

Chesapeake Paddler



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USCG's Mario Vittone speaks at Pier 7 photo by Maywin

US Coast Guard Search and Rescue Swimmer Shares Advice on Staying Safe on the Water: Mario Vittone Speaks at CPA's Pier 7 Piracy

By Jenny Plummer-Welker

Mario Vittone, Chief Warrant Officer with the United States Coast Guard, was a guest speaker at Pier 7 on July 27, 2011. Mario, stationed in Portsmouth, VA, is a member of the Chesapeake Paddlers Association. A native of Bowie, Maryland, Mario has been on active duty with the USCG since 1991. In 1994, he graduated from the Helicopter Rescue Swimmer School and served as a rescue swimmer in three tours of duty in North Carolina and Louisiana before becoming an instructor and course developer at the Aviation Technical Training Center. Mario is a leading expert on immersion hypothermia, drowning, sea survival, and safety at sea. In 2007, he was named the Coast

Guard Active Duty Enlisted Person of the Year. He lectures extensively and his writing has appeared in numerous magazines, including *Yachting Magazine* and *Reader's Digest*.

CPA member and Pier 7 paddler Suzanne Farace invited Mario to a Wednesday night club gathering to paddle and speak about water safety and water rescues. She also organized dinner for a larger-than-normal group of kayakers at Pier 7. The early arrivals paddled with Mario up the South River. The evening was sunny and warm, a pleasant break from 95 degree + days. The group returned to the marina beach and the assembled set of picnic tables. There were over 45 people in attendance. A typical Pier 7 mid-summer gathering ranges from 20 to 30 people. The dinner spread included chicken, pizza, salads, snacks, and dessert, orchestrated by Suzanne, Marilyn Fisher, and Maryrose Whelley. Gail Addis quickly ordered two Ledo's pizzas when it became apparent that attendance exceeded expectations. The club motto is "We Paddle to Eat." After dinner Mario stood on the beach and talked to the group about his experiences and suggested how we can be even safer while kayaking.

Mario began his talk by sharing the story of his kayaking the length of the Chesapeake Bay from Elk Neck to Fort Story. He planned his trip using a check list. Two of the last items he checked off were buy a kayak and learn how to paddle.

Mario said he does not meet people like us because we're so safety conscious. With technological advances, such as GPS and EPIRBs, rescues are occurring faster. In the early 1980s Steven Callahan survived 76 days adrift in a life raft before being rescued. Now rescues are occurring within 247 minutes (4 hours, 7 minutes). Mario quoted Herman Melville's Captain Ahab in *Moby Dick*, 'I'll have no man on my boat who is not afraid of the whale.' Mario asked us, "Where did we go tonight?" "Up the South River," was not the answer he was seeking, nor was "We went kayaking". His answer: "We surrounded ourselves with something that will eventually suck the life out of you." We went out in a boat, "something that has been letting its owners down since recorded history," Mario observed.

"The difference between the people we go and get and those we don't get...can be traced back from a bad decision the captain made at the dock," Mario stated. Some things cannot be foreseen, like appendicitis. Others can be, like not taking insulin medication on the boat, even for a short, four-hour trip. In over fifteen years, Mario has "never seen a float plan worth looking at." He then described the float plan he prepared for his kayak trip down the Chesapeake Bay. He took photographs of his kayak, the top side, bottom side and what he was wearing. He listed his equipment, his medication and his physical condition.

Mario has spent over 2,000 hours looking for people at sea. The biggest problem kayakers have is how to get seen. He stated that day distress signals show up better than night flares. The hot smoke of an orange smoke signal is going to show up for a long time. Night

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CLASSIFIEDS

Ads dated 3 months before the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold...tell us!

Advertising Rates:

We accept display advertising that relates to the interest of our readers. Monthly rates are as follows:

Size	cost	wide x deep (col)
1/8 page	\$20	2.4" x 3.5" (1)
1/4 page	\$32	4.9" x 4.7" (2)
1/2 page	\$50	7.5" x 4.7" (3)
Full page	\$80	7.5" x 9.75" (3)

A 5% discount will be given for ads supplied as electronic files in acceptable formats (i.e. .tif, .gif, .jpeg, bit-map). Email or call for more information and for 10-month discount. See advertising contact in masthead.



