

# The DDRC Current News

Newsletter of the Dallas Downriver Club—Visit our website at [www.down-river.org](http://www.down-river.org)

September 2003

**FINE PRINT** - The DDRC Current News is published monthly by the Dallas Downriver Club and is provided to its members either by First Class postage or by email. Opinions expressed herein are those of the individual authors and may or may not reflect the opinion of the club or its officers.

**DEADLINE FOR SUBMISSION** of articles, announcements, events, trips, etc. is the 1st Thursday of the month. It is on a come first served basis therefore sooner is better.

**DDRC BOARD MEETINGS** are held every second Tuesday of the month - **6:30 PM @ Enchilada's** (directions on back of newsletter). All members are welcome to attend to learn more about club business.

## DDRC Welcomes New Member

**Kenneth Sutton**

## DDRC Current News TRINITY RIVER CHALLENGE SPECIAL EDITION

**REMEMBER TO SUPPORT THE SPONSORS THAT  
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**SPECIAL THANKS TO ALL OUR SPONSORS  
WITHOUT YOUR HELP THE TRC WOULD NOT  
BE POSSIBLE!**

**SEE PAGE 5 FOR COMPLETE LISTING OF  
SPONSORS!**

## Upcoming & Ongoing Events & Trips

### September 2003

#### Every Wednesday (TENTATIVE)

DDRC Roll, Paddle, and Rescue sessions from 5:00 pm to dark at Lake Grapevine, Rockledge Park. The Park is located at the northwest side of the dam (off the other side of the road from the spillway). For more information call Keith Smith (940) 566-4869 or email [keith\\_ccw@hotmail.com](mailto:keith_ccw@hotmail.com)

#### September 13, Saturday: Eighth Annual Trinity River Challenge

**Trinity River Challenge Web Page** The Dallas DownRiver Club's annual Trinity River Challenge, at McInish Park in Carrollton, on the Elm Fork of the Trinity River just north of Dallas, Texas. This ACA-sanctioned race will proceed under rules and regulations of the ACA, and all participants must either be a ACA member, or purchase a one-time ACA event membership. All the info you need is at: [down-river.org/trc/](http://down-river.org/trc/)

**Thursday September 18:** DDRC Monthly Meeting at Enchilada's Restaurant, 6526 East Northwest Hwy, at 7:00 pm.

#### September 26-28 Illinois River near Tahlequah, Ok

The crowds of tubers and partiers will have left for the year, the river will be running shallow and clear, the days warm and the nights cool. This is probably the best time of year to paddle the Illinois. We will be heading up on Friday night, camping at Peyton's Place and paddling a full day Saturday with a short trip on Sunday before heading home. We will be having a pot luck supper on Saturday night, so bring your favorite dish and your appetite. Contact Bonnie Haskins 972-254-9672 or Bryan Jackson 972-979-2519 or email: [Bryan.jackson@paddlinpals.com](mailto:Bryan.jackson@paddlinpals.com)

See [TRIPS](#) pg. 2

### Newsletter EMAIL Problems

If your email address comes back with a mail failure notice, you will be deleted from the recipient list for an electronic copy of the DDRC Current News until we get a request to be added back with a current email address. For reference we get back about 10-15 invalid email addresses each month, so it is a bit of a pain to keep everything up to date.

So if you'd like to get the newsletter electronically, or haven't been getting it and you're wondering why, it's most likely because we don't have your correct email. Send the editor your updated email address at:

Wanda.dietel@classicnet.net

**DON'T  
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As a participant in any DDRC activity, an individual assumes the responsibility of evaluating all inherent risks before participating and assumes any risk of death or injury inherent in the sport. The participant waives claims that may arise against the club, its officers, members, servants, agents and/or trip coordinators, for death or injury to person or property, including claims of vicarious liability and claims arising from civil recklessness or any degree of negligence. Not waived are claims against an individual who causes injury intentionally or with criminal recklessness and claims among driver, owner and passengers of a motor vehicle for injuries.

## TRIPS

### Monthly Urban Paddle and Potluck Adventure

Looking for a place to paddle? Looking for other people to paddle with? Looking for something to do on a Saturday morning? Then this event is for you. Come explore paddling venues around the D/FW area with us on the last Saturday of each month. We'll meet at the designated place at 9am, paddle for a couple of hours, then have a potluck lunch. What to bring: you and your friends, boats, paddles, pfd's, potluck offering to feed your group plus a few more. Sept 28: Site To Be Determined....Please check the DDRC Bulletin Board for details. If interested contact Pat Chamberlain at pchamberlain29@hotmail.com, 972-727-3586, or Phil Lang at phil\_lang@sbcglobal.net 214-564-9672.

