



# PADDLE

The SKABC Newsletter

March 2007

*SKABC: To promote fellowship, safety, the exchange of information and skills; to encourage concern and respect for the environment, and above all to enjoy sea kayaking.*

## Broken Islands Mentored Trip

— submitted by Maureen Benzon and Bob Salo

### The When, the What and the Why

"The when" is easy - 6 days camping in the beautiful Broken Island Group, 20-26 May, 2007, plus pre-trip "sorting out the details and rescue practice" all day at Deep Cove Saturday 12 May. This day is an essential part of the trip. In addition to some wet water training we will discuss important aspects of the trip, organise who brings what and get to know each other.



### What exactly is a mentored trip and who should participate?

Participants should have some experience in kayak tripping, be of intermediate level, want to extend their skills and knowledge, and be prepared to participate in all aspects of the trip. Ideally this trip will attract a balanced mix of experienced and relatively inexperienced kayakers. The most important common element will be our willingness to share and learn and have fun. Much has been said about what makes a good participant. This trip aims to make us all good participants, and for those who are ready to go a bit further, a chance to "lead for the day".

We will be using charts 3670 Broken Group 1:40,000 or 3671 Barkley Sound 1:40,000. Everyone will have a compass and chart on deck and navigation will be discussed as we travel.

Each day will start with the group listening to the weather forecast and confirming that the plan for the day is still viable and end with a feedback session on the beach over appies. This will probably be the most important part of the day as we will discuss any questions and scenarios that have cropped up during the day, and make our plans for tomorrow. If the group permits, we may be able to divide into a "rest group" and a "go out and play some more group" for the more experienced paddlers.



It is not necessary that you own your own boat, but it is important that you are paddling a boat you are comfortable in, so if you are renting, be sure you know what you are getting. You do need to own a wet or dry suit. (or borrow one that fits!)

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### Next Meeting:

**Mar 6, 2007 (7:30-9:00pm)**

### Paddling from the core

(Dress appropriately for stretching and activity)

**Presented by Bob Putman**  
from Deep Cove Kayak

Location:  
**Vancouver Museum**  
Main floor meeting room  
1100 Chestnut Street

**Upcoming Meetings:**

Meetings begin at 7:30 pm

Mar 6, 2007—Paddling from the Core

Apr 3, 2007—Discovery Islands

May 2, 2007—Being Pro-active

Location:

**Vancouver Museum**

Main floor meeting room

1100 Chestnut Street

**Nominations for 2007 Orca Award**

As a way of saying thank you to many of the people who have made a significant contribution not only to SKABC but to the sea kayaking community as a whole, SKABC instituted the annual Orca Award.

Nominations for this award are sought from all club members between January and March of each year. The award is usually presented at our April club meeting.

The challenge will always be choosing just one person from a large group of people who have made a difference, so your input is really helpful in selecting each year's recipient.

Past recipients:

2003 Harald Riffel

2004 Ray Pilman

2005 Rick Davies

2006 Tony Clayton

**Please forward your nominations BY MARCH**

**15th** to our secretary, Graham Clowes, at [secretary1@skabc.org](mailto:secretary1@skabc.org). Include the name of the nominee and the reasons why you think this person deserves the award.

**Check out our Yahoo Group!****New — on our website...**

Planning a last minute trip? Looking for kayaking buddies? Go to the member's area of our site: [www.skabc.org](http://www.skabc.org), and link to the Yahoo group. This allows you to post messages and respond to messages that others have posted. You can also use this area to get information about paddling destinations, paddling equipment, buying, selling, etc.

**Membership Year:**

April 1 to March 31. The fee is \$45.00 for one year.

**SKABC Mailing Address:**

Box 751, Station "A"  
Vancouver, BC  
V6C 2N6

Register online at

[WWW.SKABC.ORG](http://WWW.SKABC.ORG)

**Reel Paddling Film Festival - World Tour**

March 8 at 7pm

The best canoeing, whitewater and seakayaking films of the year.

Showing at: Columbia Bible College

2940 Clearbrook Rd., Abbotsford

Tickets \$10 in advance or \$12 at the door

Tickets available at Western Canoeing & Kayaking or



**Gayla Shulhan**

**Letter from the Editor**

March can't already be here, can it? I haven't even been out in my kayak yet in 2007! How sad is that? Oh, well. Next week I'll be in sunny Belize. Hopefully kayaking, snorkelling, scuba diving, spelunking, and trekking through the jungles, looking for jaguars. I'll tell you all about it when I get back. And by that time, spring will be in full force, and I can get back out onto the water.

In the meantime, sit back, enjoy the March Paddle, while planning out your summer around all the training and trips that the club has organized for 2007. There is still lots of room open for more trips. It's a great way to meet new people and explore new places.

If you missed the February meeting, you have a chance to catch up by reading Bob Salo's article on Emergency Preparedness. It was a great talk, and brought to attention the importance of practicing your skills until they become rote.

March and April are membership renewal months. Only members who have paid in full are eligible for training and club trips.

Happy Paddling and see you at the April meeting!

## Old Flares Breed a Dilemma

— submitted by Bob Maher and Nick Jones

Article found at: <http://www.auxguidanceskills.info/press/flare-disposal.html>

Written by Wayne Spivak  
Branch Chief - National Training Department  
United States Coast Guard Auxiliary

The off-season is here, and you're begging to get back into the boating season. While chomping at the proverbial bit, you begin to sort through your boat equipment. You find your pyrotechnic safety items. We're talking about your flares, your meteors and your orange smokes.

Now, we all know that the life, according to Coast Guard regulations, for pyrotechnic devices is forty-two (42) months from manufacture. It is also suggested that you should keep the "just" expired flares, smokes and meteors, because while they don't meet the federal requirements, in all likelihood they probably still work. "Just" expired means that when your new flares expire, your old flares will have been onboard for six years.

Let's focus on flares for the moment, but the following generalizations are also true for all pyrotechnics. The US federal minimum requirements for flares are three. Should you ever need to ignite them, and you've decided that you only want to meet the minimum federal standards of three flares, you'll find that a single flare's life isn't very long.

Should you fire off your flare at an inopportune moment, then you've wasted what is probably 33% of your chances of being located by a passing ship or plane. A very sobering thought!

