



THE SPRAY

THE NEWSLETTER OF THE COLORADO WHITEWATER ASSOCIATION

VOLUME 59, NUMBER 3, July-Aug 2013

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Effectiveness of Bystander CPR in Drowning Cases

By Neil Newton Taylor, <http://www.swiftwaterrescue.at>

A look at recently published medical studies and their relevance to the Swiftwater Rescue program.

It is over ten years ago that I remember running up the road from the Öztalerache river in Austria trying to think of the German for “not breathing” and to find a house with a phone in it. Still hearing the “and one and two ...” of the guys working on our fellow boater.

He had just swum a considerable section of big volume Grade 5 whitewater and was lucky to be with boaters good enough to get him to the bank in his unconscious state. On being dragged out of the water he was blue in the face from cyanosis and to quote a friend “didn’t look good”. The kayaker regurgitated a large amount of river water during the resuscitation and started breathing by himself before the emergency services turned up. He stayed a week in hospital before he was discharged with no apparent side affects except an aversion to whitewater kayaking.

Since then I always get annoyed when I hear people say something to the effect that “Yes you can carry out CPR, but it has a less than 5% rate of success” or “Yes you can do CPR on someone but without a defibrillator their heart will not restart”. I’ve only been present one time when CPR was carried out, and it worked, so for me that was worth all the hours of training that I’ve done over the years. However saying that my “team” had a 100% success rate would be misleading as we did not have a large enough sample of resuscitation cases, and it could of just been the one in a million lucky lotto ticket that day.

Talking to students and other Swiftwater Rescue Instructors on the subject I have personally met 8 people who have successfully resuscitated a drowned person and one who has done it twice. That is quite a few lotto tickets. Sure I have also heard of many cases where it was not successful, however these were mostly where the victim was submersed for a longer period of time (45mins



Continued on Page 8

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CW MISSION

The Colorado Whitewater Association promotes the sport of whitewater paddling in the Rocky Mountain region. The club introduces new paddlers to whitewater, provides training in technique and safety, supports racing, informs the public about whitewater issues, including river access and conservation, and works to resolve related problems. CWWA is a 501(c)(3) nonprofit organization run entirely by volunteers.

CW was founded in 1954, and is the oldest club in the United States of America devoted wholly to whitewater paddle sports.

CW BOARD OF DIRECTORS

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MEMBERSHIP QUESTIONS?

To Join CW, visit our website at www.coloradowhitewater.org and join online. To change your e-mail or other contact information: Contact Helen Johnson at hellionbiz@gmail.com.

2012 Spray Submission Schedule

The Spray encourages article submissions on all whitewater related issues. Please send submissions to Erik Rist at erik@ristlaw.com.

<u>Issue</u>	<u>Submission Date</u>
Sept/Oct	Sept 1, 2013
Nov/Dec	Nov 1, 2013
Jan/Feb	Jan 1, 2014
March/April	March 1, 2014
May/June	May 1, 2014
July/Aug	July 1, 2014

The Spray is the official newsletter of the Colorado Whitewater. It is published semi-monthly. Publication address:

455 Sherman Street, Suite 300
Denver, CO 80203
ISSN: N/A
Subscription is free to CW members.

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Submissions

We welcome your contributions on topics related to whitewater paddling.

Written Material

We prefer e-mail submissions, preferably in Microsoft Word, RTF, or plain text.

Maximum length: 1,000 words.

Don't be shy, even if you don't think you're a great writer. We'll edit for length, style, grammar, and spelling as needed to make your writing more clear and readable.

Photos and graphics files:

We much prefer bitmap, jpeg, pdf, or tiff format, but can work with others. Please use a minimum resolution of 300 dpi.



COLORADO WHITEWATER 2013 SPRING INSTRUCTION SCHEDULE

ACA + Swift Water Rescue

Colorado Whitewater has partnered with Renaissance Adventure Guides for ACA Swiftwater Rescue Clinic's for only \$175 this year which is over 25% off of list price! This clinic is for all Colorado Whitewater members who are kayakers, canoeist, rafters, duckie captains or just like splashing around in the river.

Somewhere, at sometime, you will wish you knew what to do in a river emergency. Just rescuing gear can turn into a nightmare, never mind rescuing a person. Quick response time and the knowledge to set up a rescue safely are skills you should have as a boater. Make this the year to bring your rescue skills to a higher level. Friends owe it to friends to be capable of river rescue. Kayakers must be of Class II-III ability. Rescue lifejackets are considered personal equipment and are highly recommended. This clinic qualifies as an ACA sanction course.

