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Safety Kits: A Handy Checklist

Submitted by Zachary Collier, Northwest Rafting

Safety kits are a collection of items used for a variety of rescue situations. The items found in a safety kit are commonly used to pull boats that are wrapped or pinned, so they are sometimes referred to as wrap kits or pin kits. Advanced training is needed to get the best use out of these tools, all of which can be used for simple mechanical advantage systems, telfer-lower systems, Pig Rigs, or Z-rigs. The most important safety tool is the throw bag, which can be used to secure a swimmer or pull on wrapped or pinned boats.

The exact contents of my safety kit depend on the river I'm doing and the type of boats on the trip. Here's a full list of items I bring on multi-day trips with big, heavy gear boats.

CONTINUED ON PAGE 8

NEXT MEETING

Wednesday, April 14, 2010
at 7:00 PM

Round Table Pizza

10070 S.W. Barbur Blvd.
503.245.2211

RIVER TIP

Submitted by Tom Hanson

Oar boxes underneath a flatbed trailer provide an easy way to transport oars without having to break them down. Trailer manufacturers can mount these for you. Personally, I have two oar boxes on my trailer.

Oregon Whitewater Association is dedicated to preserving, protecting and promoting Oregon's rivers for the safe enjoyment of both public and private non-motorized boating, now and in the future. We advocate fairness in accessibility to river resources and provide a voice for responding to river issues and management concerns.

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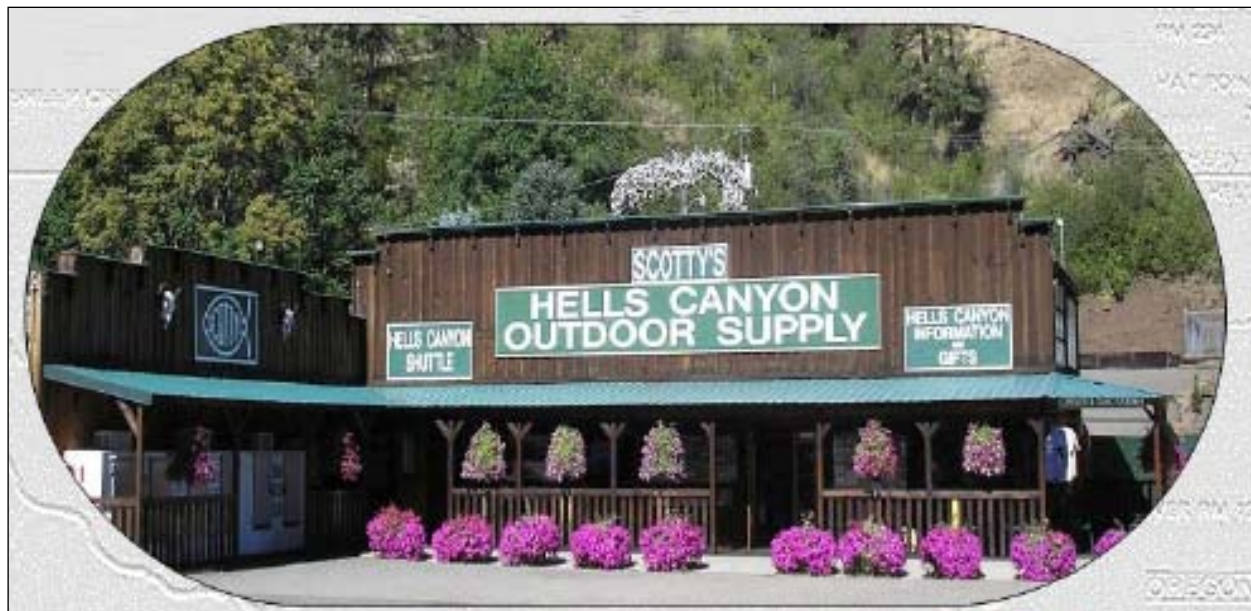
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OWA 2010 TRIP CALENDAR