If you keep your older (just expired) flares on the boat, and attempt to light these off first, then if they do work, you've increased your number of flares by a factor of two. If they don't, well nothing ventured is nothing gained.

But what do we do about the second generation (older than 6 years) of retired flares? You will need to dispose of them, safely and legally.

### Pyrotechnic Disposal (for SKABC)

Safety Bob and Webmaster Nick have done research in our local area to determine the best method of disposing of expired flares. According to the Coast Guard and RCMP, flares should never be set-off except in distress situations. Do not use July 1<sup>st</sup>, Hallowe'en, New Year's Eve as an opportunity to set off your old flares. Fines have been issued for inappropriate use of flares. We tried to find an organization that would train us on the use of flares, but so far have been unsuccessful. What you can do, is bring all of your expired flares to the SKABC meeting on March 6<sup>th</sup>. Safety Bob will deliver these flares to the RCMP Bomb Disposal Unit. If you cannot attend this meeting, you can contact your local police station for directions on disposal of your old flares.

## Don't forget to participate in the "Great PFD Contest"!

Before the March 6<sup>th</sup> meeting, buy yourself a new PFD. SKABC members get special prices from Ecomarine, Deep Cove Canoe & Kayak, B.C. Dive & Kayak and Cowichan Bay Kayak & Paddlesports.

Bring your new PFD to the March 6<sup>th</sup> meeting (we want to see what designs are out there) along with your worn, tattered and beaten old PFD. The 2 people who have the worst, oldest looking PFD's will be awarded with a SKABC Kayak Shirt (\$30.00), Rescue Stirrup (\$12.00) and a five foot strip of Reflective Tape (\$5.00).

## Your Executive & Officers

### President:

Roxanne Rousseau  
president1@skabc.org

### Vice President:

Bob Shields  
vp2@skabc.org

### Treasurer:

Rob Leeson  
treasurer2@skabc.org

### Secretary:

Graham Clowes  
secretary1@skabc.org

### Membership:

Edwin Bussey  
membership1@skabc.org

### Conservation Liaison:

Graham Clowes  
conservation1@skabc.org

### Outdoor Recreation Council:

Jonathan Jacobsen  
orc1@skabc.org

### Training:

Kathleen Cunningham  
training2@skabc.org

### Trips:

Birgit Stefani  
trips2@skabc.org

### Safety:

Bob Maher  
safety2@skabc.org

### Programs:

Shirley Brunke  
programs1@skabc.org

### Social Director:

Sue McLeish  
social2@skabc.org

### Library:

Ray Saadien  
library1@skabc.org

### Webmaster:

Nick Jones  
webmanager2@skabc.org

### Newsletter:

Gayla Shulhan and  
Shayne le Poer Trench  
newsletter1@skabc.org

## Emergency! - What happens now? - submitted by Bob Salo

The idea for an article about Emergency Reaction was put into my head by Ray Saadien at the Oct 2006 SKABC meeting. He gave an overview of the facts known at that time about the paddler who died in the Brooks Peninsula area, summer 2006. On my drive home, Ray's story got me thinking about my experiences with emergencies, both cause and effect. The idea of an article in PADDLE and a talk at a monthly meeting was the result.

What kind of emergencies can you imagine could happen when kayaking?

- Medical – trauma, food poisoning, allergic reaction...
- Capsize – getting back into the kayak, hypothermia...
- Weather change – wind comes up and you can't get to camp or launch site...
- Leak in kayak causing you to take on water... (my experience)

These are some examples, but you probably can think of many others. This article is not about what you can do to avoid or mitigate specific types of emergencies, but the awareness of how people react in stressful situations. In my 30 years of experience as an emergency responder, I have experienced and observed in myself and others, many different reactions to emergencies. I hope to pass onto SKABC members a few ideas for awareness and discussion that will help if you find yourselves in a kayaking emergency.

### *How do you react, and how is your reaction going to impact both your safety and/or group safety?*

In an emergency, everyone experiences a "shot of adrenalin", and there are many different reactions. Some people panic, some shut down and don't react to anything and some react calmly. In general, trained emergency workers such as Police, Fire, and Medical will react calmer and with more focused direction than the non-emergency trained public. This is a result of their training and personal experience from many emergency responses. Unfortunately – or fortunately – most SKABC members don't have the opportunity in emergency situations to practice controlling their emotions and the resulting reactions. For non-emergency responders, there is no way to predict your reactions until the real thing happens. Without the opportunity to experience your reactions to emergencies, what can you do before kayaking to help you react in a positive way?

### **Preparation & Practice**

The panic factor in an emergency is related closely to preparation and practice

1. Preparation of equipment. Some kayakers have the best of equipment, play with it one or two times at home and expect to be totally familiar with it in any condition. To give yourself the best chance of remaining calm and not panicking, you have to know how your equipment works *inside out and without thinking*.

#### **Examples that can lead to panic...**

- Changing weather and sea conditions dictate that you have to adjust course. Can you work your compass and chart accurately when it is raining, wind is 20 kph and 2 foot waves are from the starboard? Are you comfortable with your compass and trust your bearings 100%?
- Do you have an emergency tow line that can be deployed and not get tangled when you're under pressure?
- You have adjusted your PFD for comfort, but what happens when you do a wet exit? Does it stay in place or ride up dangerously around your head?

The point is that in emergency conditions, when the adrenalin kicks in, you do not have time to start thinking, "How does that work?" or "I am pretty sure this is the procedure". You have to react without any doubt. At least once a year you should go through all your equipment, inspect it, do any maintenance the manufacturer recommends and practice with that equipment until it becomes routine. Many people make the mistake of being over-confident with their equipment and how it works 3, 5, even 10 years after they first train with it.

2. Practice. As with equipment familiarity, reaction to emergencies will be better if paddling skills are good. Most of us are excited to learn new kayaking techniques, and work hard to bring our skill levels up. We take a course and *maybe* for a while practice the newfound skills. Many times however, human nature then gives us a false sense of security and we go paddling on day or multi-day trips without continuing our training. If you only practice a skill once or twice, and in warm summer conditions, what are the chances of staying calm when you dump your kayak in cold water off the west coast of Vancouver Island? To react in an emergency without thinking about the "how to" part of skills needed, you have to practice on a continual basis and if possible in extreme conditions. In the Fire Service, once we had training to a competent level,

*(Continued on page 8)*

## Training Schedule 2007 - *please carefully read notes below*

Course Coordinator names & contact information along with further course details and descriptions will be posted each Monday on the SKABC website. If you wish to volunteer to be a lead or assistant instructor, or you wish to be a coordinator, please e-mail K Cunningham at [training2@skabc.org](mailto:training2@skabc.org) or leave message at 604-983-3016 with contact information.