Itinerary Day1:

Equipment needed for rescues
How to handle a rescue situation

Equipment vs life threat
Rescue organization
Communications
Lunch break
Throw Bag Rescues
Toe Systems: swimmer/boat/paddle
Walking in Rapids
Unconscious swimmer rescue
River Extrication Backboards
Zip lines
Floating platform rescue

Day 2:

Anchors Z drags
Bridge Abutment Rescue gaining access
Unwrapping a kayak/raft
Vertical pins
Ankle entrapment
Lunch break
Run mock rescues
Rescue evaluation

Note: This clinic will be customized based on river features, water levels and students needs and skills.

Recommended Gear List

Class participants should bring as much of this gear as they can)
River Rescue Book (book of your choice)

Kayak, Canoe, Raft or any other type of river water craft
Knife (one hand accessible)
Whistle
Carabineers (4 or more)
Prussic Loop (3 or more)
Webbing (about 8')
Drybag to put rescue items in
Lifejacket with rescue belt
Tow Tether for Lifejackets with rescue belts
Throw Bag
Pulley (at least 2)
Lighter
Warm clothing
Energy Food
First Aid Kit (contents based on paddlers training and remoteness of trip)
Duct Tape
Waterproof light

Optional Items

Gibbs Ascender (climbing ascender)
Rapid Air (compress air in cylinder for trapped boater)
Saw or wood cutting device
Z-Drag Crib card
GPS
Radio
Cell Phone
Signal mirror
Pocket Knife
Multi-plyer tool
Bee Kit
Static Rope

Location

The location of this class may vary greatly based on river levels and weather. Class will held on the front range MOST LIKELY be held at Waterton Canyon. Location will be firmed up at the latest 1 week before class

Knots

This class will go over a series of rope knots that are very helpful for swift water rescue scenarios, safety, mechanical advantage and every day use. These knots will be helpful to not only kayakers but also, rafters, SUP, river boarders or even aspiring swr professionals. During this 3 hour class we will provide in

-person instruction on how to tie each of the knots below, some basic scenarios on when you would use them, as well as a section of cordelette to keep as well as printed instructions to take home and keep practicing.

Aug 7 at 2750 W. 5th Ave, Denver, CO 80204.
Cost: \$15

[REGISTER May 8th](#)

Mechanical Advantage

This class will teach the basics of mechanical advantage. We will teach the principles of creating anchors, vector pulls and 3 to one pulley systems. These skill sets will be useful for not only kayakers but rafters, SUPers, river boarders or even aspiring SWR professionals. During class you will be taught the principles of mechanical advantage and will be provided a crib sheet for a 3 to one z-drag.

All materials for class will be provided however it will be expected that you know how to tie the following knots prior to class. Please note that all of these knots are taught the prior week in the Knots for Safety class.

Figure 8 on a bight, double loop figure 8, followthrough figure 8, figure 8 bend, alpine butterfly, double fisherman's, prussic, one sided over hand bend in webbing.

Aug 14 at 7pm. Where: 2750 W 5th Ave, Denver, CO. Cost \$20

[REGISTER May 8th](#)

Our dear departed friend Kim Johnston used to say

“There’s an A-hole on every trip, and if you can’t figure out pretty quickly who it is, it might be YOU.”

I really miss her!

How Not to be the A-hole

By Elizabeth Austen

Communication

When planning to join a group to boat, communicate that to the trip leader. If something comes up at the last minute and you’d rather hit the brewery with your non-boater pals, no problem. But let the trip leader KNOW so the whole posse isn’t at the meeting point, *waiting for you!* or that someone may take your place if there’s a wait list. On the other hand, (for an organized trip) don’t show up at the meeting point without prior notice, especially if you aren’t even acquainted with the leader(s). Or if you MUST, you’d best bring bribes! Takeout brownies or beers can sometimes pave the way.

Know your ability

When the trip leader asks what runs you’ve done, it’s best not to start with “I’ve swum class V”. Just FYI, there is no “hidden class V” in Parkdale – no matter what your witty rafter friends told you! The group wants to know what you have successfully BOATED, not just what you have swum. You should be clear about the names of the runs you have been boating, how recently, what the water level was, whether you swam, how many times. Do you have a flat water roll, a combat roll? Under what conditions can you confidently peel out, eddy out and ferry – Class II, III, IV? Low, medium or high flows?

