



!!! Membership renewal time !!!!

~~ Race schedule inside ~~



HUT!

Spring 2015

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President's Message



2015 Executive

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Wendy Perkins

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Don Stoneman, Kim Snell

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Leave your ego at home.... At this time of year it seems like my kitchen window and my computer screen are my view on the world. That and 850-metre (I GPSed) jaunts to the gym across the river to lift iron and burpee and box jump and pull up my way to some semblance of fitness. At least it's usually not dark any more when I go.

Saturday morning my daughter Caitlin looked out that window and noticed a man and his dog walking intricate patterns on the river ice. She quickly determined he was spelling out in giant letters: "Be Happy" in the two-foot-deep snow on the millpond where we will hold our annual race in late April. I donned coat and boots and set my camera and tripod on the deck. He posed and I snapped a few photos before he bounded off home like a happy 10-year-old. What a great blue-sky sunny day I thought, before I returned to my desk, hoping that I would get to try out my newly purchased kick sled Sunday in the forecast snowstorm!

It's cold outside but paddling and fitness and canoe racing is on my mind every day. So is water safety. I remember that spring came late last year after a cold winter.

This time last year a former member, returning to the sport after a long hiatus, asked me if it true that racers must wear PFDs in spring races. I affirmed. "That is unfortunate," he wrote back. He had a

partner lined up for an early race and the person (from Michigan) would not paddle in Ontario if he was required to wear a PFD.

The Michigan Canoe Racing Association website has photos of paddlers in March without PFDs. I checked with their insurance carrier, who also insures for the United States Canoe Association. Their rule on PFDs is to match the state's law. For a while I considered lending the Michigan paddler my "legal" in Canada fanny pack PFD. Some additional research convinced me that is not a good idea. That research is best summarized in "1" of the 1-10-1 rule explained on page 10.

OMCKRA's Safety Policy states that

approved Personal Floatation Devices (PFDs) must be worn by participants in sanctioned events held before May 1. The federal government "approves" fanny pack inflatable PFDs if they are

worn around the

waist as long as they have an unused CO2 cartridge in them. From a legal point of view, racers wearing fanny packs are covered. From a spirit of the law, my view is that they are not. The fanny pack will not serve you if are immersed in cold water while paddling, no matter how strong of a swimmer you are. (see 1-10-1). So expect that OMCKRA's safety policy will be amended to take these inflatables out of the picture for this and following years' spring races.

Be safe. Leave your ego at home and wear an approved **vest** PFD in races held before May 1 this year. See you out there.



BE HAPPY

HAVE YOU SEEN THESE??

Contact us at
info@omckra.com
to help us correct
your email address
if you're not getting
your HUT!



What's ahead for 2015

North Canoe instructor certification. The Marathon Paddling (OMCKRA) board has budgeted a goal to support at least 5 coaches in obtaining North Canoe instructor training in a Paddle Canada course.

Paddling Clinics for intermediate and advanced paddlers. The Marathon Paddling (OMCKRA) board has budgeted a goal to support 2 to 3 clinics for paddlers. Clinics will cover Marathon boat set up for races as well as technical paddling clinics on water.

Youth Race (5th year) The Marathon Paddling (OMCKRA) board has budgeted a goal to support this yearly event run by Mike Kennedy. High school students from a number of Toronto schools participate. This year the committee is reaching out to bring in presenters from the paddling community to expand the event with on land as well as on water activities.

The OMCKRA Youth Race will be held **Friday May 8** at Springdale Reform Christian Church, Canal Rd, Bradford, three kilometres west of Hwy 400. The organizer, Mike Kennedy, needs **competent adult paddlers** to serve as **safety patrols** in order to meet the sanctioning requirements for this event. **Please join in to help** in this fun event.

