

# Chesapeake Paddler



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## CPA Hosts Cold Water Workshop: The Predator Lurks Beneath You

by David Wilson

The Chesapeake Paddlers Association is fortunate to have many talented individuals who are willing to donate their time to pass along their knowledge to other club members. As I was once told, "It was the way I learned. Someone taught me, I'm only passing the information along. It will help keep you safe." I love that attitude.

CPA co-hosted another lecture/workshop on the topic of Cold Water Safety, on February 10, 2013. The speaker was Moulton Avery, an internationally recognized heat and cold stress authority, Executive Director of the National Center for Cold Water Safety, and long-time fellow Chesapeake paddler. The presentation was held at Annapolis Canoe and Kayak.

Having reviewed hundreds of accidental drowning cases, Moulton has come to characterize cold water as a large, hungry predator. "It is fast, powerful, and deadly. It has unlimited energy, no need for sleep, and is perfectly camouflaged," he states. He paints a vivid picture, one best kept in mind while floating on its back this winter. You can look at cold water from three feet away and it looks perfectly innocuous. Throw in an inviting sunrise, a little warm air flow from the Gulf, and most of us are eager to take the bait. But don't be fooled. Cold water is a ruthless killer. If it doesn't fill your lungs with water in its initial envelopment, it will try to stop your heart or cause your brain to stroke. And if you are lucky enough to survive the initial few minutes, over the next hour or so it will literally suck the life out of you.

Nine out of ten canoe and kayak fatalities are cold water related. According to the US Coast Guard, in 2011 canoe and kayak ranked second out of 13 boat classifications in the number of fatalities. The only boat classification that had more fatalities than us were the power boats.

So, next time you consider cold water paddling, before you leave, please look over Moulton's Five Golden Rules (see sidebar). They will help you stay alive. Then remember my reminder: hunting season is open. The predator is hungry, and he will be waiting for you. After the workshop, I learned that as we tested our gear in 36° F bay waters, some folks in Jamaica Bay, New York faced down the predator.



CPA Members Swim Test Their Gear in 36-degree Water  
*photo by DJ Manalo*

### National Center for Cold Water Safety's Golden Rules of Cold Water Safety

**\* No Exceptions \***

- 1) Always Wear Your PFD
- 2) Always Dress for the Water Temperature
- 3) Field-Test Your Gear
- 4) Swim-Test Your Gear Every Time You Go Out
- 5) Imagine the Worst that Could Happen and Plan for It

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## Chesapeake Bay Watershed Public Access Plan

The Chesapeake Bay Watershed Public Access Plan sets forth actions for expanding public access to significant streams, rivers, and bays in the entire Chesapeake Bay watershed. A goal of the plan is to add 300 new access sites by 2025. Key findings include:

- "There are 1,150 documented existing public access sites where people can launch boats, fish, swim, or look out over the Bay and its tributaries." (Page iii)
- Only 770 public access sites exist along the 11,684 miles of the Bay and tidal portions of the tributaries.

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## Boat and Paddle Workday to be Held April 6, 2013

by Catriona Miller

The Chesapeake Paddlers Association is hosting a Boat and Paddle Workday on Saturday, April 6, 2013, from 9 a.m. to 4:00 p.m. at Truxton Park in Annapolis. Bring your kayak, your paddles, or both! Volunteers will be on hand to help with sanding and reconditioning Greenland paddles or helping finish that Greenland paddle. They will also help replace deck lines, replace bungees, foam out cockpits, install Keel Eazy, change seats, backbends or foot pegs, and maybe fix a skeg, recaulk bulkheads, etc.

Registration is \$3 to contribute to the cost of the pavilion rental. CPA will not be providing materials. You will need to provide your own materials (deck lines, bungee cord, etc.). Volunteers will bring tools to use. Participants are asked to bring what tools they have.