Mind Swimming

We’ve all heard it... “I don’t mind swimming”. Don’t get me wrong – EVERYBODY SWIMS at some point, and Earl the River-God knows that I, myself, was once designated the “Captain of the Swim Team”! But to think that it’s ok to swim every single drop, that it’s not dangerous, and that the crew doesn’t mind repeated rescues for someone who doesn’t even attempt to roll is daft! Yes, everybody swims and it’s usually benign, and OF COURSE the stronger boaters will assist if it’s not putting them in serious trouble. But a swimmer who is not a total newbie should come to realize that it’s tiring for the rest of the crew as well, and when possible, they should self-rescue, empty their own boat, and not spend an unconscionable amount of time re-counting the swim verbally while everyone is in their boats, hoping to continue the trip sooner than later.

My rule of thumb is if someone has 3 swims they need to get out of the river. For a number of reasons: Because it’s exhausting for the swimmer and we all boat like crap when we’re tired, so it’s more likely to happen again. Because we’re safer in the boat. Once in the water, the whole body is at much greater risk for injury. Because the whole group is at higher risk in their efforts to ensure the swimmer’s safety and retrieve gear. It also takes time, and this can become a problem if short on daylight, the weather is changing for the worse, or there is a group waiting, worried that something terrible may have happened.

Know the difference between being a Bad-Ass and a Dumb-Ass

So much of kayaking is mental, and for some of us it’s hard to push to the next level, get out of the comfort zone, take a little more risk. On the other hand, some of us are risk takers and like to push the edges. However, there’s a big difference between pushing the edge and being a dumb-ass. I know there recently was a popular article about ***getting in touch with your inner dumb-ass***. That’s all fine, but don’t be a moron! Before stepping it up a notch, do your homework, get some beta from reliable sources, pad your trip with boaters who are stronger than you, understand your ability, and are ready, willing and able to mentor you and assist in rescue if required.

Have the courage to say NO

If your pals are pushing you too hard, you just don’t feel quite right about a particular run or rapid, have the courage to say “no, I’m not going this time”, or “I’m gonna walk this one.” Another boater pal of mine says “I can **walk** any rapid out there!” There’s no shame in taking the safest line possible: walking on shore.

Be where you are.

Don’t be the super competitive dude or dudette who is so bored with *everything* that they can’t have any fun on a mellow trip. If you’ve decided to be there, bring an enthusiastic attitude, not the arrogant disposition that it’s beneath you. Nobody enjoys that. If you’re a competent boater you can make any run more exciting, more difficult, and more fun by catching more eddies, rolling in the current, taking different lines, surfing, splatting, squirting. Or if you ARE that person, go run the class V instead of the class II, complaining the whole time!

Use Common Sense

Bring what you need – including extra clothing, food and water, enough to share in case someone else forgets theirs. I recently forgot my lunch and water for the first time in 20 some years! But I was with great friends and everyone had something to share so I was well cared for. Blow up your float bags. Don't leave trash. Pee in the water, not on the land. (SERIOUSLY!!!) Don't be the windbag who won't stop talking, even on the river when no one can hear them. And most of all, if you have discussed it and the trip leader thinks the run might be too aggressive for you, graciously accept the invitation to NOT run that section. Being the photographer or shuttle-bunny / shuttle-cock can be fun too!

There you have it, some basics to keep you from getting blacklisted and wondering why no one is around to boat with. Now get out there and enjoy what's left of the season. And don't be the A-hole.

Kayak A-hole song



or more), where the victim was older or where the rescuer had arrived after the event (EMS or Rescue team).

In the last year I have read several medical studies published on the subject of CPR in Drowning cases and I thought them interesting enough to bring them to your attention. Since 2003 medical studies have been standardized though the use of the ILCOR “Utstein Style” guidelines for reporting data from Drowning*.

The role of bystanders during rescue and resuscitation of drowning victims

Allart M. Venema, Johan W. Grothoff, Joost J.L.M. Bierens

Published in Resuscitation 81 (2010) 434–439

Introduction: 289 rescue reports between 1999 and 2004 were studied from the Dutch Maatschappij tot Redding van Drenkelingen (Society to Rescue People from Drowning) and correlated in the Utstein style of reporting.