Email Mike at michael.kennedy@tcdsb.org

NCCP Marathon Coach facilitator training. The Marathon Paddling (OMCKRA) board has budgeted a goal to train at least 1 new NCCP Marathon Coach Learning Facilitator. The Coach Learning Facilitator role in NCCP training is to train new NCCP Marathon coaches and assess them after they have been trained. Increasing the capacity in this area will allow for more certified NCCP Marathon Coaches which in turn increases training for paddlers in Marathon technique.

NCCP Marathon Coach training. The Marathon Paddling (OMCKRA) board has budgeted a goal to train at least 3 new NCCP Marathon Coaches. More certified NCCP Marathon Coaches increases training for paddlers in Marathon technique. Which in turn increases the number of competitive Marathon paddlers.

Visiting High Performance coach The Marathon Paddling (OMCKRA) board has budgeted a goal to ask and fund a visiting high performance Marathon coach. This work is still in the preliminary stage but the hope would be that this coach could lead a one day high performance Marathon clinic in Ontario.

Marathon program support from CKO Executive Director . The Marathon Paddling (OMCKRA) board has stated a goal to engage the CKO staff person to support Marathon programming. The CKO ED job description includes supporting Marathon programming. This year Marathon will be establishing meetings between the OMCKRA board and the CKO ED to find ways for Marathon interests and programs to be better supported.

Race organizers support As follow up to last years race organizers meeting the Marathon Paddling (OMCKRA) board has budgeted a goal to maintain support for the organizers of Ontario Marathon sanctioned paddling races through the yearly sanctioning review meetings. OMCKRA is working with race organizers to increase collaboration.

ICF support The Marathon Paddling (OMCKRA) board has budgeted a goal to support young elite paddlers in the form of an ICF portaging clinic or grants to youth participating at the ICF level.

The **Marsh Mash** Canoe Race organizer, Iain Craig, has applied for status as the Ontario Provincial ICF Qualifier. Regardless of whether this status is achieved, there will be ICF classes run at the Marsh Mash. Race date it **Saturday May 2** Springdale Reform Christian Church, Canal Rd, Bradford, three kilometres west of Hwy 400.

OMCKRA member Paul Adams & Manitoba race partner place 9th in sweltering 100Km Texas race despite good Samaritan delay!!!

Well some people are warm.... Adams now officially a professional paddler

OMCKRA member Paul Adams shares his experiences at the Texas Winter 100 in Austin, Texas.....

It was a good race with all things considered. We didn't get our boat until 8pm the night before and because of work commitments, Steve Ramsey (from Manitoba) and I never had a chance to paddle together (ever.) With a minute before the start we were still moving foot braces and seats trying to get the canoe trimmed properly but we put all that aside and started strong. We paddled an old Kevlar V1 but there were 22 ft carbon C2s in our class. We were doing really well with a pack of 4 boats until the second portage where a female C2 crew was trapped in strong eddy behind a dam. I held their boat while Steve jumped in the water waist-high and had to pivot their boat to get them in a down-river current. We got them out but by the time we got ourselves out of the mess we had lost the lead pack and were on our own for the rest of the race. We tried desperately to catch up but it just didn't happen. Oh well... it was a beautiful day and we got 100 km of race-training in January. I learned a lot and I know what I need to focus on the next couple of months. Both Steve and I enjoyed the race greatly. We came 9th overall (3rd in men's C2). We won \$38 -- there goes my "amateur status" — Paul Adams



The Great Muskoka Paddling Experience

October 10, 2015

GMPE is looking forward to its 5th anniversary event October Thanksgiving Weekend.. We are putting in a new 5km race to mark our 5th Anniversary! The 5km is perfect for those who were intimidated by the 10km distance. The new shorter distance will be of interest to the K1 sprinters. Plus the 18km race course is being re-ramped to 20km. Details to be posted at www.muskokapaddlingexperience.com late March. Regards Sandy Schofield

OMCKRA sanctioned since 2011.

Seen at The Outdoor Adventure Show



The Ever-Constant Flow of the Jock River Race

Saturday, April 11, 2015

If you're a paddler in the **Ottawa Region**, you know "the Jock". With 40 plus years of history, this race has seen many changes but one thing is constant – the Jock River Race remains a springtime right of passage.