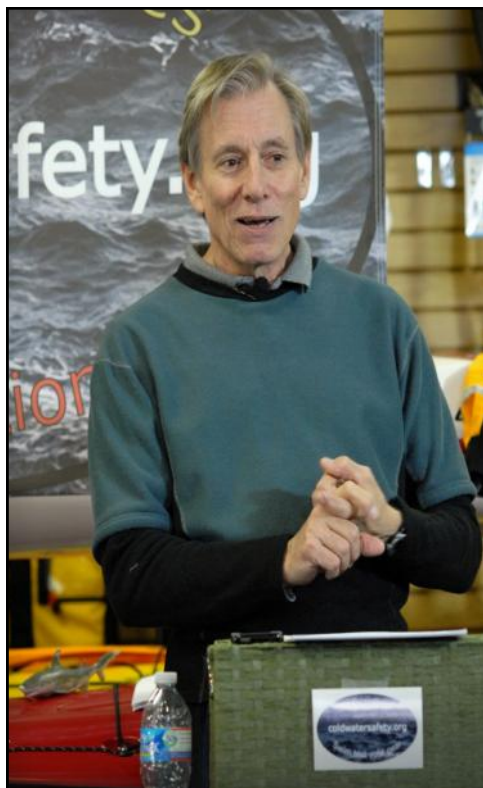
Black bungee and black deck lines will be for sale at the workshop by the foot. If you intend on buying some, please let Catriona know. Brian Blankinship is taking orders for Keel Eazy keel strip and will be helping people install it at the event <http://www.cpakayaker.com/forums/viewtopic.php?f=4&t=6883&p=24868&hilit=keel+eazy#p24868>.

It would not be a CPA event without food, so there will be a potluck picnic. Please bring something to contribute to the potluck. Dishes, cups, utensils, napkins, and some drinks will be provided. There are grills on site, so feel free to bring something to throw on the grill. Hot dogs have been donated for the potluck. This event will be held rain or shine. If it rains, we will work under the pavilion. More details are on the CPA Calendar (<http://www.cpakayaker.com/paddle-now/calendar/>). Contact Catriona Miller at [thelittlepiggies-pink@yahoo.com](mailto:thelittlepiggies-pink@yahoo.com) to pre-register for the event.



David Wilson Replacing Deck Lines  
photo by DJ Manalo

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Moulton Avery, Director of the National Center for Cold Water Safety photo by DJ Manalo

This time the prey escaped, but there will be many more face-offs this season.

Please, read the information provided on the National Center for Cold Water Safety website. It contains much practical information aimed at increasing your chances for survival should a mishap occur. As Moulton readily points out, no one plans to drown. But we all also make mistakes. On land, mistakes carry with them little consequence. On cold water, even the smallest of mistakes can cost you your life. We all must plan and prepare for the worst possible events that can happen. Above all, *dress for the water temperatures and wear your PFD*. Proper cold water dress will buy you time in your struggles with the beast. While help may be only a few feet away, rescues never happen quickly and the countdown begins when you hit the water. The National Center for Cold Water Safety ([www.coldwatersafety.org](http://www.coldwatersafety.org)) is a non-profit organization.

CPA steering committee member, Catriona Miller, posted Moulton's presentation on YouTube. Due to the length, it is posted in two parts.

Cold Water Safety Part 1: <http://www.youtube.com/watch?v=3OsNiF2yJQk>

Cold Water Safety Part 2: <http://www.youtube.com/watch?v=s2fnVq61yic>

Jamaica Bay rescue: <http://workingharbor.wordpress.com/2013/02/10/2-kayakers-rescued-from-frigid-waters/>

*Dave Wilson is a member of the Chesapeake Paddlers Association, Inc. and Captain of the Pirates of Baltimore. A club member since 2009, he resides in Nottingham, Maryland, and creates handcrafted Greenland Paddles. Dave's blog post about the Cold Water Workshop is available from his website, [www.theweatheredpaddle.com](http://www.theweatheredpaddle.com).*