Note: Coordinators are assured a place in the course and do not pay course fees unless the fees are payable to outside suppliers.

**To sign up for a course**, please e-mail coordinators. If your e-mail is not acknowledged or you do not have access to an email account, phone the coordinator.

**Registration also requires payment.** You are officially registered once the coordinator has received your fee. **Cheques are payable to SKABC** for most courses, unless otherwise noted, but mailed or handed directly to the course coordinator. We are investigating the feasibility of on-line payment.

Course	Dates (*Tentative)	Min/Max	Location	Instructor	Price
VHF	Wed Feb 21 Wed Feb 28 Wed Mar 7	n/a large classroom	Prince of Wales School 2250 Eddington Dr	Peter Bennett Vancouver Power Squadron	\$80
VHF (Restricted Radiotelephone Operator's Certificate) Note that other squadrons offer course at different times & prices. <a href="http://vancouver.powersquadron.ca/radio.html">http://vancouver.powersquadron.ca/radio.html</a> <b>Registration Open:</b> Register directly via on-line link above and register early to ensure space & materials available. Note: Opportunities for refreshers being explored. Watch for e-mail notifications. Send name to <a href="mailto:training2@skabc.org">training2@skabc.org</a> if you would like to participate in a refresher.					
St John Wilderness First Aid	Thurs Mar 8 5:30 pm-10pm Sat Mar 10 8 am – 5 pm Sun Mar 11 8 am – 5 pm	8 / 18	Mar 8 CPR @ St John's Ambulance (Cambie & 43 <sup>rd</sup> ) Mar 10/11 @ UBC	St John's Ambulance	\$171 + GST
Notes: All three sessions must be attended to receive certificate. UBC sessions are outside rain or shine (up to 50% indoors on March 10) <b>Registration Open – Coordinator/Registration:</b> K Cunningham <a href="mailto:training2@skabc.org">training2@skabc.org</a> ph: 604-983-3016 Firm commitments needed as soon as possible. Participants will be provided with instructions for registration directly with St John's Ambulance. Workbook must be picked up prior to session at a local St John office. Pre-reading required before March 8 <sup>th</sup> session.					
Beginner's Session #1	Sat Mar 3 theory 9am-4pm Sat Mar 17 Pool 6pm-9:30pm Sat Mar 24 Pool 6pm-9:30pm Sun Mar 25 Water 9am-1pm	5 / 8	Theory: Hollyburn Sailing Club Pool: SFU Water: Deep Cove	Earl Elliot Gordon Squire Cindy Carson	\$60 Plus \$10/day kayak rental at SFU**
Theory (6-7 hours); 2 pool sessions; 1 Open Water session <b>Registration Open – Coordinator/Registration:</b> Cindy Carson <a href="mailto:ccarson@telus.net">ccarson@telus.net</a> ph: 604-327-9796 ** Rentals for on water session required if you do not have your own boat.					
Rolling Clinic#1	Sat Mar 31 7:30 – 9:30pm Sun Apr 1 10am-4pm	4 / 6	West Van Aquatic Centre	Sea to Sky	\$125 + GST
Classroom, 2 pool sessions, video feedback & optional open water time. <b>Registration open:</b> Contact Sea to Sky directly: <a href="mailto:info@seatoskykayak.com">info@seatoskykayak.com</a> ph: 604-983-6663					



## Training schedule—continued from page 5

Course	Dates (* Tentative)	Min/Max	Location	Instructor	Price
Knots & Tarp Rigging	Sat April 14 10am – 3pm	6 / 12	Dist of North Van Fire Services Training Centre @ 900 St. Denis St.	Bob Salo	\$20 + opt'l \$20 pulley
<p>This 4 -5 hour course is designed to cut through the often confusing world of ropes &amp; knots. Rope composition, construction &amp; purchase will be covered. Learn how to tie 8 simple knots for kayaking &amp; more importantly remember how to tie the knots weeks &amp; months later. Using these knots we will erect some tarp shelters. The pulley for cache rigging is extra (\$20) and must be ordered at least 1 week before course.</p> <p><b>Registration Open – Coordinator/Registration:</b> Kathy Romses <a href="mailto:kromses@shaw.ca">kromses@shaw.ca</a> 604-987-0919</p>					
Stars & Constellations	Sat April 14 9am – 4pm	15 / 50	BCIT	Bill Burnyeat	\$45
<p><b>Registration Open – Coordinator/Registration:</b> Nick Heath <a href="mailto:nheath@sfu.ca">nheath@sfu.ca</a> ph: 604-939-7222</p>					
Beginner's Session #2	Sat Apr 21 Theory 1pm–5pm Sat Apr 21 Pool 6pm-9:30pm Sat Apr 28 Theory 1pm–5pm Sat Apr 28 Pool 6pm-9:30pm Sun Apr 29 Water 9am–1pm	5 / 8	Theory & Pool: SFU On Water: Deep Cove	Gayla Shulhan Catherine Ostler Sandy Burpee	\$60 + \$10/day kayak rental at SFU**
<p>2 Theory sessions; 2 pool sessions; 1 Open Water session This session will offer 3-3.5 hours theory followed by 3.5 hours pool session for 2 Saturdays. On water will be the 2<sup>nd</sup> Sunday. <b>Registration Open – Coordinator/Registration:</b> Catherine Ostler <a href="mailto:catherine.ostler@telus.net">catherine.ostler@telus.net</a> 604-669-4492 ** Rentals for on water session required if you do not have your own boat. Note: If demand arises, a 3<sup>rd</sup> session may be offered early summer on open water only (no Pool)</p>					
Instructor's Course	TBD April*	4 / 6	TBD	TBD	Free**
<p>** Participants must commit to assist with a training course or lead a trip. Those wishing to obtain CRCA certification must pay required fee (TBD) <b>Registration to open mid/late February once dates finalized: Coordinator required</b></p>					
Navigation	Sat April 21 Sun April 22	20	Newcastle Island	Rick Davies	\$40
<p>Day 1: Water/Compass; Day 2: Chart/Water Participants responsible for camping, meals &amp; travel costs as applicable. <b>Registration open – Coordinator/Registration:</b> Monika Heike <a href="mailto:mandmpaul@shaw.ca">mandmpaul@shaw.ca</a> (604) 929-8578</p>					
Group Dynamics & Decision Making in Kayaking Situations	Sat April 28	6 / 12	TBD on North Shore	Dana Way	\$40
<p><b>New:</b> Full day indoor session. Using the Strength Deployment Inventory &amp; module for survival situations, participants will identify their personal styles and discuss the impact on group dynamics and decision making in the context of normal and stressful kayaking situations. This course is aimed at experienced intermediate paddlers who have taken most of the Club's core courses and done overnight trips on the outer coast. Applicants may be screened. Contact coordinator to register. <b>Registration Open -- Coordinator/Registration:</b> K Cunningham <a href="mailto:training2@skabc.org">training2@skabc.org</a> ph: 604-983-3016 Registrations/interest required by March 6 to ensure course materials will be available.</p>					
Trip Planning	Fall/winter 2007/08 ½ day	15	TBD	Tony Clayton	TBD
<p><b>New:</b> Plan a trip for 2008! Selecting a destination, researching the area of interest, organizing logistics, assigning responsibilities within the group, selecting group equipment and planning, preparing and packing supplies.</p>					