The first-ever Jock River Race was held on May 9, 1971 with a total of 40 boats registered. It was sponsored by the Rideau Valley Conservation Authority (RVCA) who organized the race as a way to promote the removable weir on the Jock River in Richmond. They wanted to unveil the weir during "Conservation Week".

ster Road to Richmond and is a sprint that is approximately 12 kms long – quite a change from the original course.

During the '70s, the fee to enter the race was \$1 but by the time 1985 rolled around the fee increased to \$20 per craft, allowing for insurance, policing and other services to be offered to enthusiastic racers.

The Jock River Race signals the passage of winter to spring with the race start being scheduled any where from early April to early May depending on area snow levels and rainfall – yet another source of change....



Race organizers are always looking for ways to improve this event and are considering a "white water regatta" on the original course on the lower section of the river. If anyone is interested in participating or has any pictures or anecdotes from the early year, please share them with the race organizers.

April 30, 1972 saw the second annual race take place with a total of 126 canoes and continued sponsorship from the RVCA, who sponsored the race until 1977. 1978 saw the first set of changes for "the Jock". Sponsorship shifted from the RVCA and the race was organized for a number of years by the Richmond and District Kinsmen Club who passed it on to the Manotick and District Kinsmen Club in the early '80s. Then in 1985 organization of the race was then passed on to the Manotick Lions Nowadays, "the Jock" is organized by a dedicated group of volunteers and a local company called Races Beyond Reason.

This year's race is slated for Saturday, April 11, assuming winter eventually ends!.

For more information, contact Jock River race organizers at jockriverrace@yahoo.ca or to register for this year's race visit jockriver-race.ca

OMCKRA sanctioned since late 1990s.

In 1971, the course ran from Richmond to the Rideau River, featuring rapids in the final section! The current race-course runs from Mun-



Spring Race!!

ONTARIO ULTRA PADDLING POINT SERIES

[http:// upps.ca](http://upps.ca)

Are you looking to become a bit more competitive in long-distance paddle racing? Looking for a new challenge this year? Check out the Ontario Ultra Paddling Point Series (OUPPS). The OUPPS is comprised of a series of ultra-marathon paddling races in Ontario. The OUPPS is open to everyone regardless of experience, age, gender, or watercraft (canoe/kayak/SUP). The OUPPS seeks to bring people together who are passionate about ultra-distance paddling and recognize them for the effort they put into training, competing, and the love of the sport. OMCKRA is happy to recognize this series initiated by Marathon race organizers. Check out the site for the races included in the point system this year. OMCKRA is the sanctioning body for Marathon paddling in Ontario and the go-to people for Marathon canoe training and advice in the province and beyond. <http://omckra.com/>



Marathon Brainstorming meeting Sat., March 7, 10 am

You've had all winter to ski. This is your "once in 10 years" opportunity to tell us what your paddling organization can do for you. **This is about you!!**

Bradford West Gwillimbury Public Library, Multi-purpose Room

425 Holland St W

Bradford West Gwillimbury, ON L3Z 0J2

<http://www.bradford.library.on.ca/>

- ⇒ **What do you like about what OMCKRA does?**
- ⇒ **What are the things that are important to preserve and grow?**
- ⇒ **What do you want to see more of?**

Moderator: Paul Jurbala, Community Active.

See "What's ahead" on page two for what OMCKRA is doing in 2015:

i.e.: Supporting at least five coaches in obtaining Big Boat (voyageur canoes) Certification via Paddle Canada.; Paddling clinics for intermediate and advanced paddlers. Clinics will cover marathon boat setup for serious racing as well as technical paddling clinics on the water.; Visiting High Performance Coach: OMCKRA has budgeted a goal to fund a high performance coach to visit Ontario and take us to a new paddling level.