### October 2003

**October 24-26 (Friday-Sunday): Annual Halloween Campout at Caddo Lake** Info on this year's trip coming soon.

### November 2003

**November 21-23 (Friday-Sunday) Thanksgiving Weekend Campout/ Paddle and Feast on the Kiamichi River near Antlers, OK**

We're heading up to Antlers, OK and camping at the K River Campground the Friday after Thanksgiving. We will paddle a section of the Kiamichi on Saturday, and have a pot luck dinner on Saturday night. Bring enough food to feed your group. More information will be posted in October.

## Outdoor Action Guide to Planning a Safe River Trip

by Rick Curtis

This article is based on the pioneering work in outdoor safety management by Alan Hale who administered the International Outdoor Safety Review for many years. Paddling can be a hazardous sport. You need to be aware of the potential risks and your own skill level and paddle at an appropriate level. The information provided here is designed for educational use and is not a substitute for specific training or experience. Princeton University and the author assume no liability for any individual's use of or reliance upon any material contained or referenced herein. The material contained in this article may not be the most current.

Continued page 6

## White Rock Lake Cleanups

### Every Second Saturday

While the DDRC doesn't officially conduct White Rock Lake cleanups anymore, that's no reason to not help with ongoing cleanup events. Every second Saturday morning you can show up at Sunset Bay or under the Mockingbird bridge and help with either of the two cleanups that two great organizations are carrying on. Meet new and old friends. Get on the water! Help cleanup your own backyard! Mariner Sails manages the cleanup that begins under the Mockingbird bridge.

See [http://www.mariner-sails.com/kayaking\\_events.htm](http://www.mariner-sails.com/kayaking_events.htm) for more details.

"For the Love of the Lake" manages the cleanup usually at Sunset Bay/Dixon Branch. See <http://www.whiterocklake.org/flotilla/index.htm> for more details.

Both of the links above are on the home page of the Dallas DownRiver Club at <http://www.down-river.org/>

### DDRC Membership Benefits

If you'd like to make new friends who share your love of paddling, or want to learn a new riversport, then join us. Beginner or expert, single or family, if you're looking for wild whitewater exhilaration or quiet flatwater floats, we look forward to paddling with you! Dallas, Texas is certainly no mecca of riversports, but some folks who insist on living here do manage to find time and places to paddle anyway. If not the nearby flatwater streams of East and North Texas, then a 3-5 hour drive to Arkansas, Oklahoma or the Hill Country will usually do the trick. There's ACA instruction, kayak roll sessions in swimming pools, and local trips to the Trinity, Brazos and Paluxy Rivers. There are even expedition raft trips to Big Bend, New Mexico, Colorado...all over the West. Dues are just \$20.00 per year (due in January or pro-rated \$1.66 per month) which includes a monthly newsletter of current trips, reports and events. You can join by completing the application for membership. <http://www.down-river.org/apply.html>

The Dallas DownRiver Club is a Paddle America organization affiliated with the American Canoe Association.  
Dallas DownRiver Club  
P.O. Box 820246  
Dallas, TX 75382-0246

### ACA Membership Benefits

Whitewater or flat - beginner or expert - canoe, kayak or raft - the American Canoe Association (ACA) has so much to offer you!

For just \$30.00 per year, you'll receive an exclusive set of benefits easily worth twice that amount or more.

Benefits include:

Six exciting, colorful issues of Paddler magazine - a \$24.00 newsstand value. Paddler is an action packed, full color magazine featuring articles on exotic and close-to-home paddling adventures and cutting-edge paddling information.

Access to hundreds of ACA sanctioned paddling <http://www.acanet.org/events-sched.htm> - trips, races, clinics and much, much more Valuable member-only discounts on paddling equipment, outdoor gear, books and other services. These discounts can save you hundreds of dollars through special discounts available only to ACA members. ACA members save up to \$3,000 with Subaru VIP Partners Program.

Discounts on OS Systems paddling products - drysuits, dry-tops, paddling apparel and thermal wear. Discounts on rental cars from Hertz and Alamo.

Discounts on rental cars from Hertz and Alamo.