**Training schedule—continued from page 6**

Course	Dates (* Tentative)	Min/Max	Location	Instructor	Price
Strokes & Rescue #1	Sat May 5 Sun May 6	20	Deep Cove	Maureen Benzon Cindy Carlson Bob Shields	\$40
	Day 1: Rescues/bracing Day 2: Strokes/rescues <b>Registration open – Coordinator/Registration:</b> Janet Letourneau <a href="mailto:jletourneau@shaw.ca">jletourneau@shaw.ca</a> ph: 604-873-8405				
Rolling Clinic #2	Fri May 25 5:30–7pm* Sun May 27 10am–4pm	4 / 6	West Van Aquatic Centre	Sea to Sky	\$125 + GST
	Classroom, 2 pool sessions, video feedback & optional open water time. <b>Registration open:</b> Contact Sea to Sky directly: <a href="mailto:info@seatoskykayak.com">info@seatoskykayak.com</a> ph: 604-983-6663				
Weather	Sat May 26 Sun May 27	16	TBD	Rick Davies	\$40
	Day 1: Theory/Water Day 2: Observe/water Participants responsible for camping, meals & travel costs if any. <b>Registration open – Coordinator/Registration:</b> Kathy Romses <a href="mailto:kromses@shaw.ca">kromses@shaw.ca</a> 604-987-0919				
Strokes & Rescue #2	May 26 May 27	20	Deep Cove or Ambleside	Steve Moon Rob Leeson	\$40
	Day 1: Rescues/bracing Day 2: Strokes/rescues <b>Registration Open – Coordinator/Registration:</b> Alice Pletcher <a href="mailto:pletcher@shaw.ca">pletcher@shaw.ca</a> 604-929-2483				
Currents	Arrive Friday Jun 15 evening Sat June 16 Sun June 17	15	Mayne Island	TBD	\$40
	Participants responsible for camping, meals & travel costs <b>Registration to open March 1<sup>st</sup>. See Web site Schedule for coordinator details.</b>				
Low Impact Camping	Sat June 16 Sun June 17	6 / 10	TBD	Gayla Shulhan Bob Maher	\$40
	Weekend camping. Participants responsible for camping, meals & travel costs, if any. <b>Registration Open – Coordinator/Registration:</b> Alice Pletcher <a href="mailto:pletcher@shaw.ca">pletcher@shaw.ca</a> 604-929-2483				
Kids: Strokes & Bracing	July – 2 days (one weekend)	6 per instructor	Deep Cove	Maureen Benzon	TBD
	Details to follow <b>Registration to open soon: Coordinator required</b>				
Leadership	Aug 17-19 or Aug 31-Sept 3*	4 / 8	TBD	Harald Riffel	\$40
	<b>Registration open – Coordinator/registration:</b> Harald Riffel <a href="mailto:thelongwayhome@telus.net">thelongwayhome@telus.net</a> 604-221-8284 Participants responsible for camping, meals & travel costs				
Surfing	Arrive Friday Sept 7 evening Sat Sept 8—Sun Sept 9	15	Tofino	TBD	\$40
	Participants responsible for camping, meals & travel costs <b>Registration to open March 1<sup>st</sup>: See Web site schedule for coordinator details.</b>				
Kayak Repair	TBD	TBD	TBD	TBD	TBD
	Details to follow				

**Emergency Preparedness—continued from page 4**

much of our practice was then in simulated emergency conditions. By getting out of your comfort zone and practicing as close as possible to the real thing, the greatest benefit will occur.

**Examples that can lead to panic**

- Many kayakers have taken some type of a First Aid course. Dealing with fractures, blood, and screaming is different than learning First Aid in a classroom environment. However, the better your First Aid skills are, the chances of panic will be lessened. I recommend refresher courses with hands on training for all kayakers.
- Wet exit, self-rescue and assisted rescue practice should be done every year. Wear a wet or dry suit and practice in waves and in cold water!
- Have you periodically practiced an emergency tow or assisted tow of a medically disabled kayaker, or just gone over the steps in your head? We all have a tendency to “take a short cut” this way.
- SKABC has been selling adjustable foot stirrups for self-rescue. How many kayakers who purchased these devices can dump their kayak and using the stirrups get back in their kayak in a timely fashion? Getting out of the water quickly is critical to lessen the effects of hypothermia.
- Before signing up for multi-day trips, take courses (Rescue, Currents, Strokes, etc.) and then practice those skills.

The SKABC Play Days are a great way to practice skills and get assistance from more experienced members. Check the Trips Schedule for more information.