**After we've decided what our organization does, or should do, can we do these things even better in an integrated Canoe Kayak Ontario?
What can be gained or lost here?**

It is going to get warmer soon... and be LIKE this

Photo from the Dusi Canoe Marathon South Africa..

Go to link @OMCKRA Facebook page; Like OMCKRA Facebook!!

6 HUT! - spring edition 2015





Thames River Classic
Canoe Race

Thames River Classic

April 4, 2015

increased to 2 hour race - technical course

This early season Marathon canoe race is on one of the most technical rivers in south western Ontario. Members of the Thames river paddling group are training on and grooming the course as long as the water is open during their winter training sessions. Challenging and technical race to satisfy even the most experienced marathon river paddlers. Try your water technical chops against these racers and waters.



Spring Race!!

The first 24 paddlers to register for this year's race get free new t-shirts!!!

Race fee: \$15

Organizer: Steve Tait staitod@hotmail.com

OMCKRA sanctioned since 2002



Dam Hespeler Race

April 26, 2015

Spring Race!!



Contact: Don Stoneman (519) 654-9106

dstoneman@kw.igs.net --

www.damhespeler.com

Location: Hespeler Dam, Cambridge, Ontario

Portages: 0

Distances: 5, 10, 15 and 20 K

Classes: Recreational canoe & kayak, Marathon C1, C2, K2 kayak, SUP

Note: class designation for K1 will be based on ICF specifications; canoes on OMCKRA specifications; short and long Kayaks per race web site.

Registration Fees: \$20 (\$5 discount for OMCKRA members) Vest PFD must be WORN

OMCKRA sanctioned since 1993

!! Moving water seen at Dam in Hespeler !!

Canoe Kayak Ontario (CKO) update

- * **New CKO board for 2015 made up of Marathon, Sprint & Whitewater representatives**
- * **Marathon Insurance payments and CKO membership fees due**
- * **Base funding report, past years financial balance sheet and this years budget due in March**

OMCKRA is a member of Canoe Kayak Ontario (CKO). The **nine (9) member CKO board** is made up of three (3) members each from the three (3) paddling disciplines of Whitewater, Marathon and Sprint. The board positions of chair, secretary and treasurer rotate amongst these three affiliates. This year Kim Snell of Marathon has taken the role of Secretary. The role of Chair went back to Joanne Bryant of Sprint. Treasurer role remains with Charles Slade of Sprint.

Kim Snell and Don Stoneman are the Marathon representatives to the CKO board. Marathon is currently short one CKO board representative .

CKO negotiates the insurance policy that covers the three disciplines for Sports Accident in sanctioned events. The policy also covers board Errors and Omissions which extends to affiliate clubs in good standing. Each year at this time the disciplines must make payments through CKO to the insurance company for the coming years coverage.

Marathon's portion of the insurance costs was just over \$3K. The calculation of cost is based on the number of members and day-of-event participants of year that just ended.

A **membership payment to CKO** also based on the count of members is made at this time (\$675 for Marathon this year).

Marathon **membership counts** were up last year exceeding Whitewater in total membership but most of the gain over Whitewater was in the day-of-event category. The other two disciplines still have the higher true membership counts with Sprint being by several times the largest discipline.

CKO, as Provincial Sports Organization (PSO) representing the disciplines, is awarded base funding from **Ministry of Tourism and Recreation (MTR)**.

Base funding is not used by CKO but flows to the disciplines through a formula related to their size. Marathon's portion is very small; just over \$2K per year. In March the disciplines provide reports on how the funding was used to further the sport as well as a budget plan for the next year. Marathons were reviewed and approved by the Marathon (OMCKRA) board and will be submitted to CKO.

Marathon underspent last year in the projected area of coaching development and this year's budget reflects an **increase, in 'planned' for coaching development**, to reverse that gap.

Canoe Kayak Canada (CKC) update

- * **Wendy Perkins Ontario representative on National council**
- * **OMCKRA Membership fee to CKC due**

OMCKRA belongs to the National organization Marathon Canoe Racing Council, (MCRC). MCRC is the Marathon component of Canoe Kayak Canada (CKC).

