

Paddling In Cold Weather

Hypothermia occurs when the temperature of the body drops below 35°C (95°F). It is brought on by exposure to conditions that cause the body to lose heat faster than it can generate it.

Therefore, hypothermia can be caused by falling from your boat into cold water, or by being outside without any head-gear during the winter fall or early spring season, or by wearing wet clothes for a prolonged period of time in windy weather.

Symptoms:	Treatment:	Prevention:
1. Uncontrollable fits of shivering 2. Vague, slow, slurred speech 3. Memory lapses, or incoherence 4. Immobile, fumbling hands 5. Frequent stumbling 6. Drowsiness (to sleep is to die.) 7. Apparent exhaustion. Inability to get up after a rest.	1. Find shelter. Immediately! 2. Get next to heat. 3. Strip off <i>all</i> wet clothes. 4. Drink only small amounts of warm (not Hot) fluids. 5. Get into dry clothes immediately and a warm dry wrap such as a blanket or sleeping bag.	1. Stay dry as much as possible at all times. Avoid splashing others and other activities that may put a person at risk. 2. Beware of the wind. (Wear headgear, spray skirts and hand pogies) 3. Understand the symptoms of hypothermia 4. Hypothermia cases have occurred even in temperature ranges between 0°C and 10°C.

Cheema Spring and Fall Training Policy

Remember **prevention** is the best method to fight hypothermia. Therefore, to avoid exposure to hypothermia and putting paddlers, coaches and the club at risk we have some conditions for spring / fall training that must be complied with. They are as follows:

1. Paddling in groups only during cold spring / fall conditions is a must. Paddlers who go out on their own do so at their own risk.
2. **Coach boats must** accompany all paddlers and be no more than 200 meters away from the most distant paddlers. Paddlers must follow the shoreline and stay within 30 meters.
3. **Coach boats must be on water** awaiting the paddling groups prior to paddler leaving the dock area.
4. If a coach feels the paddler does not have adequate clothing or equipment (see prevention) the paddler will be asked to stay on shore and contact parent to pick them up.

I have read the above and understand the symptoms, treatment and prevention of hypothermia. As well I understand the importance of adhering to the Cheema Spring / Fall Training Policy.

Signatures:

Parent _____ Paddler _____

Dated: _____