



NCSP NEWS

Upper Delaware River Chapter

27 Years on the River

April 2006 - Training Edition

From The Commodore

Well another spring training is upon us, winter snows are melting and paddling returns to the mind. So once again it is time to check out the drysuit gaskets, wash last years funk out of our wetsuits and try and find our gear. The season once again is starting with our fantastic training staff putting together an exciting training sessions, including a lunch session at Cedar Rapid Inn. Ken and Dick have put together a great lunch program and I am looking forward to the dinner at the Carriage House. I would like to welcome our new training director, Megan Duffy, and thank her for taking on one of the hardest jobs in the NCSP.

I have been asked to head up the safety team for the United Nations International School canoe trip and am always looking for outstanding members to help. Please contact me if you are interested.

I look forward to seeing you all at the training weekend, sunny and warm or cold and wet it is always a good time.

Bill Walters
Commodore

From the Secretary

I am looking forward to seeing everyone at training weekend. I have been appointed Logistics Chief during training weekend and will be at the Incident Command Post (ICP) most of the weekend. Everyone must check in at the ICP where you will sign up for classes, have photo taken, pay dues, and arrange for camping. If you happen to arrive after the ICP has closed Friday evening, briefly stop at the ICP to check for any posted camping notes and for available sites. Please take the next available site and check in FIRST thing in the morning. The Command Post opens at 0730. You MUST complete check in prior to attending ANY classes.

Joel Duffy
Secretary

NCSP Contact Information

Commodore:
Bill Walters
NCSPCommodore@rivergod.com
570-945-3087



Vice Commodore:
Ken Bailey
NCSPViceCommodore@rivergod.com
215-653-0565



Secretary:
Joel Duffy
NCSPSecretary@rivergod.com
860-228-5127



Treasurer:
Greg Temple
NCSPTreasureer@Rivergod.com
609-896-2116



Training Director:
Megan Duffy
NCSPTraining@rivergod.com



Directions to Training

Option 1:

From I-84

1. NY Exit 1 Port Jervis US-6 West
2. Follow US – 6 West for almost 2 miles
3. Stay STRAIGHT onto NY-97 for approximately 20 miles to Barryville
4. Stay on NY-97, once you pass through Barryville (Don't blink!) Kittatinny Campground will be another 2.5 miles on the right. Lukes Landing, where we will be camping, is across the street from the Kittatinny. (Driving you must take a left from the Kittatinny camp store then an immediate Right into Lukes.)

Option 2: check out any mapping web site and follow it to the center of Barryville, NY. Then follow 97 W for another 2.5 miles

Option 3: Check out www.kittatinny.com click on information, click on directions, follow directions to Barryville Base.

From the Training Committee

Greetings from the Training Committee
Let's start with the basics. We PLAN to be camping and training at Kittatiny's Luke's Landing. As we all learned from last year, sometimes Mother Nature has other plans in mind, so check the web site for any possible changes. As a desperate last resort, we will put some kind of signage at Luke's to tell you where to go. But, let's keep our fingers crossed and take the relatively mild winter as a good sign.

The first thing for you to do is to check in at the NCSP Incident Command Post (look for the big tarp and the NCSP flag) at Luke's. You can check in as early as 4:00 on Friday afternoon. Friday evening (April 28) there will be a special "Train the Trainers" session starting at 1930. All instructors and co-instructors are expected to attend this training, and former instructors are encouraged to attend.

Briefing for all participants begins promptly at 0815 on the center field on Saturday morning. Sunday begins with a briefing for all participants at 0830. We will spend some time with rope work to refresh those skills or teach them a-new. Throw bags will be shortened but the belaying skills will be included in other relevant exercises. The basic stations (for example In-Water Mobility and Foot Entrapment) will be taught and the Strainer drill is back this year. You'll have to come and find out the rest for yourself.

As in past years, we will be following the Incident Command structure for running training weekend. This not only makes a great deal of sense (it works!), across the country every police department, fire department, utility company, public works company, etc. is trained in the National Incident Management System (NIMS). It is helpful for us, as a volunteer rescue organization, to be familiar with this structure. If you would like to learn more about the terminology and how Incident Command works, visit www.training.fema.gov/emiweb/is/crslst.asp

and scroll down to the course entitled IS 100 Introduction to Incident Command System.

REMINDER: BRING YOUR CPR AND FIRST AID CERTIFICATIONS WITH YOU!!! You will need them to obtain your NCSP ID at the end. Also, we are trying new ID badges with photos this year – we will take your photo during the check in process. Unfortunately no hairdressers will be on hand, so we might want to take your picture before you get helmet head.

No glass bottles are allowed at Kittatiny. RV's are permitted but it is primitive camping. No hookups except water, which may be shared with other campers.

Bring your boats, paddles, throw bags, PFD's, helmets, First Aid Kits, and any other regular gear you'd bring for a rescue weekend. And, most importantly, prepare to get wet! Wetsuits, drysuits, paddling jackets – you'll need them. If you have any other questions, please contact me at NCSPtraining@rivergod.com. See you soon!

Megan Duffy
Training Director

Lunch Reminder

Lunch on Saturday will be provided at Cedar Rapid's Inn. This is partially to allow us to continue training over lunch. Yes, I know, we're evil...☺



Training Weekend Dining

FROM THE DINNER COMMITTEE

We announce two extraordinary culinary events!

