



New Zealand 01.1 Canoeing

Changes in the Executive...

The NZRCA is sorry to announce the departure of Fiona MacKay from the Treasurer role. Having done much to improve the NZRCA's accounting practices, Fi is leaving the books to go and work in Sydney. We wish her all the very best.

Lynne Fuggle has decided to leave the Administration role and become our new Treasurer. Lynne has done an amazing amount of excellent work for the Association over the last two years, and we are delighted that she is keen to take on the role of Treasurer.

The NZRCA needs a new Administration Officer! See page two for details of the Administration Officer role.

Annual General Meeting

Details for the New Zealand Recreational Canoeing Association AGM are:

Date: Saturday 4th Aug 2001

Time: 10.00 am - 4.00 pm

Place: Wellington

Venue: To be advised

All remits, notices of motions and nominations must be made in writing (by post, fax or e-mail) and submitted to the Administration Officer no later than 1st July 2001. Nominations for Patron and for positions on the NZRCA Executive must be received no later than 16th July 2001. Any nominations for NZCF Canoeist of the Year should also be with us by mid July. The Constitution is on the website (under "About NZRCA") or copies can be obtained from the Administration Officer.

The NZRCA can help find accommodation for those paddlers coming to the AGM from out of town. Please contact Polly on ph: 04 3899-177

Winner of Sick Line Video

The membership survey released at the time of the last newsletter collected some excellent feedback from members. Thank you to those who responded! The winner of the Sick Line video was Maggie Oakley. See page 11 for more details.

Autumn 2001 Contents

About NZ Canoeing	2
Executive & Officers	2
Clarence Update	3
Smiths Falls	3
Rangitata River Update	3
Tekapo Course is all go	4
West Coast River Safety Team	4
Caveat Emptor	5
Words from Gareth Fryer	6
The Karamea - Sheer Magic	8
Heard about Surfers Ear?	10
Membership Update	11
Membership Form	11
MSA Update	11
Dates for <i>NZ Canoeing</i>	12

About New Zealand Canoeing

New Zealand Canoeing is the official newsletter of the New Zealand Recreational Canoeing Association (NZRCA) Inc. *NZ Canoeing* is published quarterly and distributed free to around 1,000 members of the NZRCA throughout New Zealand/Aotearoa.

The views expressed in *New Zealand Canoeing* are those of the individual authors and do not necessarily represent those of the Executive of the New Zealand Recreational Canoeing Association.

NZ Canoeing welcomes advertising from organisations associated with recreational canoeing. Please contact us for our advertising rates, and find out how to show your products and services to kayakers around NZ.

Thanks to Mick Hopkinson, Ian Ruthven, Craig Peters, Gareth Fryer, Ian Russell, Lynne Fuggle, Alan Bell, Doug Rankin, Maree Baker, Janet Nicol, Sarah McRae, Earth Touch Adventures and the myriad of e-mail correspondents for their contributions to this issue of *NZ Canoeing*. May the rivers flow for you!

Contributions of articles, trip reports, classified advertisements, and letters for publication are gratefully received.

Please send items to:

The Editor
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The deadline for material for the Spring newsletter is 4 August 2001.
All map references are to NZMS Infomap 260 Topographical series.

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NZRCA Executive & Officers

as elected at the 2000 NZRCA AGM

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New Administration Officer Required

The role includes:

- Responding to the correspondence of the Association
- Taking the minutes in Association meetings
- Administering the membership database
- Acting as the "first point of contact" for the Association

The person will:

- Be supportive of the aims of the Association
 - Require a computer with Internet access
 - Spend 4-6 hours a week on Association business
- A \$1500 honorarium will be paid twice a year

Please contact Robin Rutter-Baumann (president) on 03-353 8451 or at president@rivers.org.nz for more information.

Clarence Update

Doug Rankin

After a recent front page announcement in the Christchurch Press, stating that Tranz Rail had decided not to go ahead with the Clifford Bay project, one might have thought we could all heave a sigh of relief over the Clarence. The project was to build a new South Island ferry terminal off the Marlborough coast, possibly using heaps of big rocks (the ones that make the rapids) from the lower Clarence River.

Sorry to disillusion you but the article is all media invention; it transpires Tranz Rail have made no such announcement, and the project is still on the books. Apparently a Tranz Rail executive was overheard saying they weren't planning any development at Clifford Bay at present and that was enough for the Press to go to print.

It was our intention to organize a river flow survey on the lower Clarence this summer. This is needed to gather data required for the riverbed survey work to be undertaken in conjunction with Tranz Rail before excavation is started. In particular we need data on what constitutes low, medium and high flows on this part of the river so that we can map river whitewater features at these flows and then bed features in selected areas. These data will then be used in the design of a replacement river channel to be constructed by Tranz Rail. These requirements were negotiated as part of a package of consent conditions, which were finally approved by Environment Court Judge Kenderdine late in 1999.