Submitted by Josephine Denison

4.10 Sat	Deschutes River	III/IV	Tom Hanson	TJHrafter@earthlink.net	503.201.4428
ADDITIONAL TRIP INFORMATION					
This is a day float on the middle Deschutes. The river is free of other boaters at this time, so join us for a pleasant day on the Deschutes. We will shuttle the vehicles down to Sandy Beach starting at 10:00AM sharp. This will put us back at Harpham Flat for a 11:00AM launch. Bring your lunch since we will be stopping along the way to enjoy the bright sunny day and have a bite to eat. This is a class IV river with Wapanitia, Boxcar and Oak Springs providing some big water.					
4.17-4.18 Sat-Sun	North Umpqua River	II-III	Brenda Bunce	brenda.bunce@gmail.com	360.931.4224
ADDITIONAL TRIP INFORMATION					
Idleyd Park to Winchester (25 miles). This is a joint club trip with the Roseberg chapter of NWRA. Trip leaders will be Brenda Bunce and Walt Bammann. We will camp at Whistler's Bend camp and share a potluck dinner Saturday night. Option for day trip only by taking out or joining us at the Whistler's Bend camp boat ramp on April 18.					
5.1-5.2 Sat-Sun	Clackamas Raft Camp	III/IV	Dan Alsup	rivermandan2698@yahoo.com	503.888.0569
5.7-5.9 Fri-Sun	Grande Ronde River	II/III	Eric and Candace Ball	balle@pocketinet.com	509.525.6134
ADDITIONAL TRIP INFORMATION					
Put in at Minam and take out at Heller Bar, 90 miles in three days. We cover a lot of ground, so be prepared to row. Rewards include great scenery, good company, and an opportunity for a burger and shake for lunch on day 2. Not bad for a Wild and Scenic River. This section is Class II with one Class III.					
5.21-5.24 Fri-Mon	Rogue River	III/IV	Van McKay	vanm1@aol.com	360.737.3148
ADDITIONAL TRIP INFORMATION					
You are invited to join us for our annual (30 yrs.+) friends and family trip. We are experience rafters that float the wild and scenic section from Graves Creek to Foster Bar and stay in the lodges. The cost is \$435 per person and includes permit, food and lodging after put-in.					
5.29-5.30 Sat-Sun	Lochsa River	IV/V	Steve Herring	stevenh@Tektronix.com	www.europa.com/~layport/lochsa/index.html
6.5-6.6 Sat-Sun	North Umpqua River	II-III	Brenda Bunce	brenda.bunce@gmail.com	360.931.4224
ADDITIONAL TRIP INFORMATION					
Boulder Flat to Gravel Bin. This is a joint club trip with the Roseberg chapter of NWRA. Trip leaders will be Brenda Bunce and Walt Bammann. This is a day trip. Car/tent camping will be at Horseshoe bend with Potluck Saturday night. Camping is also available on June 4.					
June 17-20 Thu-Sun	John Day River	II	Scott Ogren	scott@scottogren.com	503.267.9785
ADDITIONAL TRIP INFORMATION					
Trip will take place in mid June; dates are to be determined based on when Portland Public Schools are out for the summer. Float will be from Service Creek to Clarno; plan for four days and three nights.					
6.12-6.13 Sat	Klickitat	III+	Doug Smith	doug@davidsmithmapping.com	503.232.5285

OWA 2010 TRIP CALENDAR (CONTINUED)

ADDITIONAL TRIP INFORMATION

We have a cabin with plenty of camping available about 10 miles from the put-in. Meet there at 10 am Sat. to do shuttle, etc. We'll have a potluck dinner Saturday night. The run is from the gauging station raft put-in to Leidl Bridge, 19 miles. The first 10 miles are continuous Class III/III+, but should be considered IV because of the continuous nature and tree hazards. The Klickitat is a cold river deep in a canyon and wet suits are advised even on nice, sunny days. If enough interest, will do a float on Sunday as well.

6.18-6.20 Fri-Sun	Deschutes River	III	Carol Beatty	caroldon1@comcast.net	503.816.6172
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ADDITIONAL TRIP INFORMATION

The annual OWA Women's trip is back for 2010! Put in at Buck Hollow and run to Heritage Landing; 42 river miles.

7.3-7.5 Sat-Mon	Lower Salmon River	III/IV	Eric and Candace Ball	balle@pocketinet.com	509.525.6134
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ADDITIONAL TRIP INFORMATION

Run from Hammer Creek to Heller Bar in 3 days slower flow; 73 river miles. A perennial favorite. High flows flush us down the river in 3 days. A nice mix of fun rapids, nice beach camping, and a little history. This trip cancels if the flow rate is predicted to be above 20,000 cfs on Slide Rapid day.