The Council (MCRC) consists of an Immediate Past Chair, a Chair, a Vice-Chair, a Secretary-Treasurer, and a representative from each province that pays dues. Don Stoneman is the Secretary-Treasurer of MCRC. Wendy Perkins has taken the role of representative for Ontario.

MCRC receives a grant through CKC of about \$3,400; much of which is soaked back up in admin fees charged by CKC. OMCKRA membership fee to MCRC (\$365 this year) is based on a flat amount of \$100 plus a calculation on member counts.

The MCRC oversees a National Marathon Championship, a National Marathon coaching program and also selection of a team to represent Canada at the Marathon Worlds.

The MCRC is a dedicated group of Marathon paddlers who are increasing the sport despite limited grant support. Ontario Marathon (OMCKRA) plans to increase the number of coaches certified under the MCRC National coaching program this year.

ICF CANOE MARATHON WORLD CHAMPIONSHIPS
GYŐR, HUNGARY 11-13 SEPTEMBER, 2015 - application deadline **March 31, 2015**

The Mattawa River Canoe Race (July 25, 2015)

See their excellent video of 2014 race also posted on [OMCKRA Facebook page](#)

Note from OMCKRA race organizer Paula Loranger. To 2014 race participants: Some of you were so kind as to allow the North Bay-Mattawa Conservation Authority to interview you during the 2014 Mattawa River Canoe Race. Here is the finished product! We will be using this as a tool to spread the word about the race. Feel free to share/pass the link along to friends and family. I have sent this to a few people that didn't participate last year, but have been active paddlers in the race in the past. <https://www.youtube.com/watch?v=NAFee6im TE>
The link is also posted on our Facebook page and has been tweeted a few times. https://www.facebook.com/events/1516513175301060/?ref=3&ref_newsfeed_story_type=regular

Twitter: @theNBMA Enjoy!! Paula Loranger

OMCKRA sanctioned since 1978

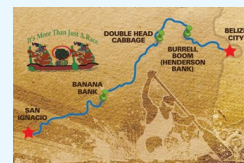
Training for Belize.

Mike Hayes and Cezary Szymczak are in the tree trimming business. They worked all last summer cleaning up the aftermath of the Dec 2013 ice storm, no time for fun. Finally got caught up in the fall and decided they deserved to do a winter canoe race. With their friend Peter Scheuring they are entered in the ["La Ruta Maya Belize River Challenge"](#) from SAN IGNACIO, CAYO TO BELIZE CITY in Belize mid-March.



Training has been tough. First, they don't have a three person canoe so they take turns training in a Nova Craft pro boat, circa 1979. Then things got cold. It's been a challenge to get "hours" in open water this year so they are improvising.

You can see the result. This is a pond behind Mike's office in Waterloo. The photos were taken on Jan. 11. They guys have gotten by after borrowing and fixing an old Paddle One machine that belongs to Don Stoneman. They've been coached before and in 2012 they raced that same Nova Craft canoe in the Mataka River Race. So good luck guys. While most of us are shivering in the cold you'll be "enjoying" 30 C weather in Belize south of Mexico.



Buy and Sell

Spirit 51 Kape Kayak: Purchased new in March, 2014, and used twice; excellent condition; 30 lbs. 520 cm. x 51 cm. Blue/white. Kevlar/Carbon construction. Asking \$1500. gail bailey <g_bailey56@yahoo.ca>

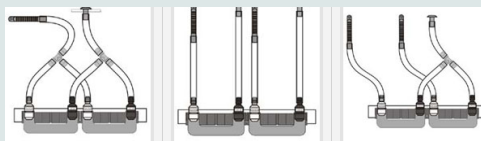
18'6" Corbin design, built by Crozier Very Nice Condition. Asking \$2,800. Mark Clout [905-401-8241](tel:905-401-8241) mark@markclout.ca

Hubby Kayak Foot Pumps

MANUFACTURED BY KNYSNA RACING PADDLES S. AFRICA. 4.5 L PER MINUTE. PUMP BAILERS FOR KAYAK (OR CANOE). TWO ARE IN ORIGINAL PACKAGE. \$80 EACH. OTHERS ARE OUT OF PACKAGE AVAILABLE AT "BEST OFFER".