Results: 113 victims were resuscitated however the results from 20 of these were unknown and so should be discarded. Of the 3 victims where EMS were on scene when the victim was brought ashore 3 survived. Of the 90 cases of bystander CPR by lay-persons on removal from the water 82 survived. This is a 91% survival rate.

Conclusions: Bystander rescue and resuscitation play a critical role in the survival of drowning.

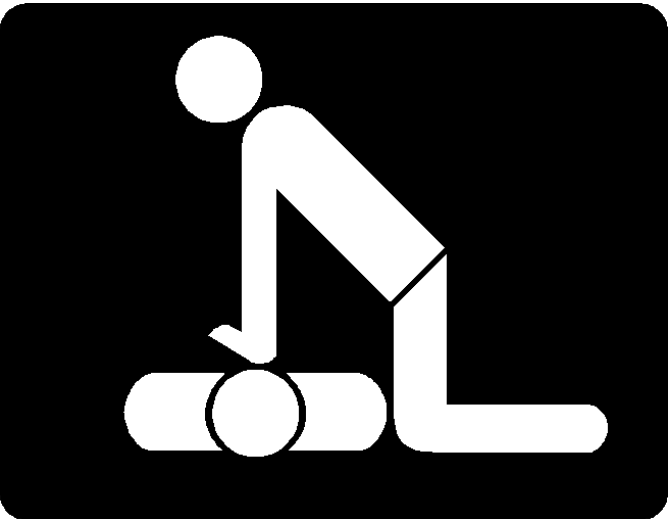
Out-of-hospital cardiac arrest due to drowning: An Utstein Style report of 10 years of experience from St. Mary’s Hospital

Chun Song Youna, Seung Pill Choia, HyeonWoo Yimb, Kyu Nam Parka

Published in Resuscitation 80 (2009) 778–783

Introduction: This study was carried out in South Korea between 1998 and 2007 and covered the outcome of 131 of their patients who had been resuscitated because of drowning in the nearby Han river. This study was also presented in the Utstein format.

Results: Out of the 131 drowning victims 86 had a return of spontaneous circulation on admission to hospital. A large number of these patients developed complications such as pneumonia or respiratory distress syndrome whilst in Hospital. Only 9 patients were discharge from Hospital with a good neurological outcome (6.9%). However it was noted that 84 of the cases were suicide and that only 31 of the victims received bystander resuscitation.



Conclusions: The factors most affecting survival to discharge were: the drowning event being witnessed, a short duration of submersion, early resuscitation by EMS and rapid transportation.

The Key Role of Layperson Actions in Drowning Incidents

Jane Wigginton, MD – Dallas, Texas.

Published at the World Congress on Drowning 2002

Introduction: This study was carried out over a ten year period from 1990 to 2000 in Huston / Texas where they have an above average amount of swimming pool drownings each year mainly concerning children.



The most impressive piece of information perhaps was the impact of bystander CPR. Half of the cases received CPR by bystanders and 79% of those receiving bystander CPR survived to hospital discharge (97% neurologically intact). However, most of these patients responded to bystander resuscitative efforts within a very short period of time to some degree or another and if the patient was still apneic and pulseless when the EMS rescuers arrived, only 5% were resuscitated and none remained neurologically intact.

Conclusions: Bystander CPR appears to be the definitive action for drowning victims, not any other interventions, basic or advanced.

In my eyes two of these reports are a confirmation that in a drowning event, with a short submersion time, bystander CPR is a successful rescue tool. This is one skill that we should continue to recommend that all of our students know and practice. We should also inform them that (for given parameters) in Swiftwater Rescue CPR (even without a defibrillator) has a high chance of success.

The Korean study has somewhat negative results, however with the large amount of suicides involved it is not surprising that there was an overall low success rate. Suicide victims often jump from high bridges into water causing other serious injuries and the fact remains that they do not want to live. In cases like these as well as cases of long submersion or no bystander CPR the chance of a successful, neurologically intact resuscitation are indeed very low.

For us as Swiftwater Rescue Instructors we should know that if someone is in the right place, at the right time, with the right training then they can make all the difference. When we are running our courses, as always, we want to prevent accidents from occurring, but you never know when someone may float round the corner and you could be the one to give them a lucky lotto ticket.

[Neil Newton Taylor | Swiftwater Rescue](#)- Rescue 3 Instructor Trainer – Austria & Germany

*Recommended guidelines for uniform reporting of data from drowning: the “Utstein Style”. Published in Resuscitation 2003;59:45–57.