Mario Vittone at Pier 7 photo by Ralph Heimlich

SCHEDULE FOR 2011 CHESAPEAKE PADDLER

Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is usually the 15th of the preceding month as follows:

Issue	Deadline for Copy
September 2011	August 15, 2011
October 2011	September 15, 2011
November 2011	October 15, 2011

Have an idea for an article, or is there information you would like to see in the newsletter? Email Ralph at news_editor@cpakayaker.com or call at 301-498-0722.

THE CHESAPEAKE PADDLERS ASSOCIATION

The mission of the Chesapeake Paddlers Association is to provide a way for people to enjoy sea kayaking within the Chesapeake Bay area and to promote safe sea kayaking practices through educating the local sea kayaking community and the interested public.

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Pirate Kings of the North—Bob Shakeshaft, 410-939-0269, and Mike Free, 484-889-2214, pirates_north@cpakayaker.com

MEMBERSHIP: Subscription to the Chesapeake Paddler is included with membership.

NEW: Membership is now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years. Send checks or changes of membership information to CPA, PO Box 341, Greenbelt, MD 20768. DO NOT send them to the newsletter editors.

DEADLINES: Closing date for articles, trip reports, information and advertisements is the 15th of the month prior to the next issue. The editors retain the right to edit or not to print any submitted material. See advertising information in the Classifieds section.

The Chesapeake Paddler is published monthly, except Nov-Feb and may be reprinted whole or in part if credit is given to this newsletter and any identified author (unless an article is specifically copyrighted), and a courtesy copy is sent to the Managing Editor. The download link or file for the electronic version of this newsletter may not be posted or forwarded to non-members without the express consent of the Coordinator or Managing Editor

Failure is Growth

Failure is growth. That sounds like something out 1984, doesn't it?

I have a friend who's a successful competitor on the ultra-marathon circuit. She runs 100-mile races and finishes with bloody feet and missing toenails. If anyone can answer my questions about mental toughness, it's her, so she's my resource when I'm feeling shaky.

After a day last winter during which I felt shaky, I emailed her to whine. She responded saying that nobody has a straight upward trend in a sports endeavor and that she'd grown more from her failures than from her successes. She said that people who never fail never become great competitors. Comforting words.

I have no intention of ever competing in any formal kayaking event, but I do feel like I'm always competing with myself, trying to set personal bests. Most people try to get better at doing things they enjoy, and there's a joy in successfully accomplishing a challenge one has set for oneself.

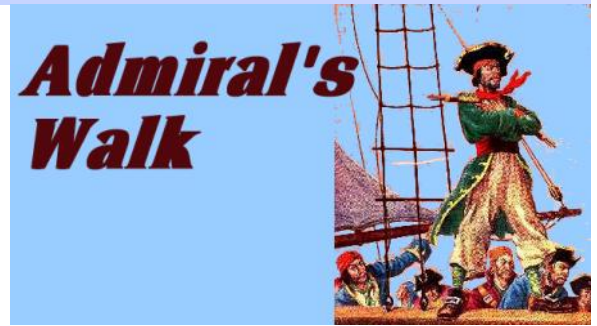
But to get to the point of success, there have to be a lot of... unsuccesses. I won't call them failures. I just got back from the UK, where I went to find the big water that we don't have here, for the express purpose of 'getting better'. I never expected to go there and victoriously dominate the conditions. I went to learn to be more comfortable in bigger water. But when I was there and I didn't dominate, I did feel frustrated. And I spent a lot of time kicking myself.

While struggling to keep up with my group in a strong wind and chaotic water, I thought about some other advice my ultra-running friend gave me. It sounds silly, but it's good. She said, "Paddling is supposed to be your happy place. Let it be that and don't get too hung up on how you're doing. Have fun and the rest will fall into place." Okay, I know 'happy place' is an unfortunate turn of phrase, but she wasn't wrong. If something makes you miserable, why do it?

Paddling in general and CPA in particular attract a lot of a certain type of person—the type of person who cares about subtleties and details, and perhaps cares a lot about excelling. Sometimes we get so focused on achieving a goal that we forget for the moment why we're doing it at all. For instance, a lot of the paddlers in my area have learned to roll this year, and through the process I've heard most of them express a lot of frustration. Some of them have really beaten themselves up over it. I can understand—rolling didn't come easily for me either, and sometimes I thought I'd never get a reliable roll. But I did, and so will these paddlers. Some successes depend on persistence. And the ability to persist depends on having faith in oneself.