**Emergency - Individual Reaction**

*In an emergency, the more trouble you have working your equipment, and the less competent you are with your technique, the greater the panic factor will be.*

**Emergency - Team Reaction**

*There is a need for quick, co-ordinated action. When many voices and plans are competing, chaos results. One or two leaders direct the plan and everyone works as a team.*

**General Causes of Accidents**

Many specific things cause accidents, however two things in general contribute to emergencies happening:

1. Physical and mental fatigue. Many accidents happen late in the day. I do not have the statistics to back this up, but experience shows it to be true. People get physically tired and are less alert late in the day. Sometimes after working hard for a long period and the worst is over, we naturally relax and are not mentally as sharp as we should be. An example of this is finally getting off the water after a long day and carrying kayaks up the beach. There can be many safety hazards here even though our brain fools us to believe that once we landed on the beach we were safe and sound. Be aware of this problem and talk as a group about keeping sharp mentally until off the water and equipment secured. When paddling hard and for long duration, monitor others in the group for physical fatigue and mental sharpness. Group safety is determined by the fitness of the slowest/weakest member!
2. Complacency. In the Fire Service, I have seen many accidents happen, when complacency sets in. It is in all of our nature to, at some time feel good about our skills and get into a comfort zone. As a result, the need to practice skills “one more time”, or “again this year?” is not a priority as it may have been in the past. Not being aware of the danger associated with a comfort zone will lead to complacency. When we repeat any action safely many times, we tend to take it for granted. Kayaking is no different. Most day paddles and multi-day trips end safely. We may paddle in the same area, with the same people, in the same weather conditions and come home with a smile on our faces. Could this lead to a degree of complacency? On the water, there is always the potential for danger, especially when paddlers are complacent.

My first thought listening to Ray Saadien about the paddler in the Brooks Peninsula, was **Complacency!** At that time, we did not know all the facts, but apparently, he had paddled there solo 10 times. He had been there so many times perhaps complacency told him: “I have seen this weather before, it is O.K.”, “I can make it there and back before the wind picks up”, or “Even given the forecast the sea state here should be O.K.” etc. Certainly paddling solo is a risky business, but 10 trips to the same place would give you an extreme familiarity. With familiarity comes complacency.



### Emergency – Dealing with panicked people?

Planning and Preparation for a person's own emergency reaction is important, but what do you do with others when they panic?

- Try to stay calm yourself, even if even if you are feeling fear and panic. Panicky people will feed on the reaction of others. If others are calm, that will help the panicky person. Conversely, out of control people will contribute to the panicked person's ability to think clearly or even listen to orders given.
- Talk calmly and slowly to the panicked person, giving them clear directions as to what you want them to do. Be careful to keep the directions simple and not overload them. Look in their eyes and you will know if they hear you.
- Most importantly – ***protect yourself!*** Panicked people have a tendency to grab on to anything they think is safe. A capsized paddler that is panicky and struggling in the water has the potential to grab onto you or your kayak and dump you, putting both of you in danger.

I try to follow the motto below and hope my ideas will help one kayaker to return home safely.

***Plan and train for the worst, so you can enjoy the day safely!***

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## An Invitation from the trips committee

We are currently scheduling trips for the upcoming season. Our primary purpose is to encourage members to volunteer to coordinate trips. Volunteerism is what this club is built on. By stepping forward to volunteer, you are making this a better club for yourself and all of us.

If you have a destination that you wish to visit, let us know. You can be a pre-trip coordinator if you have no on-water leadership skills. We will post your trip in the newsletter and on the website indicating that an on-water coordinator is needed. If you are one of the more skilled experienced members, we count on your volunteer efforts to coordinate the on-water portion of a trip.

Jobs of a pre-trip coordinator:

- Receive contact info from applicants
- Enquire about their skill level
- Consult the on-water coordinator for inquiries regarding qualifications
- Co-ordinate pre-trip day paddle
- Co-ordinate pre-trip planning meeting to establish details such as carpools, and cooking partners, and advise group of chart # and other research

Jobs of on-water coordinator:

- Screen applicants
- Manage pre-trip paddle on water. Assess participants for skills and group compatibility
- Facilitate group decisions during trip: re-route, go-no-go, choosing campsites, travel time and distance
- Navigate and assess weather conditions during the trip. Encourage group to participate in this task.
- Usually, but not necessarily, know the geography of the area

These positions can be done all by one person or divided into the two positions described above.

The on water coordinator will be a highly experienced paddler with leadership and rescue skills. The pre-trip tasks can be done by anyone. Mentoring opportunities are available by teaming up a less experienced coordinator with a skilled one as joint coordinators for one or more trips.

We are counting on you to maintain the great success of SKABC and improve your own leadership skills by stepping forward to volunteer to coordinate a trip. Contact the trips committee with your favorite destination ideas.



### Your Trips Committee:

Simone Avram	604-275-2724
Nick Heath	604-939-7222
Birgit Stefani	604-881-4788

## SKABC Trips 2007

DATE	DESTINATION	CLASS	TYPE	COORDINATOR	ON WATER	MAX #
<b>Day Trips</b>						
April 21	Ambleside to Eagle Harbour	C2	Day	Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035	Nick Heath	8
May 27	Around Bowen	D2	Day	Peter Kearney <a href="mailto:pkearney@shaw.ca">pkearney@shaw.ca</a> 604-947-9078	Peter Kearney	
May 31	Moonlight Paddle Deep Cove	A2	3 hour evening paddle	<b>Looking for Coordinator</b>	<b>Looking for Coordinator</b>	6
June 9	<b>Anniversary Party</b> Venue & trip TBA	<b>KEEP THIS DATE OPEN...</b>				
June 24	Pasley Islands (from Bowen Island)	A2/B3	Day	Nick Jones <a href="mailto:nick@jones.ca">nick@jones.ca</a> 604-730-6128	Nick Jones	n/a
June 24	Pasley Islands (from West Vancouver)	D2	Day	Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035	Maureen Benzon	
Monday eve 6.00 to 8.30 June to Aug	Deep Cove - Beginner Paddle	A1	2 hour evening paddle	Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035	Maureen Benzon	n/a
June 30	Moonlight Paddle Burrard Inlet	A2	3 hour evening paddle	Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035	Maureen Benzon	6
Aug 18	Wallace Island (from Galiano Island)	B2/C2	Day	Nick Jones <a href="mailto:nick@jones.ca">nick@jones.ca</a> 604-730-6128	Nick Jones	10
Aug 28	Moonlight Paddle False Creek	A2	3 hour evening paddle	<b>Looking for Coordinator</b>	<b>Looking for Coordinator</b>	6