Use of Sugar Island, the ACA's private island canoe-base in the St. Lawrence Islands National Park.

All at <http://www.acanet.org/welcome.htm>



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# Dallas Down River Club

## 8th annual



### 11-mile paddlesport race

Start/ Finish at McInnish Park, Carrollton, Texas

Saturday, Sept. 13, 2003

8 a.m. — Registration 9:45 a.m. — Race begins

Pre-registration: \$20\* by Aug. 15

(includes lunch and event T-shirt)

Register after Aug. 15: \$25\*

(includes lunch)

\*non ACA members add \$5

Contact: Bryan Jackson (972) 979-2519 hollowcreek@paddlinpals.com

Visit our Web site at [www.down-river.org](http://www.down-river.org)

# TRINITY RIVER CHALLENGE

## 2003 SPONSORS

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## DALLAS DOWN RIVER CLUB

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CHALLENGE**

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Contact Al Currie Hm 214-827-9319, Wk 972-918-6310,  
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## Planning a Safe River Trip

### River Safety

#### 1. Preplanning

- Know the river
- Know your group
- Know your own skills and resources
- Have the right equipment

#### 2. On the River

- Travel safely
- Keep the group together in some fashion
- Be prepared for a rescue
- Have the proper paddling and rescue skills

#### 2) Examples of Hazards

#### Environmental Hazards

When assessing the potential environmental hazards you need to look at three factors.

##### 1. ACTIVITY

- Static - activities in which the environment is relatively unchanging (e.g. hiking)
- Dynamic - activities in which the environment change change very quickly in unpredictable ways (e.g. whitewater paddling, biking)

##### 2. LOCATION

In remote locations you need to exercise additional precautions. One common method of accomplishing this is to increase the rating of the rapid by one class if you are in a remote setting. For example, a Class III becomes a Class IV. This helps take into account the increase in Accident Potential (see below).

##### 3. SEASON/CLIMATE

Weather and the possibility of weather changes also have a significant impact on Accident Potential.

#### 3) Sample Accident Scenarios

Think of an accident situation you have been in whether on an outdoor trip or in some other setting. Analyze the situation and list the Environmental Hazards and the Human Factor Hazards that led to the Accident Potential.

#### 4) Teaching the Formula = Reducing the Accident Potential

It is essential to teach the Dynamics of Accidents Formula at the very beginning of any trip (or prior to leaving campus) so that all participants are aware of how their behavior is directly related to reducing the possibility of accidents. Participants then can take some responsibility for their own safety. The formula gives you four basic things:

- A technique for evaluating risk potential in the field
- A tool for analyzing how accident potential can be reduced
- A decision making tool
- A rationale for why OA has particular things we teach, particular rules and policies
- A rationale for why you make particular decisions
  - To treat injuries or medical emergencies
  - What if someone on a raft trip had a heart attack or a diabetic emergency?
  - What if someone in your group was highly allergic to bee stings?

##### AWA River Signals

- All members of the party should know them

##### River Rescue Skills

- From an experienced River Rescue training group.

## 5) Environmental Briefing

A comprehensive Safety Program allows one to intervene to prevent Human Factor Hazards from overlapping with Environmental Hazards and thereby reducing the Accident Potential. In order to do this it is necessary to rethink from Day 1 of the trip **what is an environment?** In planning a trip the leaders must examine the environment and the activities of the trip in order to ascertain what the possible environment hazards of that trip are. This information must be communicated to the group in the form of an Environmental Briefing at the beginning of the trip with subsequent briefings when there is a change in environment or activity (e.g. if a hiking group changes to canoeing the environment and activity have changed and there are different environmental hazards). The first Environmental Briefing should follow the leaders' presentation of the Dynamics of Accidents formula. On longer trips it may be useful to have the participants do some of the Environmental Briefings once they are familiar with the formula. This can be done with the help of the leaders. The Environmental Briefings set a tone for safety and help inculcate the idea that the participant is responsible for his/her own behavior.

## 6) What If?

It is important to analyze the possible accident potentials from a what if perspective. Ask yourself what is the worst case scenario. Then ask yourself what you can do to reduce the accident potential.

## Running A River

### I. Preplanning

Introduction - Skills/River

What Skills?

- What is the highest skill level of the group?
- What is the lowest skill level of the group?

The river or river section should be chosen based on something that the person(s) with the least skills in the group could run. The person(s) with the highest skills should feel comfortable in performing rescues in the most difficult section of the river.