INFORMATION ON HUBBYS CAN BE FOUND AT [HTTP://WWW.KNYSNARACINGKAYAKS.COM/ACCESSORIES/HUBBY-FOOT-PUMP/](http://www.knysnaracingkayaks.com/accessories/hubby-foot-pump/)

HUBBYS ALSO BAIL WATER HANDS FREE FROM RACING OR RECREATIONAL CANOE WITH A FOOT BRACE.



CALL OR TEXT DON STONEMAN AT 519-651-7054.

The 4 PHASES OF COLD WATER IMMERSION

This article is taken from a website sponsored by National Search and Research Secretariat, Government of Canada.

Source: <http://beyondcoldwaterbootcamp.com/4-phases-of-cold-water-immersion>

The most common misunderstanding about Cold Water Immersion is that it leads to immediate Hypothermia. The real truth is, other serious events occur long before hypothermia sets in, each with its own physiological challenges.

The four phases are:

1. Cold Shock Response
2. Cold Incapacitation
3. Hypothermia
4. Circum-rescue Collapse

Cold Shock Response lasts for only about a minute after entering the water and refers to the affect that cold water has on your breathing. Initially, there is an automatic gasp reflex in response to rapid skin cooling. If the head goes underwater, water may be breathed into the lungs during the gasp. The result is simple: drowning. That's one of the many benefits of a life jacket or PFD: it helps to keep your head above water during this critical first response.

A second component of the Cold Shock Response involves hyperventilation. Like the gasp reflex, this is a natural reaction to the cold. Although this physiological response will subside, panic can cause a psychological continuance of hyperventilation. Prolonged hyperventilation can lead to a faint, so the key thing is to concentrate on controlling your breathing. The other significant Cold

Shock Response is cardiac related. As the arteries narrow (vasoconstriction), the heart has to work harder to pump the same volume of blood throughout the body. Especially for people with underlying heart disease, this additional workload can cause the heart to go into cardiac arrest.

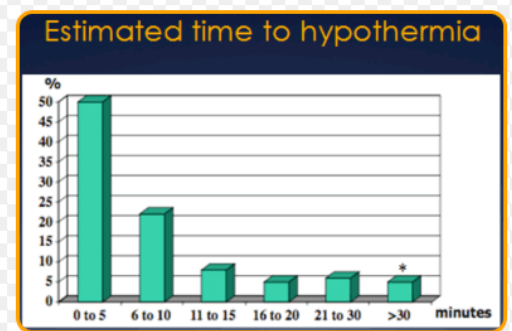
Tips:

⇒ If you have the choice, immerse yourself slowly to minimize the shock.
⇒ If you're going out in the shoulder seasons of Spring or Fall, consider wearing clothing that will provide you with thermal protection and minimize the Cold Shock Response.

Cold Incapacitation occurs within 5 – 15 minutes in cold water. Vasoconstriction decreases blood flow to the extremities in an effort to preserve heat in the core, thereby protecting the vital organs but allowing the periphery to cool. Unfortunately, muscle and nerve fibres don't work well when cold. Within this critical time frame you will lose meaningful movement in your hands and feet, and then your arms and legs, so if you're not wearing a floatation device, you will be unable to stay afloat and will drown. Other important life-saving/survival activities will also become more difficult and then impossible.

Hypothermia - There are a number of misconceptions when it comes to hypothermia. The first deals with how

long it will take to become hypothermic. While it varies with water temperature and body mass, it can take 30 minutes or more for most adults to become even mildly hypothermic in ice water. Knowing this is vitally important in a survival situation, since people would be far less likely to panic if they knew that hypothermia would not occur quickly and that they have some time to make good decisions and actions to save themselves. See the graph.



