) trips requiring a shuttle, the number of people in each vehicle will be limited, and all people in the vehicle will need to wear face coverings or masks for the duration of the vehicle shuttle. Please bring your own face covering and hand sanitizer if possible – trip leaders or another club representative should bring masks and sanitizer for those that do not have them or have forgotten them. There will be some changes to our schedule, so watch for them and further information on the website or email.

The Newsletter of the Hoosier Canoe Club

Off on my next journey.



Sea Kayaking Forward Strokes

Submitted By: Linda Decker Co-Chair Sea Kayak Fleet

We will miss our leader, mentor and friend Jim Sprandel. As one of our fellow paddlers shared, "He was one of the pillars of our Sea Kayaking group and we were fortunate to have been able to paddle with him and share adventures." I thoroughly enjoyed serving as the Co-Chair for the Sea Kayak fleet with Jim Sprandel. As we move forward with launching our season, Jim Eckerty has graciously agreed to serve with me as a Co-Chair for our fleet.

The HCKC will resume some paddling, training, and social events after July 1. Events must be run in a manner that is consistent with governmental directives and CDC social distancing guidelines. Guidelines have been developed that are designed to minimize the risk of spreading the Coronavirus. Posted on club web site ([Sea Kayak Corona Virus Guidelines](#)) Points of emphasis include:

Social Distancing – Consciously maintain 6' gaps around each other ON AND OFF THE WATER. Masks should be worn in close contact situations.

Self Covid Screening – Prior to a trip, we will request that each participant complete and submit a COVID screening form to the trip sponsor – people with COVID symptoms are requested not to attend events.

E-Mail Waiver – To avoid passing around a clipboard/pen/waiver form at the put-in, participants are requested to e-mail a form indicating their acceptance of the HCKC waiver to the trip sponsor along with the COVID screening form prior to the trip. There will be an option to sign-in at the venue, but we want to minimize this.

Modified T-Rescue – Our traditional assisted T-Rescue usually had us in close contact with the rescued party. A group of Canadian instructors has developed a method of doing a T-rescue while maintaining social distance. Here's a YouTube video demonstrating this: <https://www.youtube.com/watch?v=fEG7Zqh0y9I&t=1s> Note: It could be useful to use a stirrup to minimize torque when the rescuee climbs back into their boat.

Training July 18

Kayaking Skills Clinic

9:00am-3:30pm (Usually held at Eagle Creek)

Introduction to Kayaking and Intermediate Techniques and Refinement

Sign Up online HCKC Web site

July Trips –

July 10-12, South Haven, Michigan. Van Buren State Park – Nate Strong, Trip Sponsor

This is a chance for us to get out and play on Lake Michigan. Nate is a native and knows the play spots in this area.

July 25 (26) – Ohio River Paddle from Charlestown State Park, Charlestown, IN (Optional Overnight) – Julie Sinclair, Trip Sponsor Andy Thieneman, Technical Lead

Explore the Ohio River. An interesting area. Just a short paddle up from the ramp in the state park is the steamboat landing site of the abandoned Rose Island Amusement park. During the '20s, steamers would run from Louisville and drop people here to enjoy the hotel and attractions of this site. The state park put up informational signs in this area. Click [here](#) for information on the Rose Island.

If you want, plan on camping Saturday night and paddling a different section of the river with us on Sunday Morning.

If interested in going, contact Julie Sinclair at jsinc363@yahoo.com

Upcoming Trips –

Sat. Aug. 1, Cataract Falls Full Moon Paddle, - Wally Burchfield, Trip Sponsor Always a fun trip.

Manitou Island Trips - We are scheduled to go to South Manitou Island for our annual pilgrimage on August 28-30. Brad Huey Sponsor

Apostle Islands Trip (Sept. 12-19) - At this time, overnight camping in the islands is not allowed and the ferry from Bayfield will not be going out to the islands this year. We are looking at other options.

Eagle Creek Tuesday Evening Paddles starting July 7 –

Jeff Stejskal will manage our agreement with Eagle Creek and our Tuesday night paddles.

Eagle Creek Management has agreed to renew the Partnership Agreement that allows us to have our Tuesday Afternoon paddles at Eagle Creek starting on July 7th. The park pass allows people to enter the park with their boats for free on Tuesday afternoons after 1:00 pm. People can then explore the park, or practice their kayaking skills.

The Eagle Creek Pass is located on the Clubs website under Club Documents

(Note you are required to log into club's website to view the document)

<https://hoosiercanoeandkayakclub.wildapricot.org/resources/Documents/Club%20Documents/BoardMinutes/2020EagleCreekPaddles.pdf>

Print out and present this pass to enter the park on Tuesdays. We have trip-paced training paddles each Tuesday Evening. Normal pace is between 3.5 mph to 4 mph. Normal duration little over 2 hours. Distance 6.5 to 8-mile range.

Location: Ramp near Discovery Center —Enter the park at either the 56th Street or 71st Street entrance and follow the signs to the Discovery Center or “Go Ape!” Use the boat/kayak ramp across the parking lot from the Discovery Center (next to Go Ape).

Day: Tuesday Evening July 7th thru Sept. 24th

Time: 5:30 PM ready to launch

Training Opportunity

With the club resuming activities on July 1st, we will again have introductory and intermediate training for flatwater and touring kayakers. These will be offered on 2 dates ([July 18](#), and [August 22](#)). Intermediate students should have taken an Introductory class at least one year prior to the Intermediate and be comfortable with forward stroke, sweep strokes, drawing maneuvers, and bow/stern rudders. Click on one of the course dates for more information or to sign up! Thanks,

Duane Garloch



The Newsletter of the Hoosier Canoe Club

Ohio River Paddle from Charlestown State Park

Dates: July 25 – 26th

Trip Leader – Julie Sinclair with technical assistance from Andy

Camping: Charlestown State Park, 12500 IN-62, Charlestown, IN 47111

Covid-19 Note: We will be practicing any recommendations for keeping people safe during Covid-19. Restrictions have been reduced, but we will still be practicing social distancing and participants should bring recommended personal protection items such as face mask and sanitizer. Anyone experiencing any sickness or other symptoms of Covid-19 should not attend.