## Trip Classification

### STRENUOUS LEVEL

(Assumes some paddling experience)

### DIFFICULTY LEVEL

(Expected *conditions* require matching paddling *skills*)

Code	Description	Estimated Paddling Time	Distance (nautical miles)	Code	Expected Conditions	Paddling Skills Required
A	Minimal	<3 hours	<6 nm	1	Calm	Beginner
B	Moderate	3 – 5 hours	6 – 10 nm	2	Intermediate	Basic (self/assisted rescues)
C	Strenuous	5 – 6 hours	10 – 15 nm	3	Exposed/Difficult	Good seamanship
D	Very	6 hours	15 nm	4	Challenging	Advanced

DATE	DESTINATION	CLASS	TYPE	COORDINATOR	ON WATER	MAX #
<b>Weekend Trips</b>						
May 11 – 13	Around Gabriola Island	C3	Week-end	Nick Heath <a href="mailto:nheath@sfu.ca">nheath@sfu.ca</a> 604-939-7222	Nick Heath	8
May 18 -21	San Juan Islands Car camping	TBD	Week-end	Simone Avram 604-275-2724 <a href="mailto:simone.avram@shaw.ca">simone.avram@shaw.ca</a>	Simone Avram 604-275-2724	10
May 25 - 27	Kayak Cuisine (Howe Sound) Cost \$15	B2	Week-end	Geraldine MacLear <a href="mailto:gmaclear@yahoo.com">gmaclear@yahoo.com</a>	Tony Clayton <a href="mailto:tclayton@telus.net">tclayton@telus.net</a>	12
June 16 – 17	Galiano Island Family Car Camp- ing & Kayak	A1	Week-end	Nick Jones <a href="mailto:nick@jones.ca">nick@jones.ca</a> 604-730-6128	Nick Jones	n/a
July TBD	Thormanby Island	TBD	Week-end	Roxanne Rousseau <a href="mailto:president1@skabc.org">president1@skabc.org</a>	Roxanne Rousseau	
Aug 4 – 6	Ross Lake, WA	A2/B2	Week-end 3 days	Mark Allison 604-525-2345 <a href="mailto:mark_allison@telus.net">mark_allison@telus.net</a>	Mark Allison	8
<b>Longer Trips</b>						
May 3 - 6	Seachart Lodge / Barkley Sound	B1	4 days	Simone Avram 604-275-2724 <a href="mailto:simone.avram@shaw.ca">simone.avram@shaw.ca</a>	Terry McGinnis	8
May 20 - 26	Broken Islands Mentored Trip	B2/B3	6 days	Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035	Bob Salo <a href="mailto:bsalo@telus.net">bsalo@telus.net</a> 604-465-8608	8
June 10 – 16	Deer Group Is- lands / Barkley Sound	C3	Week	Simone Avram 604-275-2724 <a href="mailto:simone.avram@shaw.ca">simone.avram@shaw.ca</a>	Terry McGinnis	6
July 7 - 15	Orcas Islands / San Juan Islands	C3	9 days	Simone Avram 604-275-2724 <a href="mailto:simone.avram@shaw.ca">simone.avram@shaw.ca</a>	Terry McGinnis	6
Aug 8 - 18	Queen Charlottes	C4	9 days	Simone Avram 604-275-2724 <a href="mailto:simone.avram@shaw.ca">simone.avram@shaw.ca</a>	Terry McGinnis	6
Aug 19 - 25	Nuchatlitz	C3	6 days	Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035	Bob Salo <a href="mailto:bsalo@telus.net">bsalo@telus.net</a> 604-465-8608	8
Aug 25 - Sep 2	Johnstone Strait	C3	9 days	Simone Avram 604-275-2724 <a href="mailto:simone.avram@shaw.ca">simone.avram@shaw.ca</a>	Terry McGinnis	6

**How to register for a trip:**

Contact the trip coordinator directly – check the schedule to find the coordinator's name and contact information. If the coordinator is not listed, please contact a member of the Trips Committee at [trips2@skabc.org](mailto:trips2@skabc.org).

Provide the trip coordinator with your current contact information to ensure you receive any updates (weather cancellations, car pooling, launch times, meeting places, etc.)

There are limits on the number of people that can sign up for some of the trips, so be sure to only sign up if you seriously intend to participate. If you need to cancel from a trip you've signed up for, please contact the coordinator as soon as possible, so another member can take your place.

## To be seen or not to be seen, that is the question! - submitted by Nick Jones

So, I am turning 40 this summer (yikes!) and I thought that in celebration of this milestone in my life I would buy myself a new (or newer used) kayak. Naturally, the first question that came to mind was “what color should it be”? Well ... actually that was one of the questions anyway.

But seriously, once I had selected the make (Seaward) and model (either a Navigator or a Vision), I did start to think about color. The reason that I was pondering the color of my “new” kayak is that it occurred to me that it would be good if this new kayak was easily seen on the water (thereby hopefully reducing the likelihood of being run over by a ferry or other motorboat).

This immediately led me to the question: “which is the most visible color”? Although I had an answer in mind, I also thought that I could probably find some information on the subject on the Internet. So I sat down at the computer, opened MS Internet Explorer and typed “most visible color” into Google. Here is what I found:

It turns out that 3 of the big driving forces in initially determining the most (and least) visible colors were marketing, warfare and car accidents.

One of the first instances of using color to improve sales (marketing) occurred in Chicago where taxi entrepreneur John Hertz painted his taxis yellow to attract more customers. His color choice worked and this color scheme for taxis is still used today in almost every city in the world.



With a complete opposite objective in mind, military scientists during the First and Second World Wars conducted studies and tried many different paint schemes in an attempt to make warships and merchant marine ships less visible to enemy warships and submarines. All navies in the world today follow the naval grey paint scheme they found to be the most effective at making ships the least visible at sea.

Finally, in an attempt to reduce accidents (and associated insurance claims), transportation scientists looked at how the color of a car affected the likelihood of a car being in an accident. In general they found that cars painted with bright primary colors were less likely to be in accidents. In one study they even found that black cars were in 22% of accidents in a year even though black cars only made up 4% of all cars in a given area.