It wasn't until a week after I got home from the UK that I started thinking about what went well. A lot went well, really. I wish I'd been able to recognize the good stuff when it was happening instead of focusing on my shortcomings. My friend's advice means a lot to me; I repeat it to myself pretty often, but maybe don't quite believe it. Yet there's something else I didn't remember until I got home. I teach for a living, and the first day of every class I tell my students, "It's okay to fail—that's how you learn. If you already knew everything there was about this subject, you'd be wasting your time sitting in class."

It isn't always easy to take one's own advice.



Jay Gitomer
Coordinator



A Rescue Swimmer's View of Water Safety (Continued from page 1)

vision goggles (NVGs) are standard equipment for USGC rescues. The hot smoke will show up in NVGs. Other active signals include flashlights. He carries two Pelican lights (eight bucks) on his PFD. A waving flashlight can turn the search plane toward you. He is not a great fan of laser flares. For getting seen, strobe lights are fine, they do not have to flash S.O.S. as most rescuers will come check out a strobe. Lights of any kind are fine. When using flares, wait until someone can see you before firing them. In rescue missions, the rescuers are running a pattern so wait until they are looking in your direction. When you fire flares, do not shoot at your rescuers! Even with known GPS coordinates, it is still difficult to find someone at sea. Passive signals include a rescue streamer, which is a piece of plastic that floats on the water's surface (www.rescuestreamer.com). One of the kayakers asked about dye. Mario replied, "Dye is great, depends upon the sea state." Its use is rare now, thus searchers are not looking for dye. One CPA member asked "what boat color shows up best on the water? According to British research, it is **hot pink**. What colors show up well other than hot pink? Canary yellow is good. International orange is a color people are trained to see. White is good only when the water is flat calm (white caps are white).

Mario asked us where the coldest water is, not including Alaska or the Great Lakes. Kiptopeke State Park, in Cape Charles, Virginia, ties with Woods Hole, Cape Cod, Massachusetts. Mario was one of the swimmers filmed in **Cold Water Boot Camp** (copies are available for lending from the CPA Library). Mario was forthright, "I am a better swimmer than you are. I made it 29 minutes. The first ten minutes out of the water is terrible. The muscles shake. The doctor took the blanket off, 'Everything is fine. He's shaking. He's in pain.'" Mario explained people would become hypothermic in about an hour but rarely make it that long because they are not wearing floatation and drown from their muscles shutting down. He walked us through the four stages when a person is immersed in cold water and then rescued:

- Shock,
- Incapacitation,
- Hypothermia, and
- Post rescue collapse.

He said that immersion shock kills about 20 percent of victims. There is an involuntary reflex to gasp. "If that gasp happens under water, that's bad," Mario said. He advised, you "have to control your breathing for 60 seconds to two minutes." The next stage, incapacitation, can lead to swimming failure. You have about ten minutes of meaningful movement to get back in your kayak. You're shivering, you're losing the ability to move your fingers. "If you've got your floatation on, you've got a long time, an hour, before you become hypothermic," he explained. These stages can be summarized as 1-10-1: one minute to control your breathing, 10 minutes of effective movement, and one hour before hypothermia sets in.

Mario mentioned the HELP position is a natural position a person assumes in cold water (HELP – Heat Escape Lessening Position). He said he took the huddle position out of the rescue manual, explaining it was designed by the Navy for Navy pilots with eight inches of insulating material tucked under their arms. He advised, "You should tie yourselves together to make a larger target." Being out of the water is better than in the water. Water will take heat away from the body much quicker than air. He emphasized, "It's a dry suit not a warm suit." You need to wear insulation under it to stay warm.



CWO Mario Vittone

photo by Ralph Heimlich



Instigator and chefs (Suzanne Farace, Brent Cogswell, Marilyn Fisher, and Maryrose Whelley photo by Maywin

Post rescue collapse happens when the cold blood in the extremities returns to the core too fast. "No one sits up in my helicopter until the doc says so," he said. He advised, "You don't rub someone." Have them lay down. Mario gave out copies of the National Water Safety Congress' video, **Beyond Boot Camp USA: Rescue, Recover, Rewarm**, issued in 2010. The video includes the effects of cold water immersion and effective techniques when working with a hypothermic victim. He advised us to watch the video so that we know how to handle a hypothermic person if we have to rescue someone. [Editors note: Both videos can be watched on YouTube at <http://www.youtube.com/user/WaterSafetyCongress>]

