

Immersion Hypothermia

by Mark Hopey, NOC first aid/CPR instructor

Many of us enjoy paddling through the cold months of winter and early spring. It can be an exhilarating experience. River scenery is more exposed and the water rises to its best levels. However, danger lurks in the form of exposure and hypothermia.

Exposure refers to submitting the body to climatic conditions for which it is ill-suited. Exposure can lead to hypothermia, which results from the body losing more heat than it can produce or retain. Acute hypothermia can be fatal. In paddling, immersion hypothermia has come to mean the rapid onset of hypothermia symptoms after immersion of the body in cold water. Even if you plan to never get wet, take time to plan ahead for yourself or friends.

Symptoms: Early symptoms of hypothermia include shivering and complaining of being cold. Forgetfulness, apathy and lack of good judgment occur as the body's core temperature drops and less blood is pumped to the brain. Serious signs of hypothermia are loss of motor coordination, including slurred speech and muscle rigidity in the extremities. You need to be able to recognize and act upon these indicators. They are not usually obvious to the victim.

Treatment: Prompt action to halt the advance of cold needs to be initiated including: removal of the victim to shelter; removal of wet clothing; administering warm sweet drinks if conscious; and, the warming of the armpits, neck, groin and head through the use of hot water bottles and/or heating pads.

Preventive Measures: Realize that your clothing is the best defense against heat loss. When dressing for the river, take into consideration the weather conditions and possible developments. A little breeze can produce a bone-chilling effect through wet clothing. Wool or polypropylene garments should be worn directly next to the skin. A farmer john wetsuit is also recommended in addition to wool or polypro garments. An outer wind shell stops wind-chill. Neoprene booties seem to be best for the feet, and remember polypro hat and gloves with pogies for extreme days. The "layering" effect in clothing allows flexibility if one becomes warm during the day.

A full stomach will produce much more heat than an empty one. Take along a snack or a thermos filled with hot liquid. Avoid alcoholic beverages at all costs. They increase heat loss tremendously. Be especially observant of smaller built people, particularly children. Their heat loss is usually quicker since they have less mass but great surface area. They can be in deep trouble when you still are comfortably warm.

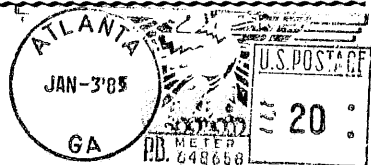
Insist on running your shuttle before you paddle, even if that means missing a few good minutes of sunshine. There is nothing worse than waiting in the cold.

Finally, a more conservative attitude might be the "safe" rule. A portage around a rapid that you dumped in last summer might be a wise move to avoid a plunge into immersion hypothermia.

Enjoy that off-season high water paddling, but be sure to give some thought to the more prevalent danger of immersion hypothermia.

GEORGIA CANOEING ASSOCIATION
P.O. BOX 7023
ATLANTA, GA 30357

ADDRESS CORRECTION REQUESTED



Roger & Beth Nott
2335 Stephens Circle
Gainesville, GA 30501

TIME LIMIT



The EDDY LINE

POST OFFICE BOX 7023 • ATLANTA, GA 30357

Vol. 20, No. 1

January, 1985

Deadline for material for the next newsletter is the 15th. Submit material to Gary DeBacher, CRM, 1441 Clifton Rd. NE, Atlanta, GA 30322. DO NOT SEND DUES, ADDRESS CHANGES, OR SUBSCRIPTION PROBLEMS TO THIS ADDRESS. All subscription matters should be addressed to GCA, P.O. Box 7023, Atlanta GA 30357. Please type articles border to border (zero margins) with indented paragraphs and no vertical spacing between paragraphs. This format makes it much easier for me to lay out the newsletter. Good, high contrast photos and conservation clippings are also welcome. NEXT EXECUTIVE BOARD MEETING WILL BE THE FIRST WEDNESDAY OF THE MONTH AT 7:30 PM, AT THE GEORGIA CONSERVANCY HEADQUARTERS, 3110 Maple Drive NE in Atlanta, near the intersection of Piedmont and Peachtree. Members and interested persons are welcome to attend. However, if you wish to submit any matters for discussion or vote, please call the president or vice president before the meeting so they can plan time on the agenda.

