



# FLOWlines



FLOW Paddlers Club is affiliated with the American Canoe Association  
www.acanet.org

Finger Lakes-Ontario Watershed Paddlers'



Volume 11, Issue 4

May 2006

## FLOW Marks 10th Anniversary with Picnic, Tee-Shirt

FLOW will be 10 years old in August. To those who have been with FLOW since the beginning, it seems like just yesterday. The event will be officially celebrated at the annual summer picnic, which is August 5 this year. Save the date, and watch for details of this event to be posted here in the next month or so.

The club will mark the event with a new Tee shirt, to be offered for sale at the picnic. A design contest for this shirt is announced by the FLOW Steering Committee. Draw up your design and submit it to Steve Kittelberger, [stevekit@frontiernet.net](mailto:stevekit@frontiernet.net), before the June 27 Steering Committee Meeting. The winning design will be selected by the Committee at that time. The winner will receive a \$100 gift certificate.



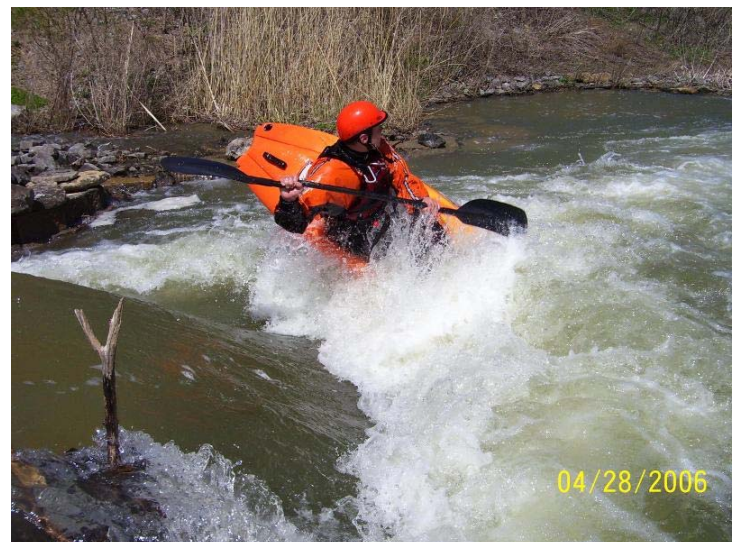
## Lock 32 Grand Opening

**Date:** May 12, 2006  
**Location:** Lock 32 Whitewater Course (see map page 5)  
**Time:** 4 pm- dark  
**Suggested Donation:** \$5/ person if you're not a member

As you've probably heard, Lock 32 has gotten a major facelift this year. (Come test out the new drops at the Grand Opening.

At 5 pm Andy Cook will give a tour of the facility, including a tour of the actual Lock, how the water gets around and through it (and how that affects our water levels), a talk on how the rapids were refurbished, what we've learned (or think we've learned) about hydro-dynamics and the master plan for the future of Lock 32.

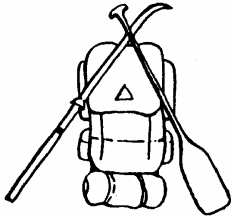
At dark we'll fire up the grill, break out the chips and talk about the season and the future. We welcome your comments on how the Lock could be improved. Also, GWC is giving FLOW members a discounted membership rate of \$150 (a savings of \$15 dollars) as long as you sign up before June 1st. This year your membership includes two free clinics per month throughout the summer and your entrance to Lockapalooza, the biggest whitewater festival in Western New York. It's going to be an exciting year. Make sure you're a part of it.



Above: Paul Twist in Faceoff

Left: Paul Newton in Faceoff





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## River Rescue Training

What do you do when you capsize in swift water? Or when your partners flip? How do you cross a flooded stream? Is it safe? What if your boat pins? This will be a day of active practice in river rescue skills for yourself and others. Covers strainers, swimming rescues, capsizes, pins and broached boats, when to walk into the river and when not to, prevention, positioning of rescue teams and more. Basic moving water canoe or kayak skills required. Meets at Letchworth State Park.

**Saturday, May 20th: 9:00AM - 4:00 PM, call PPS to register.**

## FLOW Steering Committee Meeting

**Date:** May 30, 2006  
**Time:** 7 pm  
**Place:** Jack Ryan's

We would greatly appreciate your participation in the club's business. FLOW is a democracy, which means it's ruled by those who show up.

