

## **Cold Water Immersion, Saturday, April 17, 2010**

The Cold Water Immersion event was a great success with 20 participants all ready to take the plunge on a beautiful sunny morning on Lotus Lake.

The first part was a talk about hypothermia by Dana Dickson, safety professional and storyteller, who did a great job of describing the symptoms of hypothermia, weather conditions to be aware of and gear that is helpful to have in case of emergency. A cache of a thermos of hot water, snack bars and a readily available wind breaker for a long paddle or crossing could make a difference no matter what kind of weather conditions are expected. Prevention is key: making sure that we are hydrated, fed, and have the right layers on, and stopping to address problems right away instead of waiting for hypothermia to set in.

On to the plunge! The group divided into three groups and after a short paddle around the lake, proceeded to do wet exits to test gear and overcome fears of cold water with a team of observant rescuers nearby. Our group staged an emergency situation with four people in the water at once. The only casualty of the event was Peggy's camera which took an unexpected dive just off the dock. After the valiant efforts of swimmers and a rake, rescue attempts were called off.

A huge THANKS to Charlie and JC Hurd for their generous hospitality, food, amenities and great beach for our first paddling event for the season.