Jan. 5	exploration wild card	class 1-2	Roger Nott	1-536-6923
6	Hwassee	class 2, intermediate	Rick Stiles	633-1306
7	Rolling Practice	Whitehead Boys Club	Mark Levine	926-8683
12	Day Hike	Raven Cliff	Laura Jordon	233-7294
12	Cartecay	class 2-3, senior int.	Allen Hedden	252-6167
13	Nantahala	2-3, senior int.	Ed Kevitt	299-2304
14	Rolling practice	Boys Club	George Neill	627-9829
19	Alcovy	class 1-2, trained beginner	Don & Bettina George	1-787-9548
19	Chattooga III	3-4, advanced	Andy Warshaw	471-8831
20	Etowah	Class 1-2, junior intermediate	Jerry Holladay	688-1842
20	Wild Card	Class 1-2, trained beginner	Roger Shepherd	493-7630
21	Rolling practice	Boys Club	Nolan Whitsell	231-5470
26	Upper Hooch	class 2-3, senior int.	Dennis Craine	522-7737
26	Wild Card	class 3-4, advanced	Ron Towe	435-0903
27	Wild Card	class 3+, senior int.	Dale Bergen	469-6289
27	Fightingtown Creek	class 1-2+, senior int.	Mark Levine	926-8683
28	Rolling Practice	Boys Club	Jean Peters	522-7737
Feb. 2	Wild Card	class 2-3, senior intermediate	Oreon Mann	522-3469
3	Upper Hooch	2-3, sr. int.	Jim Silavent	587-1172
9	Day Hike, Mystery trail		Laura Jordon	233-7294
16-18	Edisto class 1 canoe camping.		Bill Moore	351-5022

To volunteer to lead trips, call the cruise-master, Andy Warshaw, (H) 471-8831 (W) 955-8822

ROLLING PRACTICE: Rolling lessons for decked and open boaters continue every Monday night at the Whitehead Boys Club. Let me tell you, friends and neighbors, not only can you get some near-expert advice from some great people to help perfect your offside roll, but it's a great place to try out just about any other type of boat you can think of.

As I'm sure you've noticed already by scanning the trip list, a few dedicated folks have volunteered their time to come out and help you accomplish those fearless feats of whitewater insanity, so give the listed organizer a call, sponge last summer's river mud out of your boat, head south on I-75 to hwy 166 and turn east. Take a left at the dead end, and the Boys Club will be on your right just past the 2nd traffic light. Bring a change of clothes and \$2 for the kitty. Be prepared to have fun.

See ya there--- Andy Warshaw

NEW EQUIPMENT FLASH!!!!

For those of you who participated in the ARC Instructor's clinic, you may recall that quite a bit of time was spent discussing the safe use of river knives. One of the issues mentioned was the disadvantage of the popular TEKNA knife's double-bladedness. (One of the more common rescue uses of a knife is to use it to cut loose a paddler entangled in a rope or thigh straps. The disadvantage of the double-blade is that while one blade is successfully freeing the victim, the lower blade is simultaneously slicing open the hapless victim's limb!) Well, breathe easier! The Gerber Knife Co. of Portland, Oregon just announced that they have created a new river knife which has all the desirable features of a Tekna sans the double-bladedness. This single-bladed wonder is due out around the first of the year. I haven't seen it yet, but from the description and pictures sent by GERBER, it sounds like the perfect answer to the "river knife blues" we've been singing.

