

# General Terms

Here are some terms referred to in PSC publications and conversations.

## Boat

A canoe or kayak; propelled with a paddle.

## Capsize

Complete or partial upset of a boat so that occupants and gear end up in the water involuntarily.

## Car shift

When all the gear, canoes and people are ready to go at the Put-In, all of the drivers move their vehicles to the Take-Out and return to the Put-In in as few vehicles as possible.

## Conditions (River and Weather)

Circumstances of the trip that can affect safety including air and water temperature, potential for rain, high or low water levels, downfallen trees and other obstructions on the river.

## Driver Return

At the end of the trip, someone needs to take the people who did the car shift back to their cars at the Put-In.

## Dry Bag (or Dump Bag)

This is a watertight container containing a complete change of clothing for each occupant of a boat to be used in the event that you get wet (dump).

## Eddy

An eddy is the area of still or upstream-flowing water that occurs immediately downstream of an obstruction in a current.

## Equipment-Required

- A boat appropriate to the trip.
- A properly fitted Coast Guard approved PFD for every person in the boat as required by Federal Law.
- A sound device (such as a whistle or horn) as required by Federal Law.

## Equipment-Recommended

- An extra paddle (people have been known to break/forget/lose them occasionally)
- Bow and stern ropes on your boat.

(Each line should be approximately the length of the boat and should be properly stowed to avoid potential entanglement).

- Enough water for each person in your boat to last the entire day. Most every trip has a lunch stop so don't forget food and snacks. Do not bring items in glass containers.
- First aid kit – include anti-itch cream
- Dry Bag
- Rain gear
- Personal items to ensure safety and comfort (Sun screen, hat, lip balm, bandana, insect spray, etc.)

## Equipment-Optional

- A cooler for food and beverages
- A camera and related equipment

## Hyperthermia

A medical condition in which the victim's core body temperature has risen significantly above normal and normal metabolism begins to be impaired.

Heat exhaustion is excessive loss of salts (electrolytes) and fluids due to heat and heavy sweating, leading to decreased blood volume that causes many symptoms. Heat cramps (less severe) and heat stroke (life threatening) both have similar symptoms.

## Symptoms and Diagnosis

Dizziness, light-headedness, weakness, fatigue, headache, blurred vision, muscle aches, or nausea and vomiting may develop. A person may feel faint or even lose consciousness when standing. Drenching sweats are common, as is no sweating at all. Mild confusion may develop. The heart rate and breathing rate may become rapid.

Treatment involves replacing fluids (rehydration) and salts (electrolytes) and removing the person from the hot environment. If symptoms are mild, sipping cool, slightly salty beverages or eating salty snacks every few minutes may be all that is needed. Removing or loosening clothing and applying wet cloths or ice packs to the skin also aid cooling. If the weather conditions are favorable, placing the victim in the river will help

to cool the person quickly. If these steps don't seem to help, seek medical attention immediately as heat exhaustion and cramps can quickly develop into heat stroke.

## Hyperthermia preparedness

Wearing cool, loose fitting, breathable clothing, a hat, and drinking plenty of water while paddling, plus taking frequent rest breaks in the shade or swimming—soaking a long sleeve shirt in water and wearing it while paddling on hot days will also help keep you cool—any other measures to ensure maintaining normal body heat when exposed to hot, humid paddling conditions.

## Hypothermia

A medical condition in which the victim's core body temperature has dropped significantly below normal and normal metabolism begins to be impaired.

Conditions that increase the potential for hypothermia include paddling when the water + air temperatures  $\leq 100$  (example is air 45 and the water 55), getting wet and not changing into warm, dry clothing and not staying active enough when it is cold.

Measures to decrease the potential for Hypothermia include dressing in layers, wearing proper clothing types and planning for weather conditions.

Wet suits and/or dry suits are in order when paddling whitewater or in an area where potential dumps may occur and river/weather conditions require it.

Symptoms include: shivering (only during the early stages); dry, cold skin; slow pulse; slow breathing; drowsiness —sometimes mistaken for drunkenness, which can lapse into coma.

**Hypothermia preparedness:** A well prepared dry bag, warm liquids and snacks, proper clothing and any other measures to ensure maintaining body heat when exposed to extreme conditions.

## Lead Boat

This is the first boat down the river in a trip; appointed by the trip leader; these paddlers have the same status as the trip leader.

## Lunch Stop

A break when snacks or lunch are consumed. Usually about halfway through the trip and includes a landing to take a break from paddling.

#### **Order of Rescue**

To ensure safety of participants, rescue people first, then boats, and lastly the gear only after people are safe. Never risk your own safety or the safety of others in your boat to attempt a rescue.

#### **PFD**

Personal Flotation Device; a.k.a. a life jacket; Federal law requires that you have a U.S. Coast Guard approved class I, II, III (wearable vest) PFD for each person in the boat. All children 13 years old and younger must wear a PFD at all times while on the water per Federal Law. PSC recommends that every participant wear a PFD at all times while on the water.

#### **Put-In**

This is the place where the trip starts. The directions to get there are usually printed in the newsletter or on the web site.

#### **River Etiquette**

The rules governing socially acceptable behavior while on the river including the following:

- Keep your boat under control.
- Be able to stop your boat or reach shore before reaching any danger.
- Do not crowd other boats; maintain a safe distance behind other boats in restricted passages and rapids.
- Allow other boats to clear a passage before you enter it.
- Warn the boats behind you of difficult obstacles and watch for them to clear the spot.
- Allow downstream paddlers access to an eddy if you are in it.

#### **Strainer**

A strainer is a tree trunk, branch or other obstruction lying close enough to the

water's surface as to "strain" articles such as paddlers and gear into the water and out of control.

#### **Sweep Boat**

This is the last boat in the group; this is an experienced paddler(s) who is appointed by the trip leader and can help out if needed; these paddlers have the same status as the trip leader.

#### **Take-Out**

This is where the trip ends.

#### **Trip Leader**

The Trip Leader is the person who determines the date, time, body of water, and the level of difficulty for the trip and publishes this information within the club.