Mario gave tips on what one should do if being rescued. "We don't train for everything. We don't train for every boat." Point your kayak toward the helicopter. Typically the swimmer comes down, since most people do not sit in the basket correctly. The person being rescued should be in the basket the long way, not

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Exercising Your Right to Race: Confessions of a Beginning Kayak Racer

By Butler Smythe

I have owned a kayak off and on for the last 38 years, having put together a Phoenix Isere as a kit boat in college in the mid 1970s and using it on both flat water and my favorite reversing falls in Blue Hill, Maine. Though I had used it occasionally for camping, I never really got into that aspect of kayaking. My interest was the exercise.

Having rowed in college and afterwards for awhile, I thought a single rowing shell would fit my needs in Solomons, MD, where we now live and work. However, I found the boat traffic and effort to get the shell to the water distracted from my time on the water. Just last summer I got an itch to start using my Dagger Meridian a bit more often, and after a short time, wanted to try something faster. Researching boats (of course, my wife was not fully aware of my intent!!) I found the Epic kayaks and Brian Blankinship who let me give both a kayak and a surf ski a try. The latter was interesting since I'd never used one before. For what I thought I wanted (exercise) and could get away with, the kayak was my best option at the time. Promptly placing an order for an 18X, I waited, but was disappointed by the entire shipment from China being damaged. The same day I searched the internet and found QCC and placed an order for a 700. Timing was everything because I wanted it for the upcoming Wye Island Regatta.

The race came and went and I liked it. The 12-mile race (real distance traveled) was not so bad. I learned a lot in that one race, finding that speed is a huge factor in that it is VERY difficult to catch up in a kayak if you get behind. I also underestimated people's skills, including my own.

I was hooked, and to make the new boat more economically viable, I put my rowing shell on the market and then promptly ordered a Huki Surf Ski. Boy was that different than the Epic Sport I had tried with Brian (a "bit" more unstable)! While I had a little time on the water before the winter set in, it wasn't all that much for the boat—it being so different than the kayak. I wanted to find races in the area but was slightly amazed at how few there appeared to be on the Internet. I found that most sites listed races in the NE and elsewhere—just none on the Chesapeake. By chance, I saw an email from Stephen Petrie in one of the Patuxent Pirates posts in the Spring noting he had a Huki. I contacted him and conversed a bit and he mentioned a race on Kent Island he was participating in put on by the Kent Island Out-rigger Canoe Club. I thought I'd give it a try—this time with my Huki.



Butler in his Huki

The race was not well attended by surf skis and kayaks but there were enough to make it fun. Getting out on the open water only proved that I needed more time. Again I did well, but not as well as I could have if I was more comfortable with the boat. I can only imagine "flat" water kayakers facing the challenges of Hawaii and truly rough water in the same boats. I'm still a LONG way off and I know it.

Again I must have missed the web sites but Stephen again mentioned another local race on the Nanticoke called the Nanticoke Riverfest, in Seaford, DE. I again entered the sub 8 mile race and this time had a few more kayaks and even a half dozen surf skis, most the same as mine. I fared much better in this race, being more comfortable in the boat and getting part of the lead!

Onancock Challenge

The Annual Onancock Kayak/Canoe Challenge takes place Saturday, September 10, 2011, at 9 AM during Onancock's Harborfest, a festive weekend of food, music and water fun on the Eastern Shore of Virginia. The weekend starts on Friday with two pre-race clinics led by Chuck Conley, instructor and winner of last year's race. The morning session, 8 AM to noon, features racing strategy and boat control. The Forward Stroke Clinic (with video critique) will be from 1-5 PM. Cost for each session is \$55 with your own kayak—add \$20 to rent one—or both sessions for \$95—add \$30 to rent a kayak). Afterwards, relax during Onancock's Second Friday Art Stroll, 5-8 p.m. and the kick-off of Harborfest with live music on the wharf.



The 9 AM race on Saturday has 5 and 10 KM courses on beautiful Onancock Creek. There will be new divisions this year for Kids and Stand-Up Paddboards. It is a great event for paddlers who are serious about enjoying their time on the water as well as those who want to test their skills against the best racers in the region, including the legendary Olympic Champion Frank Havens, fastest octogenarian on the water!