Brigitte Schran

Red Cross Canoe Instructor Clinic

It was one of those blustery, brilliant days--the kind in which you debate about running the river: It's gorgeous out here, but boy, is it COLD! If you had been a squirrel on the banks of the Broad River, you may have been surprised to see a tandem canoe come drifting peacefully down the river--not uncommon in the territory of a Broad River squirrel. But wait; what's this? One of the paddlers suddenly leaps out of her canoe and slumps dazed upon a boulder. Her partner, seemingly unconcerned, paddles onward and (are they even crazier than usual, the squirrel wonders?) the bowman likewise finds a big boulder downstream of his mate, climbs on it, lets his boat go and promptly swoons as well. Are they the victims of some odd paddlers disease, or has the pollution finally taken its toll on man?

No wait--here come some more canoes! A whistle blasts three times, and the boaters spring into action. The two teams divide up; half paddle furiously towards the fallen femme, the other half for the stranded spouse. Within 25 minutes, Don and Bettina George have been rescued and are safely deposited on the river bank where plans for an emergency evacuation are carried out.

Three cheers for our newest American Red Cross Canoeing Instructors! The above scenario took place during the certification training the weekend of November 9-11. We had a fantastic group who finished an exhausting weekend of sharing ideas and skills with a simulated river rescue. ARC instructors qualify by participating in two areas: Fundamental and Basic River Canoeing. Those included are Mark Levine, Oreon Mann, Ed Schultz, Roger Shepherd, Ron Towe, Don and Bettina George, Allen Hedden, Jerome Quinn, Andy Warshaw, Betty Davenport, and Walt and Alicia Hodges.

Because of the limited space several people were turned down for this class: If you are interested in certifying as a Red Cross instructor, contact the GCA training chairpersons!

I would like to compliment EVERYONE who participated on the outstanding skill levels as well as the help and input from everyone involved. GCA has (I believe after paddling with several other clubs) some of the finest paddlers around--not to mention top quality instructors and instructional programs. See you on the river!

Brigitte Schran

GCA Members Volunteer-- Steve Hoberg of Decatur and Andy Warshaw of Riverdale responded to the Boys Clubs request for volunteers. Steve called me the same day he got "The Eddie Line". Andy called within the week. On behalf of the Boys Club members, I want to say thank you for your interest and I look forward to working with you this spring. Steve will be helping with a special event at our Brookhaven Boys Club. He has a great idea to help give young boys a chance to canoe. Look for more details to come soon from Steve. Andy will be helping us also. At the moment we have not decided on his project. For other interested GCA members we have 12 Boys Clubs; with a membership of 7000 & 5 Clubs have pools (good for teaching canoeing and rolling). A weekend Adventure Program on Lake Allatoona, (we have plenty of canoes here); a teen outdoor tripping program, rafting and canoeing guides are needed; we need group club leaders' (camping or nature) to organize and help with each club. Also we will have a youth racing team and will enter a team in the Southeasterns in 1985. Extraspot has agreed to help sponsor this program. Likewise GCA members Hal Herndon, Mark Levine, Peter Elkon and Sallie Burn, Don and Bettina George, and Allan Rainwater have all expressed interest in helping with this venture. Martha Fort has loaned us a couple of olympic flatwater racing boats. Nolan Whitesell has loaned us his new playboat a couple of times for our larger boys to play with in the Nantahalla. Also long time friend of the Boys Club, Claude Grizzard, gave us a down river racing boat, look for a couple of our young men in this beautiful white Jenson in the Southeasterns next year. Thanks again Claude! Oreon Mann gave us a raft. Thanks Oreon and Patti! Last, but not least, I think I talked Helen Sparks into giving me Ted's C-1, and Susan Levine into giving me one of Marks' old paddles. Guys watch out if you see me talking to your wives, your paddling equipment might be next. Seriously we can use any old equipment. Again, thanks to everyone. Happy Hollidays. Rember, keep your paddle wet! Mike

FOR SALE: WET SUIT, O'Neil Farmer John with Breeze Breaker jacket. This wet suit is in perfect condition, it has been worn only one time on a sailing trip. It has never been used for canoeing or kayaking. \$185. Call Doug Barnes: 926-1792 (H) or 676-4086 (O).