7.23-7.24 Sat-Sun	McKenzie River	II-III	Rick Carman	frederickcarman@comcast.net	503.642.9347
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ADDITIONAL TRIP INFORMATION

Join us for an OWA Board-sponsored weekend of rafting on the McKenzie River. (OWA will pay for the camping and much of the potluck main dishes) We're going to be camping at the Belknap Hot Springs Resort located at the McKenzie Bridge. We have group campsite reservations, which is equipped with toilets and showers. Staying at Belknap will give us full use of the hot springs pool at the resort. The McKenzie River is a beautiful Class III river. We have a choice of separate runs rated 2+ to 3 between Ollalie Campground and Ben and Kay Dorris State Park. There are hot springs located in the area as well as hiking trails. This is an excellent family float. Our plan is to arrive Friday evening, and we will raft Saturday and/or Sunday. A group potluck will be planned for Saturday evening.

8.21-8.22 Sat-Sun	Yakima River	II	Vance Cordell	pyloris58@yahoo.com	360.253.3013
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ADDITIONAL TRIP INFORMATION

We will run from the Ringer Loop Road Ramp to the Big Pines Campground on Hwy 821. This is a family float with absolutely beautiful scenery. Vance will try to secure several camp sites at Big Pines for Friday and Saturday nights with a weenie roast scheduled for Saturday night. Try to get there Friday night so we can get started on our float at 10:00 AM Saturday as it is a 14 mile float.

9.11-9.13 Sat-Mon	Hell's Canyon	II/IV	Mike Moses	mtymo_@hotmail.com	509.529.8603
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9.17- 9.19 Fri-Sun	Tieton River	III	Brent Davis	bdavis599@yahoo.com	503.239.0948
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10.16 Sat	North Santiam River	II/III	Josie Denison	josephinedenison@hotmail.com	503.851.9326
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ADDITIONAL TRIP INFORMATION

Run from Packsaddle Park to Fisherman's Bend Park.

11.6-11.7 Sat-Sun	Great Wolf Lodge Family Trip	NA	Angie Evans	rvrrunners@gmail.com	503.851.9326
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11.13-11.15 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503.267.9785
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ADDITIONAL TRIP INFORMATION

Graves Creek to Foster Bar. Staying at Galice Lodge on Friday, November 12.

A Boy, A Dog and 10 Boaters

Lower Deschutes, March 19-21, 2010 • Submitted by Carol Beatty

Very minimal river traffic, only one afternoon of wind and a small sprinkle of rain Sunday morning contributed to a perfect river trip on the Lower Deschutes March 19-21.

The boy was six-year-old Carson Ogren, son of trip leader Scott Ogren; Brenda Bunce brought her border collie, Lucy. The other boaters for the weekend were Dave Summers, Cary Solberg, Carol Beatty, Don Jacklin, Brian Albers, Jim Gizzi, Tom Hanson and Bruce Ripley. Everyone but Carson and Lucy had their own raft or cataraft.

It was a the right weekend for a Spring river trip because we had the river to ourselves, sharing it with redwing blackbirds, a scattering of blue herons, a raccoon, an eagle and mountain sheep seen from a distance.

Scott Ogren was trip leader and also the boater with the most gear. If Scott had included his kitchen sink, we all could have set up a small apartment under his large tarp.

Camp spots were Lower Beavertail campground and Lockitt.. The river level was approximately 5000 cfs, floating us quickly down the river. Sunday morning it took two-and-a-half hours to run the 14 miles to Heritage Park.

After packing up river gear, we ate lunch at Big Jim's on the east end of The Dalles, home of yummy cheeseburgers and delicious milkshakes.



TOP RIGHT:
Carson Ogren
on a hike

RIGHT:
Group picture





TOP: Scenery Shot
BELOW: Camp Scene
LEFT: Cary Solberg making daiquiris



Safety Kits: A Handy Checklist

CONTINUED FROM PAGE 1

✓ **150-200 FEET OF SAFETY LINE**

A safety line is the key ingredient of any safety kit. It should be strong, but its most important characteristic is that it has very little elongation when pulled on. In other words, most of the force applied to the rope should be transmitted to whatever is being pulled. A good safety line also holds tension for a long period of time, which is important for tefler-lower systems.

Safety lines vary from 3/8-inch (10-mm) to 1/2-inch (12-mm) in diameter. You can choose between Nylon core static lines or Polypropylene core ropes. Polypropylene ropes (often found in throw bags) tend to stretch more, causing energy to be lost with each tug. The Nylon rope is typically twice as strong as the Polypropylene, but it doesn't float.