LUNCH

Cedar Rapids Inn Saturday, April 29 from 12:30-1:30

Menu

Sandwiches (make our own)

Lettuce, tomato, turkey, ham, cheese, and roast beef

Drinks - Soda, Coffee, and Tea

Dessert - Cookies

INCLUDED WITH DUES PAYMENT!

DINNER

The Carriage House Restaurant

Saturday, April 29 beginning 7pm.

Cash bar 6:30pm

Menu

- Buffet-Vegetarian lasagna, roast beef, chicken Francese, and salad
- Drinks-coffee, tea
- Dessert-Strudel

COST-\$25.00 per person including tax and gratuities

RSVP as soon as possible to Ken Bailey at ncspvicecommodore@rivergod.com

as to name and number attending.

Pay Greg Temple, Treasurer upon your arrival at Training Weekend.

Ken Bailey

For The Dinner Committee

NCSP Heritage Training in the early years

(2nd article in a series)

As the fledgling group was being formed in late '78, early '79, it formulated some basic training strategies. First, anyone who wanted to serve was accepted for training. Second, training was constantly evaluated/revised to build skills that were appropriate for the needs of the river community.

Boot Camp: Initial volunteers were drawn from Mohawk and other area canoe clubs. The first training session, prior to going on the river, was conducted by Red Cross Instructors at a pool outside of

Trenton. The focus was on life saving; need to swim 2 lengths of the pool, rescue of a swimmer, etc. Throw, Row, Go was the mantra. One demonstration involved a 'duck hunter' dressed in full gear with lead pipe fittings in his pockets simulating ammunition.

When he fell in the pool with all his layers of clothing...he floated!

CPR & First Aid classes conducted in the winter for all. Coming from canoe clubs, most all volunteers had some river canoeing instruction.

Revised Training Agenda: After the first season on the river, training was revised accordingly. It should be noted that although the legislation for the Upper Delaware S & RR park had been passed (unknown to us), there was no visible NPS presence on the river.

Experience showed:

- Cold water/hypothermia was a real concern in May & June
- Education/prevention was a more efficient use of personnel than hands on rescue
- Paddling skills needed to be improved in order to respond with confidence to situations on the river
- The heavy use of aluminum canoes by the liveries meant lots of dumps and pins with novice boaters.
- Throw bags proved to be a vital rescue tool
- Tandem canoes were the almost exclusive rescue craft.

For the next 5-10 years training was built on a few premises. 1) First aid and CPR skills were acquired prior to training weekend (the last full weekend in April) 2) Throw bags & unpinning skills were stressed. 3) Training was usually boat based traveling down river to a 'situation station' to try and simulate real life. 4) Education took the form of NCSP volunteers giving campfire talks at the liveries to try and prevent problems on the river. Topics were paddling tips, clothing suggestions, use of waterproof bags, what to do if the canoe dumps, etc. Also a good use of

volunteer effort was above rapids getting PFD's in place and suggesting safe routes.

State of the Art: Guest instructors from Nantahala and others augmented the NCSP trainers to make sure that our volunteers received state of the art training in swift water rescue.

One indication of how much we have learned/improved is the assigned coverage for Skinners. Today a usual compliment is 3 solo boaters. Initially, with tandem canoes and no NPS, the suggested coverage was about 12. One on each shore for first aid/ fire/ hot beverages. Two on each shore for throw bags and unpinings. The remaining 6 in 3 tandem canoes for rescue and boat over boat recovery.

Dick Rhodes

Membership Dues

As announced in the last newsletter, the Board of Directors has been required due to fiscal pressures to increase yearly dues to \$20 per person or \$40 per family. Part of this cost will provide for a lunch on Saturday during training weekend. All dues MUST be paid to the Finance Chief prior to being allowed to camp.

New Membership Information and Initial Application

The NCSP was founded in 1978 for the purpose of encouraging and promoting boating safety, including, but not limited to:

- To provide a shore and boat based safety presence in cooperation with river management agencies, race organizers and other safety and rescue organizations.
- To provide rescue and recovery assistance upon request of, and in cooperation with, river management agencies and other safety and rescue organizations.

Most rescue patrols are on the Delaware River between Narrowsburg and Port Jervis. Each member is obligated to provide a minimum of 4 full days of service on the river each season.

Interested in Joining or have further questions? Please contact one of the officers on the front page of this newsletter and/or attend training weekend. You may join and pay dues on arrival. If you have missed training and plan on attending the first available training, usually the last *full* weekend in April. Please mail dues of \$20 per individual for \$40 per family to: Treasurer, Greg Temple, 6 Merion Place, Lawrenceville, NJ, 08684, please include the following information.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

Note, you will be required to sign a waiver prior to any patrols, *and* you must have the use of a canoe or kayak.

Required Gear for Training (New Members)

Veteran members will bring trucks full of gear. For new members the list is a bit lighter. You are expected to have the following:

- 3 *locking* D carabineers
- 1 Throw Bag
- Good quality PFD (rescue version NOT req.)
- Boat (Canoe or Kayak)
- Wet/Dry suit (can be rented at KC if necessary)
- 1 good helmet
- 1 pair of river shoes (recommend felt sole if you can find them)

This is NOT all inclusive, if you have more that you normally paddle with, bring it. Also, you will be provided with a more complete list of patrol gear at check-in.

Articles and Photos

Do you have a favorite "war story", a technique that you accidentally found that works, suggestions on techniques that we train on? We are always looking for articles and Photos; please submit directly to newsletter@rivergod.com. As always, the NCSP may or may not publish a contribution.