"Whiskey is to drink. Wáter 'is to fight over." . . .
Mark Twain

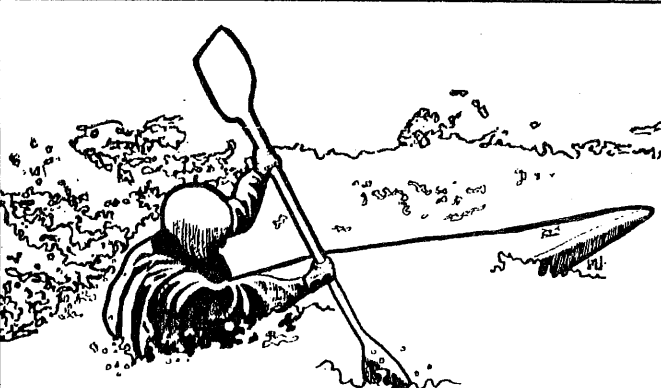
A Reminder.... WANT ADS ARE FREE TO PAID- UP GCA MEMBERS SELLING USED PADDLING- RELATED EQUIPMENT ONLY. If you're not in the membership directory, include some evidence of membership. TYPE YOUR AD, unless your calligraphy is impressive. Keep it short, single- spaced, across the full width of the page. Please include all that you're selling in a single ad. Mail your ad before the 15th of the month to: Gary DeBacher, CRM, 1441 Clifton Rd. NE, Atlanta, GA 30322. FREE ADS THAT DON'T FIT THIS SPACE (5 lines or 7/8 inch vertically) WILL NOT BE RUN.

CANOE AND KAYAK FOR SALE. 16 foot Blue Hole canoe, black exterior, extra thwart and float block. Includes Norris paddle. Very good condition. \$450. Shadow III low volume fiberglass kayak, new spray skirt, splint bag floatation. Excellent condition. \$275. Must sell. Call 266-0805.

FOR SALE: One of the closest things to an all-purpose (white and flat-water) canoe available: The tough, beautiful BLUE HOLE MGB; 17' royalex hull (red) with gorgeous wood trim. Has been paddled through the everglades with ease (water doesn't get any flatter) as well as having taken on rivers like Chatooga III. Regular cost: \$1,025.00--excellent condition, \$700.00. Complimentary whitewater instruction with purchase. Call Brigitte @ (615) 338-8329 or message at 338-4323.

FOR SALE: Sawyer SUMMERSONG, grey-ghost colour; outstanding flatwater/downriver boat, golden glass layup, adjustable seat. \$525.00--like new. Bent shaft paddle also available. Brigitte (615) 338-8329.

Wanted: Used ABS canoe. Must be cheap. Earl Moore 964-4677



1985
Rock 'N' River CALENDARS!
\$5.00 EACH
LAURA JORDON
1399 NOEL DRIVE NE
Atlanta, Ga. 30319

Two Westerners (Correct Scale)



IN DEFENSE OF THE KAYAK

Editor's Note: Remember the Charlie Walbridge article on C-1s in a recent newsletter -- the article that put down kayakers? In order to maintain balanced reporting, here is Rich Lewis's rebuttal, published in American Whitewater:

There once was a boater of skill,
One blade, he thought, was a thrill,
But he got tired of dying
Without even trying
In water that was totally still.

So together two paddles he teathered
The blades at an angle were feathered
He paddled Class VI
With those two-bladed sticks
And the rapids he easily weathered.

The moral is simple and clear;
Leave one-bladed boats to the queer;
To be a real boater
And not just a floater,
Try kayak -- the boat has no peer.

from TVCC

buyers guide

For a number of years now, CANOE magazine has produced an excellent buyers' guide to canoes and kayaks, and related equipment. This year, for the first time, the guide has been issued under separate cover. If you are considering the purchase of a canoe or kayak or just in exploring the market, the guide offers specification, prices and tips on some 1400 different craft. To get your copy, just send \$2 to: CANOE Magazine, 1985 Buyers' Guide, PO Box 597, Camden, Maine, 04843.