Description: Come and explore the Ohio River for the day with a stop at the old steamboat landing site of the abandoned Rose Island Amusement Park. On Sunday, we can paddle the opposite direction of the Ohio or Fourteen Mile creek. Come for the day or camp overnight at the park.

This state park is on the banks of the Ohio River and was once part of the Indiana Army Ammunition Plant. This land was donated by the Indiana State government and opened in 1996 and is the 3rd largest state park in Indiana.

We will be launching from the boat ramp at Charlestown State Park on Saturday at 10am

What to bring: This is an open water paddle. Sea Kayaks, kayaks at 14' or longer with fore and aft bulkheads and sealed hatches. PFD, spray skirt, safety equipment (pump) are recommended. Also bring drinking water, snacks, lunch and sunscreen.

Any questions, contact Julie Sinclair. Some club members have reserved campsites in the area of 146 and 147 if you want to get a site nearby.

FW/SK Trip Announcement:

Cataract Falls Full Moon Paddle August 1, 2020

Trip Sponsor: Wally Burchfield

Want to see the largest water falls in Indiana and paddle under the full moonlight? Here's your chance! This is a fun paddle and is open to most experience levels. Paddler must be able to paddle 8 miles round trip. These are head waters so this is a paddle rather than a float - there is no current but we will paddle at a moderate rate. The speed of motor boats is restricted so we should not have any problems with boat wake.

We will meet up at the Cunot boat ramp ([Map](#)) at 6PM and launch by 6:30PM. We will paddle to the falls and take a short break there. Pit bathrooms are available at the falls. Most of the return trip will be under moonlight.

You are required to have a PFD, a good light source such as headlamp or flashlight and a \$5 2020 DNR non-motorized boat sticker on your boat. Boat stickers can be purchased online at <http://stores.innsgifts.com/2014-state-park-permits/> or at any state park. The gate house at Lieber SRA should have them. You will pass it if you are coming from the north. Keep in mind if ordering off the website, it'll take about a week for them to ship it to you.

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

LAKE MONROE DEAM WILDERNESS WEEKEND TRIP REPORT JUNE 13TH -14TH 2020

TRIP LEADER: JEFF STEJSKAL

Meet Brad Hughey at Cutright SRA on Lake Monroe Saturday morning June 13th. Brad had drove down Friday evening and paddle out to find campsite the night before. It was 2.5-mile paddle to campsite on backside of Deam Wilderness Peninsula across from a long bay just into Brown County. I setup my new tent and other gear then we had lunch.



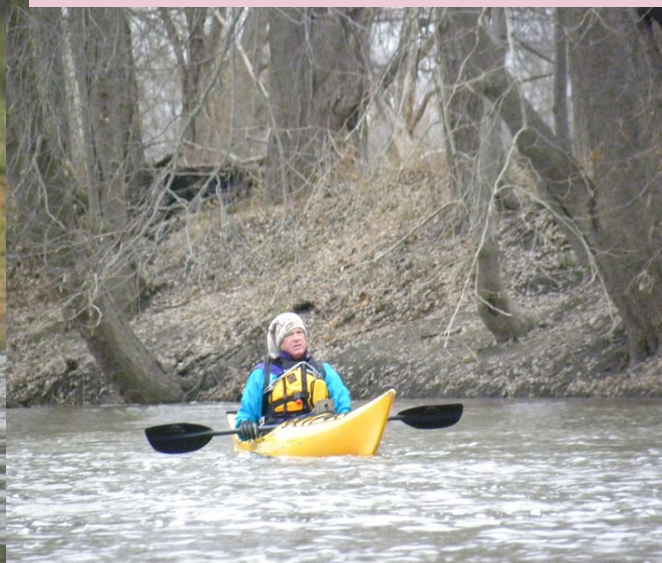
We decided to paddle back up the Middle Fork. We eventual decided to go all way to Crooked Creek SRA were we took a break and stretched our legs. We saw several Blue Hereon and one Bald Eagle along the way. Paddled back to campsite with cooling breeze for the last couple miles. We paddled over 10.75 miles round trip in a little over 3 hours. Lake level was up about 2 ft over normal pool and water was very warm. A very enjoyable and quite section of Lake Monroe.

Enjoyed a late afternoon swim and the cooling breeze afterwards while enjoying dinner. The weather was perfect for camping only had some light rain showers come thru about 4:30 am Sunday.



Broke camp on Sunday morning and paddle along Deam Wilderness Peninsula shore line up to Patton's cave. We checked out people breaking camp or hiking to Peninsula trail head along with the many fishing boats. Then hugged the left shoreline back to Cutright SRA with a stiff breeze in our face for a 5.8-mile paddle. Cutright was even busier than Saturday morning which was surprising. Enjoyable, relaxing and quite weekend in Deam Wilderness on Lake Monroe.
Jeff Stejskal

The Newsletter of the Hoosier Canoe Club



Oh no! Sorry to hear this. I first met Jim at Eagle Creek Park in 2013 when a friend & I were practicing kayak rescues. He approached us and gave us some great tips on how to improve and then paddled away. Robin Walden-Jansen



Jim was such a bright light in the paddling community. Dan and I worked closely with him when he was newsletter editor and were in his "beta class" when he was working on his instructor skills. None finer - great guy, will be sorely missed! Linda Smith



The Newsletter of the Hoosier Canoe Club