Another option for your safety line would be Spectra or Dyneema rope. These are both high-tech ropes that are incredibly strong and stiff. A 3/8-inch Dyneema line is typically stronger than a 1/2-inch nylon core line, which makes for a nice compact and strong line that takes up less space in your safety kit. The downsides of Dyneema or Spectra are that they are more expensive and these smaller diameter ropes are harder to grip (it's generally easier to grip thicker ropes). Also note, that if you use a smaller diameter rope, then you'll need smaller diameter prussics, which would be more likely to break.

✓ **EIGHT LOCKING CARABINERS**

A Z-rig can be set up with a minimum of four carabiners, but you often need more for various rescue situations. Only use locking carabiners for river rescue.

✓ **TWO EACH OF 20-FOOT AND 30-FOOT SECTIONS OF TUBULAR WEBBING**

Tubular webbing (AKA hoopie) is used for setting anchors on rocks, boats and trees.

Webbing can also be used to tie rescue harnesses to people. It's very strong and easy to work with. It takes at least 20 feet of webbing to create a self-equalizing anchor using two D-rings on a raft and at least 30 feet to use three D-rings. If you find yourself in need of 15 feet (or less), you can always cut your 20- or 30-foot sections into smaller lengths.

✓ **TWO TO FOUR PULLEYS**

Pulleys are used to reduce the friction on ropes when the pull-direction is changed. Pulleys have many uses beyond Z-rigs. You can create a two-to-one mechanical advantage by simply putting a pulley on the object (typically a raft) you're trying to move.

They can also be used to change the direction you're pulling if there is a tree, cliff or rock hindering the direction you need to pull. If you need to set up a tefler-lower system to rescue someone in the river or to

get a raft to an injured person, you'll want to have four pulleys.



✓ **FOUR PRUSSICS**

Prussics are a loop or rope connected with a double-fisherman's knot. They can be connected to larger ropes by using a prussic knot, which allows flexibility to move the attachment point. The primary purpose of prussics is to attach pulleys and brakes to your static line when setting up a Z-rig. In theory, if the diameter of your prussic is half the diameter of your static line, it will likely slip from the static line before it breaks. This is a good thing because when a prussic breaks it's usually violent and can cause serious injury, so you would prefer it to slip rather than break. I like to use 11-mm static line and the strongest 6-mm prussic line I can find.

All of these items are useless without proper training. The tension on ropes increases greatly when setting up a Z-rig and can easily injure a rescuer. A rescue class will teach you safer methods for removing wrapped boats, and more importantly, systems for stabilizing and freeing a trapped swimmer. A two-day swiftwater rescue workshop should be the minimum training for Class IV boaters and the three-day Whitewater Rescue Technician (WRT) class should be the minimum for professional river guides.

Women's Rafting Trip on the Lower Deschutes

JUNE 18-29, 2010 • SUBMITTED BY CAROL BEATTY

The Women's Trip on the Lower Deschutes River is open to women of all all rafting abilities.

This is an opportunity for both beginning rowers to practice their boating skills in a supporting and relaxing atmosphere as well as an opportunity for more skilled boaters to share their skills with beginning rowers.

The Lower Deschutes is a forgiving river, providing manageable challenges for

the novice rower and yet still providing interesting enough water for the experienced rower

It is a weekend to meet river women, learn new boating skills, learn ecological camping and cooking skills and to have fun.

There will be time to hike and explore the Lower Deschutes as well as to sit around camp sharing stories, skills, ideas and jokes.

The size is limited to 16. Once the trip is full, cooking teams and responsibilities will be established. The put-in is at Buck Hollow on Friday, the 18th at 10:00 and take-out is at Heritage Park on Sunday, the



20th about 2:00.

If you are new to boating, but don't have a boat, rent or borrow one and join us on the Deschutes. Contact Carol for ideas on how to get enough gear for a trip

Contact Carol Beatty at (503) 816-6172 or caraldon1@comcast.net

Two-Day Swiftwater Rescue Workshop

April 17-18, 2010 • Submitted by Brenda Bunce

When you are planning events for 2010, be sure to include this invaluable course taught by eNRG Kayaking instructor, Sam Drevo.