Over time a whole science and psychology of colors has developed and is applied to almost all aspects of our lives today.

### FOR SALE: Seaward Quest



19ft fibreglass touring sea kayak.

Lots of storage space for long trips. Great directional tracking. Includes deck-top compass.




White hull, yellow belt and 2-tone blue deck. Lots of scratches but otherwise in good shape.

\$1800 (negotiable).

Nick Jones / 604-730-6128 / [nick@jones.ca](mailto:nick@jones.ca).



Based upon what I found online, I have created the below “**Nick’s Color Visibility**” table.

Colour	Visibility	Notes	
<b>Yellow</b>	<b>EXCELLENT</b> – high visibility in most conditions.	<p>Very bright, reflects lots of light.</p> <p>Yellow produces some of the strongest stimulation in our eyes.</p> <p>Yellow stands out against marine backgrounds and skies.</p> <p>Used for attention getting road signs and emergency vehicles.</p>	
<b>Orange</b>	<b>EXCELLENT</b> – high visibility in most conditions.	<p>Very bright, reflects lots of light.</p> <p>Orange produces strong stimulation in our eyes.</p> <p>Orange stands out against marine backgrounds and skies.</p> <p>Used for hunting vests, life boats, construction vehicles, emergency vehicles.</p>	
<b>Red</b>	<b>GOOD</b> – significant visibility during daylight.	<p>Bright, reflects lots of light.</p> <p>Red stands out against marine backgrounds and skies in daylight however red appears to be black at night.</p> <p>Used for STOP signs and emergency vehicles.</p>	
<b>Purple</b>	<b>NOT SO GREAT</b>	<p>– depending upon the light and weather conditions can blend into background.</p>	<p>Not very bright.</p> <p>Stimulates only part of the eye.</p> <p>Depending upon conditions does not stand out against the marine background.</p>
<b>Blue</b>			
<b>Green</b>			
<b>Grey</b>	<b>BAD</b>	<p>– blends into marine background, hard to see at any time of day.</p>	<p>Not bright at all.</p> <p>Very little stimulation of the eye,</p> <p>Does not stand out at all against the marine background.</p>
<b>Black</b>			

So if you want your kayak to be highly visible to other kayakers, boaters and Search & Rescue personnel, think about getting a kayak with a significant area of yellow or orange color. Red is a good 2<sup>nd</sup> color option to consider.

## Broken Islands Mentored Trip

—continued from page 1

**What does Intermediate mean?** This is the difficult one. An intermediate paddler should have some experience in waters that have the potential to be a little unpredictable. You should also have experienced at least one paddle where the wind was so strong that the only way you knew you were making progress was to watch the shoreline – carefully, and you should not mind getting a little wet on the odd occasion. You **MUST** be able to do a successful wet exit and a solo re-entry, by any method. (Even though we have all done this, many of us do not practice enough, so we will be doing some of this at the pre trip meeting.)

Rating is B2/B3, which means on some days we will paddle for 3-4 hours in calm water, but we may be on the water for up to 6 hours with some wind and waves. You may be challenged, but you will not be expected to go beyond your capabilities. There are plenty of beaches and camp sites in the Broken Group!

### Why?

It will be fun. It is in the Broken Group. You will learn something and you will be paddling with a great group of kayakers.

### Other details

We have set the maximum number of participants at 8. However, we can accommodate up to 12 at the pre-trip Saturday. This will allow you to come along and find out if you are ready for this trip, or just come along for the rescue practice and see what goes into planning a trip.

**Bob Salo** has a background in training fire and rescue. Contact at [bsalo@telus.net](mailto:bsalo@telus.net), Tel 604-465-8608

**Maureen Benzon** is a Level 1 instructor. Contact at [Maureen@skabc.org](mailto:Maureen@skabc.org), Tel. 604-929-1035





## Quadra Island logged? - submitted by Shirley Brunke

It is now time – *and there is little time*— to show your support for preserving the forested shorelines around Surge Narrows! There are new logging proposals for two woodlots that will affect 1600 hectares along Surge Narrows Road and many kilometers of Quadra Island shoreline, including **Raven Bay, Surge Narrows Tidal Rapids, and Okisollo Channel up to Octopus Islands**. This is an area we all treasure for its natural features and incredible beauty. It is adjacent to popular tidal rapids and three provincial parks—places much used and highly valued by whitewater and sea kayakers!

Representatives for the woodlot applicant have publicly stated their intention to run these woodlots as a ‘business enterprise’. They said they will follow rules; their other commitment is to the bottom line. Public process in BC now offers little opportunity for comment on logging tenure proposals and there are very few requirements to inform the public about logging on Crown Lands.

**It is very important that we get changes to the plans BEFORE they are finalized!**

- When signed into effect (probably soon after February 8<sup>th</sup>) the Woodlot Plans will be legally binding for Ten Years.
- The available plans do not contain any information about when and where logging and road-building will occur. (It is impossible to make meaningful comments!)

For more information, go to: <http://www.northislandwoodlot.com/woodlots.html> (see Woodlots 1969 and 1970.)

We do know that :

- **\*\*Shorelines** have not received high visual protection
- There will be clear-cutting.
- There are no promises about alternative logging methods.
- There is no specific plan for special management of old growth or habitat.
- Nothing mentioned about pesticide and herbicide use.
- **\*\*Raven Bay:** A perfect **camp site** near Surge Narrows tidal rapids (recently *almost* approved as a public park, but nixed by Ministry of Forests) will become a log-storage and barge-loading area.
- There will be logging and logging trucks along Surge Narrows Road.

Surge Narrows is very small island community. We need support from other people and groups.