I have used the term CPR (Cardiopulmonary resuscitation) throughout this article although many first aid manuals, especially in Europe and indeed the ILCOR guidelines use the term BLS (basic life support) to differentiate between Bystander CPR and ALS (advanced life support) where a defibrillator is used. If anyone is interested in reading the full articles or current CPR guidelines they are available through membership of the AHA or ERC.



Dear Boating Betty

Dear Boating Betty,

My girlfriend thinks I should be running class V but I'm still very nervous on class III. She keeps telling me to suck it up and the only way to get better is to DO IT. I don't like it when she's so hard on me. What should I do?

Man In The Skirt

Dear MITS,

I understand if you're not into the Dominatrix lifestyle, and not everyone aspires to Class V. However, I have to ask, what is it that you're afraid of on class III? Where there is still water, the levels have dropped to really friendly levels. If you understand how to catch eddies, peel out, ferry, brace, can do all of that in class II and have at least a sometimes roll in current, what better way to improve and overcome your jitters than with time on the water, in class III? Get your butt in your boat!

Betty

Dear Boating Betty,

Last weekend I had a swim and my crew shamed me into drinking a bootie beer out of my nasty old river shoe. It was my favorite beer, (PBR!) but my booties are so old and beat up that most of the beer leaked out before I could drink it. Does this still count as my official Bootie Beer, or am I working towards possession of the Skull of Shame?

PBR Fan

Dear PB(a)RF,

The Skull of Shame is only obtained by swimming while boating with the current keeper of said Skull so you have no worries on that front. However, it sounds like you need new booties and better taste in beer.

Betty

Dear Betty,

I would like to volunteer with CW but I'm not sure I'm ready to lead a cruise. How will I know when I'm ready?

Happy to Help

Dear HTH,

Do you have rescue and gear retrieval skills? Do you have current CPR and First Aid certifications? (these are not required but are desirable!) Can you read water? Do you know how to organize and manage a group? Can you give a good basic safety talk? These are things to consider in deciding to lead. The club will have an on-line Cruise Leaders guide posted in the coming months, but it's not there yet. While we certainly are overjoyed with people who lead cruises (contact Leslie Tyson to post yours on the website!) there are other ways to volunteer for CW, as well. There will be some board member positions opening up, as well as some sub committees being formed. The marketing committee would LOVE to have testimonials and photos if you have anything you'd like to share. There will be opportunities to volunteer at whitewater festivals (talking with people at a CW booth) next season. If you'd like to get involved, contact any board member to discuss, or fill out the info request form on the website at www.coloradowhitewater.org. We are an all volunteer club and would be thrilled to have your help!

Betty



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What Class Is The Slave?

By: Leif Anderson [Leif and Natalie's Blog](#)



The Slave river is a huge river that has an awesome set of rapids on the border between Alberta and the Northwest Territories in Canada. When I tell people about the Slave river, one of the common questions that I get is “what class is it?”. There is no good answer, for a number of reasons.

The most obvious reason is that the Slave is such a big river, with so many channels, that there is no single class for the whole river. We call the different channels and combinations of Subrapids lines’. There are easy lines, there are impossible lines, and everything in between. Each line is big enough to be a river in its own right, and they all have a vaguely similar character but are highly distinct. There are a lot of lines that can be run by first timers, and there are some lines that will probably never be run.



The second reason is that the rating system sort of breaks down when applied to the Slave. Let me describe a line that I ran last year. The moves were: peel out of an eddy, surf/ferry through a pair of partly breaking waves, then run straight through a wavetrain with about three to four waves in it. Based on that description, you would probably imagine that the rapid is class three. The rapid that I’m describing is Pelican rapid, which is the largest rapid on the river. There are about 200,000 cfs in that channel. The waves that I describe are between ten and twenty feet tall. When I ran that line, I was right where I wanted to be, but I was still subbed out by one of the waves and traveled about 200 yards of the wavetrain underwater. So, what then is the class of this rapid? Class four? Class five? Highrisk class three? I would argue that there is no clear answer. The difficulty of the run was low, but the risk was in the medium range. The conventional rating system breaks down when applied to this river.



So when people ask what class the Slave is, I usually turn my head sideways, say “uhhhh” for a while, and eventually end with “You’ll be fine. Come check it out.”