### 2. What River?

River Classification System

- Currently there are a number of efforts going on to revise the River Classification system so that it becomes more open ended like the rating system used for rock climbing.
- Be aware of differences in western vs. eastern ratings and the current tendency towards downrating.
- If you are paddling in a remote area or on a multi-day trip where help is a significant distance away, upgrade the rating of the rapid by one class. So a Class III would be considered a Class IV in terms of the consequences because of your remoteness.

Flow

- Depth in Feet
- Cubic Feet per Second (CFS)

Gradient

- How much?
- How does it change?

Type of River

- Pool/Drop - drops tend can be steeper and more difficult
- Continuous - can present more difficult rescue

Temperature

- Air
- Water
- Weather Change?

### 3. What Equipment?

How long is the trip? one day, multi-day  
 How remote is the trip? from help, resupply  
 What are temperature and weather conditions?  
 What spare equipment should you have?  
 If something went wrong, what would you need?  
 Equipment to bring

- Boats - in good repair
- Paddles - are spares needed?
- Clothing - What type is needed based on water **and** air temperatures? If air and water temp add up to less than 100 degrees F you should have a wet or dry suit (this is a not especially conservative).
- PFD - with knife, whistle, carabiner
- Helmet
- Throw Bag
- First Aid Kit
- Other Rescue Gear
  - extra carabiners
  - slings (1/2 " tubular nylon webbing)
  - prussik loops (made from perlon)
  - rescue pulleys (optional)

Other Equipment Issues

- Check it out - Leaders then need to make sure that all participants have the necessary equipment. If people are bringing their own equipment it must be examined to make sure that it is in good shape.
- How to use it - Participants must be instructed on the safe and appropriate use of all equipment.

### 4. Leadership

This issue of leadership on paddling trips is often overlooked, especially on club trips. Whenever you head to the river there are some fundamental skills that need to exist both with each paddler, and among the group. Individual paddlers obviously need appropriate paddling skills, equipment, and judgment to let them navigate the river safely. There also need to be skills like first aid, CPR, river rescue and equipment like rescue gear and a good first aid kit. If these things aren't there and you need them, you may be in serious danger.

The notion of a "trip leader" may be antithetical to some paddlers, but having someone who is designated to make sure that all these things are taken care of is just good expedition-style planning. It doesn't mean that the "leader" makes all the trip decisions. Rather, this person serves as the "conscience" of the group, that little reminder to make sure that all the bases are covered. In an emergency situation, the people with the most river rescue or first aid experience need to take charge and this might not be the designated trip leader. This is something that also should be determined before a group goes out, who has the skills and judgment to take over in an emergency and who is the back-up person in case the primary is the victim.

### 5. On the River

How to Run a River

- Scout - especially anything blind or new
- Eddy Scout
- Scout "Down from the Top and Up from the Bottom"
- Trip Organization
  - Lead and Sweep boats - keeps the group "contained" within a safety net
  - Buddy System - makes sure that someone else is always aware of where you are
- When Do You Carry?
  - Whenever you feel like it.
  - When there are **any** serious concerns/reservations about the safety of running the drop.
  - When you need to "set an example" for other members of the group
  - When you are tired/cold etc. and are not in the proper condition to run the drop safely and in control.
  - **Tell** your paddling partners not to run the drop if they are in questionable shape to handle it (either physically, mentally, or technically.)
- Save Others - size up people on river via technique, equipment attitude and give appropriate feedback - be tactful
- Hypothermia

Continued page 9

## Safety Training

In order to deal with any emergency situation you need to have the proper skills and training. These skills must be learned **before** going out on the river. In the middle of an emergency is not the time to see if you can throw your Throw Bag well.

### CPR

#### First Aid

- To treat injuries or medical emergencies
- What if someone on a raft trip had a heart attack or a diabetic emergency?
- What if someone in your group was highly allergic to bee stings?

#### AWA River Signals

- All members of the party should know them

#### River Rescue Skills

- From an experienced River Rescue training group.

## River Rescue Organization

Preplanning (Ask yourself these questions before you get to the river)

- What if there is an emergency situation?
  - How much time do I have to effect a rescue?
  - Where to set up rescue systems?
  - Should someone walk out for help? Who?
- What do I do about the emergency?
  - What equipment would I need for a rescue?
  - Do I have the skills for the rescue?
  - Do I have the manpower for the rescue? Do I need additional help?
- Who takes control in an emergency?
  - The person(s) most skilled in that area (river rescue, first aid) must take control and others follow his/her instructions
  - What if the leader(s) are the victim(s)? Who is next in charge? You should have a back-up person both for rescue and first aid.