Circum-rescue Collapse can happen just before, during or after rescue. The symptoms can range anywhere from fainting to death. But, why does this collapse occur so near rescue? Several factors are working here: while you are fighting to stay alive, your senses are heightened and stress hormones are surging through your body, helping you survive. Once rescue is imminent, is in progress, or has just taken place, a mental relaxa-

The 4 PHASES OF COLD WATER IMMERSION—continued

tion occurs, creating a decreased output of those stress hormones. Blood pressure can drop and muscles can fail, causing collapse and in some extreme cases, even cardiac arrest and death. The key thing to remember is that heart function is dramatically impacted by the way that a victim

is handled and removed from the water. Knowing what NOT to do can make a life-saving difference. For First Responders, it is this critical time (from first encountering the victims until they are transferred to appropriate medical resources), that special extraction and treatment-

related actions can have the greatest impact on their survival. Some of these actions might even seem counter-intuitive to your emergency training for other types of rescue, so it's vital that you understand the key elements of Circum-rescue Collapse.

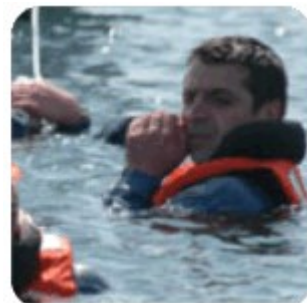
Cutting to the chase, as they say

1-10-1 Principle

1-10-1 is a simple way to remember the first three phases of cold water immersion and the approximate time each phase takes. Although the times are variable based on body differences and water temperature (see graph below), just remember 1-10-1:

1 Minute to get your breathing under control

Cold Shock Response. An initial deep and sudden Gasp followed by hyperventilation that can be as much as 6-10 times greater than normal breathing. You must keep your airway clear or run the risk of drowning. The Cold Shock Response will pass in about 1 minute. During that time concentrate on avoiding panic and getting control of your breathing. Wearing a lifejacket during this phase is critically important to keep you afloat and breathing.



10 Minutes of meaningful movement

Cold Incapacitation. Over approximately the next 10 minutes you will gradually lose the effective use of your fingers, arms and legs for any meaningful movement. Concentrate on self-rescue initially, and if that isn't possible, prepare a way to keep your airway clear while you wait for rescue. Swim failure is one example of cold incapacitation, and will occur within these critical minutes. If you are in the water without a lifejacket, drowning is likely.

1 Hour before you become unconscious due to hypothermia

HYPOTHERMIA. Even in ice water it could take approximately 1 hour before becoming unconscious due to Hypothermia. If you understand the aspects of hypothermia, techniques of how to delay it, self-rescue and calling for help, your chances of survival and rescue will be dramatically increased.