Pre-registration is \$15; \$20 the day of the race. Some rental kayaks are available: call for availability. To register for the clinics and/or race, call SouthEast Expeditions at Onancock Wharf: 757-354-4FUN or email mary@southeastexpeditions.com. For details on Harborfest, as well as lodging and dining in Onancock, go to www.onancock.org

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A Rescue Swimmer's View of Water Safety (Continued from page 4)

sitting across the basket the short way with arms and legs hanging out. For rescues, Mario shared, "We'll always get the dog. Sometimes I wished we'd rescue the dog and leave the owners."

Mario showed us his standard safety equipment he always has with him: a magnesium spark making device and a waterproof cylinder match case with cotton balls soaked in Vaseline. The metal match and cotton balls soaked in Vaseline will light even when wet. Mario held up an instant shelter, a heavy, bright orange plastic road worker's trash bag. It can be cut to create a poncho. It will provide shelter to stay warm.

The Chesapeake Paddlers Association and Pier 7 paddlers appreciate Mario Vittone taking the time and traveling the distance to share his experience and thoughts on how kayakers can be safer while on the water.

Mario Vittone's website includes information of interest to kayakers and all who venture near the water:

www.mariovittone.com. Mario has also agreed to help us revise our cold water safety brochure (see <http://www.cpakayaker.com/uploads/resources/Safety3fold.pdf>).

Pictures are <https://picasaweb.google.com/maywin123/Pier7MarioVittoneTalk?authkey=Gv1sRqCOjPu7mViLOSQQ>

and <https://picasaweb.google.com/102459087707170525949/MarioVittoneDayAtPier7>



Pier 7: We Paddle to Eat photo by Ralph Heimlich



Operation Paddle Smart: Safety Through Identification

The Coast Guard is also promoting Operation Paddle Smart, a voluntary program created by the U.S. Coast Guard (USCG) to assist emergency personnel in identifying unregistered small boats (canoes, kayaks, and dinghies) with the use of waterproof, reflective, stickers which display the owner's name and basic contact information.

Whenever a boat is reported unattended or abandoned the USCG and rescue agencies must assume the operator is in distress and conduct an extensive search. With the use of vessel identification stickers from Operation Paddle Smart, officials can try to contact the owner and determine the best course of action.

Orange vessel ownership stickers are available through the U.S. Coast Guard Auxiliary, visit their [website](#) and select "contact us". To watch a video produced about Operation Paddle Smart, [click here](#). Excerpted from the Maryland Water Trails e-Newsletter.

Confessions (Continued from page 5)

wanted. What I didn't expect was to make an early turnaround following an OC 2 (dummy me) that had started earlier, and then hearing from a K-2 (Cyndi Janetzko and Leslie Roberts) that I'd turned early! Dam, there went that lead (and about a full minute in time) and I was soon following Cindi and Leslie. That was OK, as they gave me the incentive to keep going and we paced each other for the next 4 miles or so until the last turn in the river before the finish. I gave it a little more effort thinking of the cool spray from the fire truck spraying the waters in the finish area—and it was cool and enjoyable! So was the race. Thank you Cyndi! http://www.nanticokeriverfest.com/competition_canoe.html

I've found that I'm not as much a social paddler as one who enjoys the exercise in a hard paddle and prefers the calmer waters over the rough (guess that's my rowing likes as well). With time, that may change, but the transition from a rowing single to a kayak and surf ski has been well worth it, I hope others will partake in the racing, as well. There are races out there locally many may not know about. Here is one site and the next race for me. Racing is fun—it really is. <http://www.delmarvakayak.net/>



Early Booking Discount on 2012 Florida Keys Trips

Burnham Guides is offering a 15 percent discount on 2011 Florida Keys "Paddle with the Authors" multi-day kayak trips booked by September 30, 2011. Mid-January through March, CPA members Bill and Mary Burnham are again offering small group, 2-3 night trips in the Lower Keys Backcountry, Seven Mile Bridge overnights, and the annual 100-mile, 10-day Key Largo to Key West trip, scheduled for March 13-22, 2012. The Centennial of Henry Flagler's famous railroad will make this a very special year to paddle beneath these beautiful bridges.