**Please take a few minutes to write a short email. Your message can be really simple and your letter will make a difference!**

- Ask your questions about the plans!
- Express your personal thoughts about the values associated with this uniquely accessible wilderness area: environmental, economic, educational...
- Have you enjoyed visiting here? Will logged-off waterfront affect your interest in returning?
- **\*\*Ask for highest visual protection for shoreline areas! \*\***

Please address your email to:

[Rory.Annett@gov.bc.ca](mailto:Rory.Annett@gov.bc.ca) (District Manager, Campbell River Forest District)

Please CC your email to: (cut & paste all addresses or select from the list)

[jbenner@oberon.ark.com](mailto:jbenner@oberon.ark.com); [FOR.minister@gov.bc.ca](mailto:FOR.minister@gov.bc.ca); [premier@gov.bc.ca](mailto:premier@gov.bc.ca); [okispac@gmail.com](mailto:okispac@gmail.com); [TSA.minister@gov.bc.ca](mailto:TSA.minister@gov.bc.ca); [Claire.Trevena.mla@leg.bc.ca](mailto:Claire.Trevena.mla@leg.bc.ca); [okispac@gmail.com](mailto:okispac@gmail.com);

- [jbenner@oberon.ark.com](mailto:jbenner@oberon.ark.com) (Consulting forester for woodlots licensee)
- [FOR.minister@gov.bc.ca](mailto:FOR.minister@gov.bc.ca) (BC Minister of Forests )
- [premier@gov.bc.ca](mailto:premier@gov.bc.ca) (BC Premier Gordon Campbell)
- [TSA.minister@gov.bc.ca](mailto:TSA.minister@gov.bc.ca) (BC Minister of Tourism, Sports & Arts)
- [Claire.Trevena.mla@leg.bc.ca](mailto:Claire.Trevena.mla@leg.bc.ca) (Member of Legislative Assembly, Quadra resident)
- [okispac@gmail.com](mailto:okispac@gmail.com) (Okisollo Planning Advisory Committee – local community group)

**SKABC Mailing Address**

Box 751, Station "A"  
Vancouver, BC  
V6C 2N6

Web: [www.skabc.org](http://www.skabc.org)  
E-mail: [info@skabc.org](mailto:info@skabc.org)

**10% Discounts**

As a member of SKABC, you can receive a 10% discount with many of the local retailers/renters. Some of the participants are:

- Ecomarine
- Deep Cove Canoe and Kayak
- BC Dive & Kayak
- Cowichan Bay Kayak and Paddlesports

**25th Anniversary!**

Did you know that this year is the club's official 25th Anniversary?

Once we've finalized the celebration plans we'll let you know - via the PADDLE and the Web.

And if you have any great ideas for the celebration, please share them with Sue McLeish by email at [social2@skabc.org](mailto:social2@skabc.org)

**Online Membership Registration**

**Register and pay your membership fee (\$45) online through the website using your credit card:**

- It's easy, fast and efficient.
- No need to bring a cheque or cash to the meetings.
- Reduce errors in the email and address list, since you now type in this information yourself.
- We can easily identify who is a paid-in-full member.

**It's easy:**

- Go to [www.SKABC.org](http://www.SKABC.org).
- Find the link "To join SKABC click here" or go directly to the Membership page (along the left navigation pane).
- Click on the SIGN UP NOW! button and fill out the member information.
- For a family membership there is a spot to indicate if you will be adding other family members to your registration. Once you have completely registered for the first member, you will be emailed a link for family members to add themselves to your registration at no further charge.
- The Waiver is at the bottom of the form and must be electronically signed "I Accept". Click next to see a Confirmation Page.
- Click Add to Cart to proceed to the checkout where you'll be asked to fill in your credit card information. Please note that this is a completely secure site. The credit card information is not shared with any other company beyond the bank. SKABC does not know or keep track of your credit card information.

**Membership fees are due by the end of March 2007.**

Don't want to register online? The Membership Form is also available in this Paddle and on the website. Fill out the form and mail it with a cheque to the address noted to the left.

*Please note that the username and password to the Member site will change in mid April. The new username and password will be distributed to paid members only.*



One Aquabound Expedition AMT carbon fiber paddle 230 cm. Won in a draw two years ago but never paddled. Used only as a spare. Sells new for \$239.98.

Asking \$140.00.

Robb Douglas  
604-980-0895

# Sea Kayak Association of BC — Membership Application

## REQUIRED INFORMATION – please print:

\_\_\_\_\_ New

\_\_\_\_\_ Renewal (check one)

Mr/Mrs/Miss/Ms \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Res): \_\_\_\_\_

City: \_\_\_\_\_

Phone (Bus): \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

## Family member(s) on membership – please provide first and last name (required for insurance purposes):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ Please include my contact information in the Membership Directory. (The Membership Directory is published on SKABC's website in the Members Only section. Contact information includes name, email address and telephone number.)

☐ I would like to volunteer for the club. I'm interested in \_\_\_\_\_  
(e.g. trips, training, library, meeting programs, social events, newsletter . . . )

## OPTIONAL INFORMATION:

Type(s) of Boat(s) Owned: \_\_\_\_\_

Occupation: \_\_\_\_\_

Experience – year you started paddling: \_\_\_\_\_

Birth date: \_\_\_\_\_

Personal Rating (circle): Beginner / Intermediate / Experienced / Expert

## Annual Membership Fee:

- ♦ Membership year runs from April 1 to March 31
- ♦ Membership fees are \$45.00 per year/per person or family
- ♦ New members joining after October 1 pay a reduced fee of \$25.00

**Monthly meetings:** see website or newsletter for date, time and location

**Website:** <http://www.skabc.org>

**Club mailing address:** Box 751, Station A, Vancouver, BC, V6C 2N6

## WAIVER OF LIABILITY

THE FOLLOWING WAIVER MUST BE COMPLETED BEFORE YOUR MEMBERSHIP APPLICATION WILL BE ACCEPTED.

I RELEASE the Sea Kayak Association of BC, its members, officers, directors, employees, contractors and agents from any liability, claims, demands, damages, actions or causes of actions arising out of or in consequence of all bodily injuries, death or property losses or other damages which I may suffer arising out of or connected in any way with my participation in the sea kayaking activities of SKABC even if those injuries or losses or damages may have been caused solely or partly by the negligence of the Association or any of its members, officers, directors, employees, contractors or agents. I acknowledge that I am aware of the inherent risks and hazards associated with participating in sea kayaking activities and I freely and voluntarily assume all these risks and hazards. This Waiver and Release of Liability is binding upon myself, my personal representatives, heirs and next of kin.

ALL ACTIVE KAYAKERS INCLUDED IN THE FAMILY MEMBERSHIP MUST SIGN THIS WAIVER

Participant Signature, Date, Witness/Guardian

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_