Preliminary race & event schedule 2015

All are pending sanctioning as review is still underway

April - Nov	Thames River Coaching Clinic	Dorchester	Bob Vincent bob_liz.vincent@sympatico.ca
April 4	Thames River Classic Canoe Race	Ingersoll	Steve Tait 519-485-5457 staitod@hotmail.com
April 11	Upper Jock River Race www.jockriverrace.ca	Richmond	Gaeten Plourde 613-617-0237 twofourblue@yahoo.com
April 19	Sydenham River Canoe race (recommended not sanctioned)	Alvinston	Sharon Nethercott 519-882-2399 snethercott@scrca.on.ca
April 26	That Dam Hespeler Race	Cambridge	Don Stoneman (519) 654-9106 dstoneman@kw.igs.net
May 2	Marsh Mash Canoe Race	Bradford	Iain Craig 905-893-1323 craigers@rogers.com
May 8	OMCKRA Youth Race	Bradford	Michael Kennedy 905 852- 2160 michael.kennedy@tcdsb.org
May 9	High Water Run Race	Blanche River, Kirkland Lake	Tony Janssen 705 642 3108 tonyjanssen8@gmail.com
May 9	Boat set up Clinic	Huntsville	Peter Harbocian, Don Stoneman info@omckra.com
June 5,6,7	Saugeen Paddlers Canoe Club Annual Voyageur Canoe Race Weekend	Paisley	Jack Van Dorp 519-270-9951 jvandorp@brucecounty.on.ca
June 6	Canoe The Nonquon	Port Perry	Shannon Kelly, 905-985-8698 x 103 skelly@scugog.ca
June 20	Big East X Canoe Race	Huntsville	Mike Varieur mike@muskokariverx.com
June 21	Upstream Paddling Clinic	Port Sydney	Bob Vincent bob_liz.vincent@sympatico.ca
June	Sudbury Canoe Club Canoe Marathon (pending sanctioning)	Sudbury	Robert Marcolini 705 523-0500 Marco.renout@eastlink.ca
July 11/12	York River Challenge	Bancroft	David Conroy 705-321-3150/613-339-2629 3oseeya@hotmail.com
July 18	Wai Nui Why Not Race	Mississauga	Wendy Perkins wendypaddle@gmail.com
July 25	Mattawa River Canoe Race	North Bay	Paula Loranger 705-474-5420 paulal@nbmca.on.ca
Aug 21/22	The Dennie: Path of the Voyageurs	North Channel of Lake Huron	Rob Mellan rjmellan@amtelecom.net http://www.thedennie.com/
Aug 8-9	Kingston to Ottawa 200	Kingston—Ottawa	Gaeten Plourde 613-617-0237 twofourblue@yahoo.com
Sept 10– 13	Muskoka River X Coureur des Bois	Huntsville	Mike Varieur mike@muskokariverx.com
Sept 11– 13	Muskoka River X Classic	Huntsville	Mike Varieur mike@muskokariverx.com
Sept	Willie Fast Paddlers Poker Paddle	Warton	Jack Van Dorp jvandorp@brucecounty.on.ca
Oct 10	Great Muskoka Paddling Experience	Bracebridge	Charles Schofield caschofieldstream@cogeco.ca



OMCKRA Membership Application / Renewal Form 2015

Please make cheque payable to OMCKRA and mail with application to:
OMCKRA Membership c/o 87 Queen Street East, Cambridge, ON N3C 2A9

Please print clearly.

Name:			
Address:			
	Please provide postal code thanks		
Residence Phone:			
Cell Phone:			
Work Phone/Fax:			
E-Mail:			
Membership	Circle Fee [C\$]	Date of Birth (e.g. Jan. 5, 2000)	Racing Class (C, NC, K, Rec., OC, SUP, etc.)
Racing Individual/Race Organizer (fee is per race organized if organizer)	\$40		
Full Time Student	\$30		
Junior <18 yrs as of Jan. 1	\$30		
Bantam <14 yrs as of Jan. 1	\$30		
Newsletter only (included in all memberships)	\$18		
Club Membership	\$25	Please provide spreadsheet listing Club Members	
Club Members /each	\$15		
Family with Children <20 yrs. (maximum 4 racing members)	\$70		
List Children Paddler Names		Date of Birth (e.g. Jan. 5, 2000)	Racing Class (C, NC, K, Rec., OC, SUP, etc.)

List Special Skills (First Aid/CPR/Medical/NCCP Coaching Certification/Canoe Construction/etc.):

_____.

List other Affiliations: _____.

All members receive annual meeting notices and the Newsletter via e-mail.

Personal information collected by OMCKRA is used to provide services to our members. These services require administrative responsibilities such as documentation of insured events and instructor registration. A limited information membership list (names and city) is provided to race organizers for insurance purposes. Private information is never given to anyone by OMCKRA for other reasons. People registering for OMCKRA coaching or who have taken part in an insured event may receive membership information from OMCKRA in the next calendar year.

For office use Card provided: _____ DB updated: _____