*Don't forget to renew  
 your membership!*



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## 2005 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact
May 7	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
May 13	Int	Cattaraugus Creek	III	Ed Keidel	(716) 741-3914
May 13	Adv	Hudson River Gorge	III-IV	Ben Bramlage	(518) 792-3277
May 14	Adv	Adk. River TBD by water level	III-IV	Ben Bramlage	(518) 792-3277
May 20	Novice	Genesee River in Letchworth	II	Ron Turney	(585) 766-7881
May 26-9	Int	Intermediate Southern Trip Slippery Rock, Lower Yough, Cheat or river TBD	III-IV	Tony Hernandez	(585) 820-6538
June 3	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
June 9-11	Novice	Lehigh River (PA)	II	Steve Kittelberger	(585) 734-6138
June 18	Int/Adv	Black River Gorge	III-IV	Kurt Fisk	(585) 313-1136
June 24-5	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets	(585) 224-9349
June 24	Novice	Salmon River (400 cfs)	II+	Jerry Koehler	(315) 986-4526
July 1-2	Adv	Ottawa River	IV	Dave Fulle Nicole Whiteaway Chet Bunn	(585) 259-3242 (315) 638-1920
July 9	Int	Salmon River, Pulaski (750 cfs)	III	Denny Deets	(585) 224-9349
July 22	Int	Salmon River, Pulaski (750 cfs)	III	Denny Deets	(585) 224-9349
Aug. 6	Int	Salmon River, 2A to Black Hole FLOW picnic Sat. pm. (750 cfs)	III	Dave Fulle Nicole Whiteaway	(585) 259-3242
Aug. 6	Novice	Salmon River, Pineville section	II	Joe Ryan	(585) 749-6860
Aug. 7	Int	Salmon River, Pineville to Black Hole (750 cfs)	III	Joe Ferrerio	<a href="mailto:jferrerio@aol.com">jferrerio@aol.com</a>
Aug. 7	Int	Park and Play, Black River	II-III	Andy Cook	(585) 747-8478
Aug. 19-20	Adv	Ottawa River, Beachburg, Ont.	III-IV		
Sept. 2	Int/Adv	Beaver River, Taylorville section	III-IV	Andy Cook	(585) 747-8478
Sept. 3	Adv	Beaver River, Moshier section	IV-V		
Sept. 9	Int/Adv	Beaver River, Taylorville section	III-IV	Kurt Fisk	(585) 313-1136
Sept. 16	Novice	Genesee River in Letchworth	II	Denny Deets	(585) 224-9349
Sept. 23	Novice	Genesee River in Letchworth	II	Cathy Rague	(585) 721-5093
Sept. 23	Int	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Sept. 30	Int	Fish Creek	III	Chet Bunn	(315) 638-1920
Oct. 1	Novice	Genesee River in Letchworth	II	Joe Ferrerio	<a href="mailto:jferrerio@aol.com">jferrerio@aol.com</a>
Oct. 7	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct. 6-9	Int	Intermed Southern Trip— Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	(585) 820-6538
Oct. 14	Int	Middle Moose River from Singing Waters to McKeever (Moose Fest)	III	Ed Keidel/ Jerry Koehler	(716) 741-3914 (315) 986-4526
Oct. 14	Int/Adv	Lower Moose River from to Fowlersville	IV	Ben Bramlage	(518) 792-3277
Oct. 21	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov. 4-5	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 734-6138
Aug. ?	Adv	Lachines & 67 Wave	IV	Paul Twist	(585) 313-8035
Summer ?	Int	Flint Creek	III-IV	Denny & Norm Deets	(585) 224-9349
Aug.	Adv	Gatineau		Steve Benedict	(315) 331-5198

## FLOW Paddlers' Trip Roles and Responsibilities

**To: All FLOW Members**

**From: Norm Deets, Whitewater VP**

As you all know, over the past 2 years the ACA has had some difficulties with their insurance carrier. These problems have been worked out and we are now hoping that ACA dues, Paddle America Club (PAC) dues, and PAC rules and responsibilities will remain stable over at least the next several years.

*(Continued next page)*

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In order for this to happen, however, the ACA needs to be able to demonstrate to their new insurance carrier that the risk they are incurring is minimal. The best way for them to do this is by having a large amount of *quantifiable* data which they can provide to their insurance carrier. It will be much more convincing when they can tell their insurance carrier that they should lower their rates because over the past year 49 member clubs have held 714 events, with 12,387 participants and there were no reported accidents or injuries! Ideally, they would also be able to break down the percentages of Class I, II, III, IV and V and the river mileage involved. Unfortunately, this will not be able to happen unless they have final report forms from **all** PAC activities. Even the reporting of trips cancelled due to high/low water (or other reasons) helps demonstrate to the carrier that the PACs are acting responsibly.