Rescue Planning (Ask yourself these questions in an actual emergency.)

- Assess the situation - Establish Priorities
  - How many people are involved?
  - Head up vs head down situation?
  - Is the person stable?
  - How much time do I have?
  - What are my resources - human and equipment?
  - What are the extent of injuries?
  - What is the safest way to effect the rescue?
- Effecting the rescue
  - The leader must assign tasks to the group
  - The leader should try to keep from being intimately involved in the actual rescue to remain free to continually assess the situation. This assumes that there are others in the group with the skills/abilities to follow through with the rescue. If this is not the case the leader may have to effect the rescue.

## Final Thoughts

### **SAFETY = JUDGMENT**

Know your limits and groups limits. Be conservative.

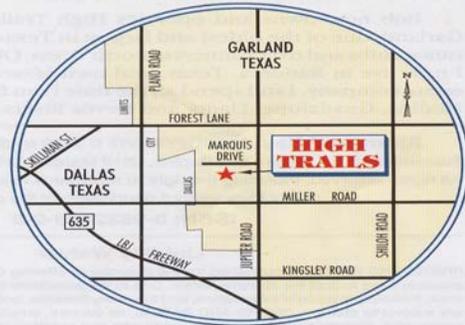
Be flexible - (e.g. change route if needed)



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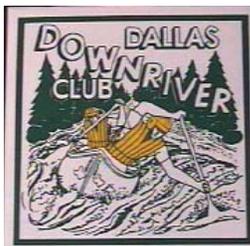
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page 11  
for rates!**

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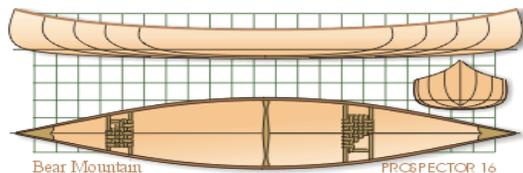
Beth Burgeson  
972-422-4973  
catinapriorlife@hotmail.com

### SECRETARY

Sam Sloan  
214-826-6159  
svsloan@sbcglobal.net

### TREASURER/ MEMBERSHIP/EQUIP.

Bryan Jackson  
972-564-2318  
Hollowcreek@paddlinpals.com



Bear Mountain

PROSPECTOR 16

### NEWSLETTER EDITOR

Wanda Dietel  
972-564-1545  
wanda.dietel@classicnet.net

## DDRC Newsletter Ad Rates

Type of Ad	Per Insertion	Annually
Business Cards (member)	5.00	50.00
Business Cards (non-members)	7.50	75.00
1/4 Page display	20.00	200.00
1/3 Page display	30.00	300.00
1/2 Page display	35.00	350.00
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### Webmaster:

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### Environmental:

Ken Lock  
214-823-5263  
klockps@swbell.net

### Librarian:

Jeff Schmidt  
972-228-2908  
Jeffpc@mindspring.com

### Programs/Events:

David Harmon  
817-327-4874  
harmon  
@geothermal.com

### Roster:

Marvin Dietel  
972-564-1545  
m.dietel@classicnet.net

### Trip Coordinator:

Ray Foley  
Yelofyar@hotmail.com  
214-331-6000

David Nevers  
Paddlerdave1@msn.com  
817-466-1257

### Membership:

Bryan Jackson  
972-564-2318  
bryan.jackson  
@paddlinpals.com

### TRC Chairman:

Al Currie  
214-827-9319  
big\_al@worldlogon.com

### Raffle:

Gail Shipley  
817-370-8202  
Gailshipley@earthlink.net

### Safety:

Jeff Peters  
817-300-8965  
work: 817-624-5503  
texas.cl@itexas.net

### DDRC TP&W Representative:

Ken Lock  
214-823-5263  
klockps@swbell.net

### Canoe Training:

John Pullman  
214-824-0213  
padlstandg@aol.com

### Kayak Training:

Arnie Blatt  
972-416-9194

Alan Tittle  
214-827-2006  
Alan.T@sbcglobal.net

### TRC Raffle:

Gail Shipley  
817-370-8202  
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