Sam has many certifications including Advanced Whitewater Instructor, Rescue III Advanced swift water rescue technician/instructor and Red Cross Lifeguard instructor. Sam has boated all over the world and will also be our speaker for our January meeting.

The course includes rescue training, basic hydrology/hazards, review of knots, throw rope practice, foot entrapment and swimming in rapids, REACH system, shallow water crossings,

anchor review, mechanical advantage and different rescue scenarios to name a few topics. Training will include some classroom time and in the water on the Sandy river.

The OWA board has agreed to sponsor this class with a \$ 50 per member discount. Space is limited to 12 people and the total cost of the class is \$ 250 (with a 10% discount if we have 10

or more people attend) minus the \$ 50 paid by OWA.

We think this class is so invaluable to anyone running rivers that the board has also agreed to pay an additional 15 % towards anyone who signs up by March 1st, 2010.

People who have attended this class before pay half price at \$ 125.00 to keep their skills honed. You will need to send in a \$50 deposit to secure your spot. The balance must be received 30 days in advance of the course.

You can call 503-772-1122 and pay with credit card.

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PRESIDENT'S CORNER

BRENDA BUNCE

Hello fellow club members,

Happy Spring! Come join us at our next general club meeting at the Round Table Pizza.

Kavita Heyn from American Rivers will be speaking to us on April 14 about American Rivers' work to protect Oregon's wild rivers. The focus of the presentation will be on the campaign to Save the Wild Rogue.

The Wild and Scenic Rogue River is well-known around the world for rafting, fishing, and hiking opportunities. However, the wild lands that surround the river, and its tributary streams, are threatened from logging, off-road vehicles, mining and climate change. American Rivers has been working with several local groups, business and outdoor rafting and fishing companies to protect the cold water streams of the river and the old-growth forests through Wild and Scenic and Wilderness legislation. Kavita will discuss the current status of this effort and the legislation in Congress, the removal of several dams along the Rogue, and what members of OWA can do to help protect one of Oregon's premier white-water rivers. Kavita will also talk about the lesser-known Molalla River and efforts to protect this river as Wild and Scenic. You can find out more about American Rivers' work at www.americanrivers.org

There are still openings to participate in the April 17-18 Swiftwater Rescue Class. You DON'T want to miss out on this opportunity. Please see details on page nine.

August 7 is our annual club picnic at Hagg Lake. Mark your calendars and come meet club members, network, share stories, eat good food and play in the lake. Our picnic area reservation is right on the lake and allows us easy access to flip boats and swim.

I want to give a big thank you to all our trip leaders! Thank you for stepping up and helping to make OWA a great club for enjoying the rivers together.

Happy and Safe boating,
Brenda

“We call upon the waters that rim the earth, horizon to horizon, that flow in our rivers and streams, that fall upon our gardens and fields, and we ask that they: Teach us, and show us the way.”

*~American Indian
Chinook Blessing Litany,
Earth Prayers from
Around the World, 1991*



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Dues after January 1 are prorated at \$12.00, otherwise annual dues are \$24.00.

I hereby state that I wish to participate in courses and/or activities offered by Oregon Whitewater Association (OWA) a non-profit corporation. I recognize that any outdoor or aquatic activity may involve certain dangers including, but not limited to, the hazards of traveling by boat on rivers or other bodies of water, accidents, or illnesses in remote places or occurring during portages, forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, officers, and members, OWA would not be able to offer its courses and activities.

In consideration of and as part of my payment for the right to participate in the activities offered by OWA, I hereby release OWA and its leaders, officers, and members from any and all liability, claims and causes of action arising out of or in any way connected with my participation in any activities offered by OWA. I personally assume all risks in connection with these activities, and further agree to indemnify OWA and its leaders, officers, and members from all liability, claims, and courses of action which I may have arising from my participation in activities including, but not limited to those involving death, drowning, personal injury, and property damage. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, assigns, personal representatives, and for all members of my family including any minors. [Parent or legal guardian must sign for all persons under eighteen (18) years of age.] This agreement is effective as of the date signed, and has no termination date. I have fully informed myself of the contents of this release and indemnity agreement by reading it before I have signed it.

All participating adult members of the household (age 18+) must sign. Guardians must sign for minors.

Participant	Printed name	Signature
Member #1		
Member #2		
Member #3		
Member #4		

Participant	Email address	Preferred phone(s)
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Member #2		
Member #3		
Member #4		

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