In addition, we need to be sure that as a club we are strictly adhering to the PAC rules and responsibilities. Here is a quick list of the ACA safety requirements and guidelines:

- ◆ All non-ACA and non-PAC activity participants, volunteers, safety personnel, media, event organizers, VIPs, etc. must read and sign the ACA Waiver and Release of Liability **before** the event begins. Note: PAC members may send one waiver per year as part of their membership/renewal.
- ◆ All participants are required to wear US Coast Guard approved PFDs at all times during on-water activities/events. **If a participant removes his/her PFD and an injury or death occurs, the insurance company may deny coverage to the sponsoring club and/or its members.**
- ◆ For activities on Class II or higher whitewater or in coastal surf zones, require all participants to wear properly fitting paddling helmets.
- ◆ For activities on Class III or higher whitewater, activity/event organizers must submit related safety and emergency procedures, AND receive written approval from the ACA National Office before the start of the activity/event.
- ◆ Prepare a roster of on-site first aid and rescue personnel, including qualifications and a list of emergency supplies they have available.
- ◆ Prepare a list of emergency contacts and the methods of communication available.
- ◆ Require any participant who encounters another participant or event personnel whose personal safety is at risk, to stop and render assistance.
- ◆ All participants shall be prohibited from consuming alcohol or illegal drugs immediately before or during an on-water event. Any participant under the influence of alcohol or drugs shall be disqualified and asked to leave the waterfront area.
- ◆ All participants shall disclose use of any prescribed medication that may potentially impact an on-water activity/event.
- ◆ If the water temperature is less than 50 degrees (F), and/or the combined air and water temperature is less than 120 degrees (F), all participants are required to wear wetsuits, drysuits, or other appropriate clothing to protect against hypothermia.
- ◆ A pre-activity/event meeting must be held for all participants and organizers to review the route, potential hazards, and medical emergency, communication and safety procedures.
- ◆ Report all property damage and injuries that require medical attention to the ACA National Office - using the ACA Incident/Accident Report Form - within 7 days of the incident.
- ◆ In the event of a serious injury, immediately notify American Specialty by calling 1-800-566-7941. It is important that you contact this claim line as soon as possible after a serious injury involving a participant or spectator.

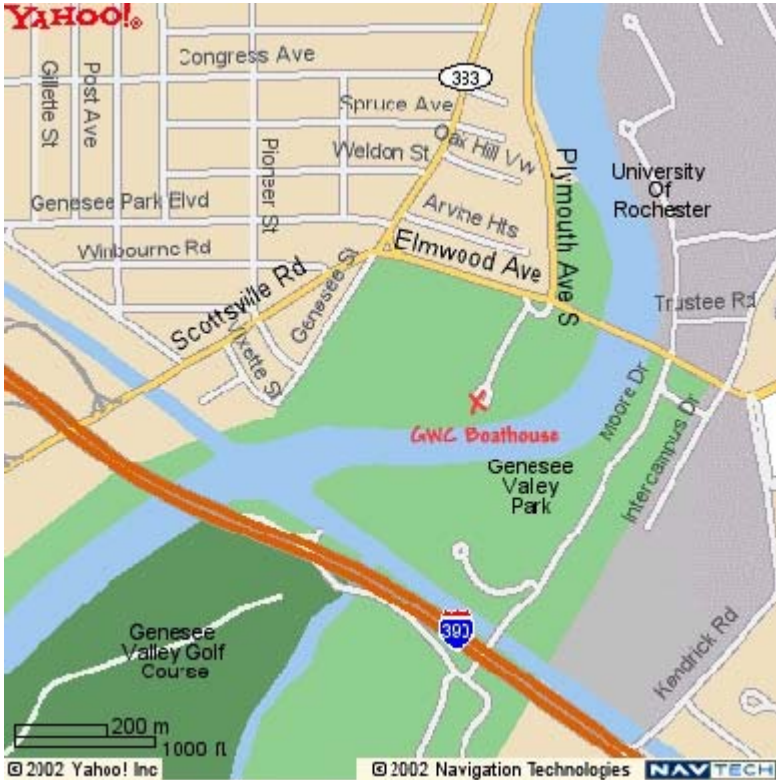
As you can see, there are a number of new rules which we need to figure out how to implement. I am preparing a new trip leader and participant checklist and a new trip report form which will be available for distribution and/or comment at the May General Meeting (Lock 32 - Friday, May 12). There are some additional Safety Guidelines which I don't have room to include here, but which will be worked into the participant / leader checklist and the trip report form. I will be handling all communications with the ACA in order to get a PAC discount for the club (for electronically filing all trip reports). There is some good news, though - we can now add trips throughout the year with only 48 hours advance notice! This means that some of our flow-dependent trips which were usually "unofficial" web board pick-up trips in the past might be able to be run as genuine FLOW trips. If you have any questions or concerns about the new ACA guidelines, drop me an e-mail or talk to me at the May General Meeting... See you on the water!

### 2006 Adirondack Paddlefest May 19 - 21, 2006

The 2006 Adirondack Paddlefest and Outdoor Show is growing! We're moving the show to Old Forge, NY! And it's getting better! More Boats, More Beach, and More Vendors! This year the show will include **Outdoor Gear:** hiking, backpacking, camping, and more! Industry Representatives will be on hand with Special Sales and to answer all your questions! RAIN OR SHINE! This year we'll have a 10,000 square foot convention hall available in case of bad weather.

- Over 1000 canoes and kayaks on sale.
- Over 75 manufacturers at the show.
- Admission to Paddlefest is FREE.
- 10% - 15% off accessories all weekend.
- Great Show specials.
- \$10.00 test paddle/day or \$15/weekend.
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