Last season we were thrilled to have several CPA members join us paddling in paradise. Details at www.BurnhamGuides.com or email mary@burnhamguides.com

Until then, come paddle with us at SouthEast Expeditions in Onancock on the beautiful Eastern Shore of Virginia (www.southeastexpeditions.net)

Mary and Bill Burnham

Authors of the "Florida Keys Paddling Atlas"

Star-Spangled Celebration Coming to Maryland in 2012

Maryland's rich maritime history will be celebrated during the bicentennial celebration of the War of 1812. The commemoration will feature 32 months of events including the Star-Spangled Spectacular in which an international parade of ships will sail into Baltimore's Inner Harbor in June 2012. Numerous boating related events and programs are planned for the celebration including:

- Cruises that explore important locations involved in the war including the Battle of North Point, which was a turning point in the Battle of Baltimore.
- Baltimore Water Taxis will shuttle visitors from Fell's Point and Canton to Fort McHenry, where Francis Scott Key penned the Star-Spangled Banner.
- The Pride of Baltimore II which set sail in May, is visiting over 25 ports to help publicize the War of 1812 celebration. For more information about the Pride of Baltimore, including the sailing schedule and history, visit the [Star-Spangled 200 website](#).

Many historical sites in Maryland have connections to the War of 1812 and can be visited by boat. A few sites to consider are: [Bladensburg Waterfront Park](#) on the Anacostia River is where the British first encountered the American defense. This site is also among sites on the [Kingfisher Canoe Trail](#). [Concord Point Lighthouse](#) in Havre de Grace, was bombed and burned by the British. The lighthouse can be seen from the water using any of [Havre de Grace's boat ramps or soft launches](#).



[Fell's Point](#) in Baltimore was a center for shipbuilding, which made it a primary target for the British. [North Point State Park](#) in Baltimore County is where British forces landed 4,500 troops to begin the invasion of Baltimore. Visitors can [launch a canoe or kayak](#) from the park to access the Chesapeake Bay. [Jefferson Patterson Park and Museum](#) in Calvert County is where the largest naval battle in Maryland occurred. The park also provides access to the [Patuxent River Water Trail](#). The 1812 celebrations will attract boaters of all kinds to Maryland. Everyone is encouraged to be [courteous on Maryland's waterways](#). *Excerpted from the Maryland Water Trails e-Newsletter.*

CPA Trip Policies

CPA Trips are organized by members of the club for members of the club. When you participate in them, please remember a few things: Trip leaders are “hosts”, not professional guides. They are not necessarily trained in first aid nor CPR, and do not always carry first aid equipment nor safety devices for your use. **You, and you alone**, are responsible for your personal safety.

Trip leaders will pre-screen all participants for skills, equipment, and willingness to abide by club rules and policies. If you wish to join a trip, please contact the leader in advance. While on the water, all paddlers must wear PFDs, spray skirts, and clothes appropriate to the water temperature. Boats must have watertight bulkheads or flotation to prevent the kayak from swamping when capsized. All paddlers must have, and know how to use, a pump and paddle float. On the day of the trip, leaders may refuse to admit participants for non-compliance with any of these, so if you are not sure, discuss it with the leader in advance!

All paddlers must sign a CPA [waiver of liability](#). For the safety of the group as a whole, trip participants must agree to abide by club policies and rules and to follow instructions of the trip leader.

Trip Ratings

First Timers: for those who have never paddled before.

Beginners: for those who have paddled some, taken classes, or been on short (up to 4-mile) trips and are able to do a wet exit and paddle float re-entry.

Advanced Beginners: for those who have been on longer trips (up to 10 miles, full day outings), have some experience with varying conditions such as winds, and waves, and have good rescue and group-paddling skills.

Intermediate Paddlers: for those who are comfortable on longer trips (more than 10 miles), can maintain a steady pace for extended periods, are comfortable with open water crossings of 2+ miles, can handle a variety of water conditions, and have strong self- and group-rescue skills.

Minimum Required Safety Equipment for CPA Trips

The minimum safety gear for participating in a club trip are (beyond a kayak and paddle) as follows:

- ◆ personal flotation device (PFD) and sound producing device, such as whistle (USCG requirements). PFD must be properly worn.
- ◆ paddle float
- ◆ bilge pump (except sit-on-tops)
- ◆ spray skirt on boats designed to accommodate them- must be worn
- ◆ water tight bulkheads or flotation bags (to facilitate rescues)
- ◆ light that can be shown to prevent a collision (USCG requirement, night paddle only)

CPA Policy Regarding Trip Waivers

It is CPA's policy to require that all participants in CPA sponsored trips and events sign legal release forms before setting out on the water. Trip leaders and “event organizers” are responsible for obtaining blank release forms, for securing signatures from participants, and for returning the signed forms to the Coordinator for safekeeping. A fresh signature must be obtained for each separate trip or event. The legal release absolves all participating CPA members from legal liability for the injury or death of a fellow participant, and allows us to continue to organize and participate in group activities without undue fear of incurring personal legal liability.

Start paddling sooner! Print out and sign this [Waiver of Liability](#) form and bring it with you to the launch location.

Chesapeake Paddlers Association Calendar

Date	Title	Summary
8/7	Purple Swim Baltimore 2011 swim support	Kayak support for the Purple Swim Baltimore 2011 (In memory of Bud Beatty)
8/9	PoB Skills Clinic #2: Towing	Fourth in a series of four free clinics offered by Pirates of Baltimore
8/13	Kent Island Paddle 6 2011 (KIP-6 11')	This is the fifth event of the season. It is not for everyone. The Kent Island Paddle is not meant for just a distance paddle but for paddlers who want to build their skills and knowledge of paddling. It is there for something to be achieved,
8/13	American Lotus Blossoms on Mattawoman Creek	Paddle among the blooms in Lotusland
8/20	SURVIVOR II ! Hart-Miller Island	A day of incident management scenarios designed for you to explore your skills and ingenuity.
8/21	Iron Girl Columbia Triathlon swim support	Kayak support for the Iron Girl Columbia Triathlon
8/27-28	Blue Ribbon Baltimore	Freighters, Foundries, Forts, and Fermentation
8/28	Upper Chester River Paddle	Launch and paddle the upper Chester
9/3-10	Loons of the Adirondack 2011	This is the 8th year in the Adirondacks: multi-level day group trips to paddle many of the nearby ADK lakes & cabining on Blue Mt Lake, NY
9/10	Kent Island Paddle 6 2011 (KIP-6 11')	This is the sixth event of the season. It is not for everyone. The Kent Island Paddle is not meant for just a distance paddle but for paddlers who want to build their skills and knowledge of paddling. It is there for something to be achieved,
9/10	Wye Island Race	The 19th Annual Wye Island Regatta & The 2nd Annual Kayak Challenge
9/11	Nation's Triathlon swim support	Kayak support for the Nation's Triathlon
9/23-25	Savage River Reservoir Camper	Car Camp and paddle on a mountain reservoir
9/24	Kent Island Paddle 6 2011 (KIP-6 11') Final	This is the final event of the training season. It will either be 9/24 or 10/1 depending on conditions.
10/1	Kent Island Paddle 6 2011 (KIP-6 11') Final	This is the final event of the training season. It will either be 9/24 or 10/1 depending on conditions.
10/1-2	Ghost Fleet at Mallows Bay Car Camper	Camp and paddle to see derelict ships (Baltimore Canoe Club)
10/15	Wye Island Circumnavigation	Paddle around Wye Island on Maryland's Eastern Shore
10/26	Pier 7 Crazy Hat Night (Closing)	We all wear silly hats on the closing paddle of the season
10/27	Pirates of Georgetown Halloween Event	Come in costume (your boat too) for the closing event of the season
10/30	Halloween paddle at Mallows Bay	Paddle among the ghost ships of Mallows Bay
11/6	CPA Annual Meeting	Come and see paddlers without their skirts
11/10-13	Chickahominy River Car Camper	Camp and paddle on the Chickahominy and James Rivers in Virginia
12/3	CPA Holiday Party	Aye...ye be invited fer some holiday spirits at the Annual CPA Holiday Party

Remember to check details, trip leader/organizer and contact info at the CPA Web Page

<http://www.cpakayaker.com/>

and the calendar at <http://www.cpakayaker.com/index.php?page=calendar> for upcoming CPA events.



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Inside our August 2011 issue:

- USCG Search and Rescue Swimmer Shares Advice on Staying Safe on the Water
- Exercising Your Right to Race
- Operation Paddle Smart
- 2012 Florida Keys Trips
- Star-Spangled Celebration Coming to Maryland in 2012
- CPA Trip Policies
- CPA Calendar for August-December

CWO Mario Vittone, U.S.C.G., enduring 29 minutes of 36 degree water (click to watch the video) ***Beyond Boot Camp USA: Rescue, Recover, Rewarm***

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

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REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.