So, where to from here? Tranz Rail have said that they are in the middle of reorganizing their business in New Zealand and have no immediate plans to pick up their Clarence consents or hand them back. They have done further work on the project since they gained the consents and have looked at other rock sources, so the rocks may never be needed from the Clarence River (lets hope so). Tranz Rail have agreed to keep in touch with us on a regular basis and they feel they should be able to give us a year or more of warning prior to the project starting if they were to go ahead. So we'll leave it there at the moment, and only initiate the survey when and if we need to in the future.

In the meantime enjoy that whitewater on the lower Clarence if you get the chance, it's a great short run in medium to high flows. It's a pity our rivers are not only threatened by hydro developers coveting areas of high river gradient but also by others wanting the boulders that form rapids! You never know where the next issue is going to come from!

Rangitata River Water Conservation Order

Marie Baker Conservation Officer

The hearing date for the Rangitata River Water Conservation Order application has been set down for June of this year. We will be endeavouring to present a joint case with as many like minded recreational and kayaking groups as possible. Please therefore contact Maree Baker if you have filed your own submission and wish to liaise with the NZRCA or present a joint case.

Proposal to blast bluff on Smiths Falls

Marie Baker Conservation Officer

The application to blast the bluff above Smith's Falls has been put on hold by the Queenstown Lakes District Council.

The applicant is going to investigate further other flood remediation options, and has indicated that it may recommence the application to blast the bluffs at the same time as it applies to do the other works, so that it can all be considered together. In the meantime, we can breathe a bit easier.

This particular stretch of water is getting a lot of unwanted attention at the moment. There is now an application from Kawarau Jets to run commercial trips through Smiths Falls and down to the Bungy bridge. Given the nature of the river, the particular rapids and the skill level of kayakers on this river it is our opinion that such an activity would be inherently unsafe. We are therefore filing a submission in opposition to the proposal (due on April 6) as are many of the other local kayak clubs, river surfers and local residents.

Mighty River Power - Waikato River

Marie Baker Conservation Officer

Mighty River Power have filed their application for the renewal of consents on the Waikato River system, so negotiations are underway to see whether or not there is a middle ground between the various kayaking interest groups and the Mighty Corporation.

If you have a point of view regarding your favourite run/play spot on the Waikato please make yourself heard and make a submission, or let me know what your wish list is, now is our chance.

Tekapo Course is all go

Ian Russell

The Tekapo White Water Trust has finally had a successful commissioning flow down the new artificial white water course. Flows ranged from 10 to 25 cumecs to test course stability and specific feature areas.

Immediately below the intake gates is a great rodeo/play wave which rates as one of the best features of any artificial course, with room for three on the breaking wave and 50 in each eddy. The entry slope and deep pool makes it ideal for surfing and flat spins for both intermediate and advanced paddlers.

The 500 metre long course is rated at grade 2 to 2+ with 10 to 15 cumecs and grade 3 at 20 to 25 cumecs. Large rocks create the main features of powerful holes and large standing waves within a single channel lined with rock which is held in place with concrete where required. With more than 5 metres of head, the speed of the water in the last half of the course provides powerful hydraulics to enable great surfing, high crosses and spins. Minor modifications will be made to the course to improve both paddler safety and the size and quantity of eddies prior to the next schedule of release flows.

Work started on the project more than 10 years ago but the actual course construction work started in April 1998. The main reason for such a long wait was a lack of funds to match the course design required, and with major design and redesign work done, the final budget for the course is approximately \$500,000.

Keep Labour weekend 2001 free for the official opening of the course with rodeo, slalom and fun run events planned.

West Coast River Search and Rescue Team

Matthew Bennett, West Coast Search and Rescue Co-ordinator

Getting a promotion on the West Coast depends on the speed with which one can put one's thumb to forehead. Being a little slow on the uptake, it seems that I am the West Coast River Search and Rescue Co-ordinator.

To give a bit of background, after the tragedy on the Hokitika in the summer of 99/00, Land Search and Rescue identified white water as the source of biggest potential 'risk.' They then set about trying to get kayakers involved and obtaining funding for equipment and training. So it was that West Coast River Search and Rescue was born.

The predominant strategy for this past summer has been 'have Gareth Fryer on your trip.' I would recommend him to anyone as a role model of how to look after your team. However this clearly isn't enough and more needs to be organised.

In February I was encouraged to become involved in an effort to get things moving. The first step has been to establish a pool of people who are interested and capable. Next will be organising how it will work. This will be going on over the winter along with the purchasing some of the equipment. Early next summer it is hoped that a training workshop will occur and everything will be set for the paddling season.

There will not be heaps of money, but we hope that it will be sufficient. It will take the time and effort of volunteers from the kayaking community to make this duck float.

Many of the key people are heading overseas in the next couple of weeks. If you're kayaking on the Coast over winter be aware that it is a serious undertaking and you'll have limited support. I recommend River Safety courses for all paddlers, and for paddling on the Coast you need a River Rescue course. The NZRCA offers its members a \$45 subsidy on River Safety and Rescue courses.

This scheme will only succeed with the support of kayakers. I would really appreciate hearing your thoughts and if you're interested in being involved. You can contact Matthew Bennett at: bennettm@voyager.co.nz



Kate and Polly relax on the Whataroa River. Photo: Fi Mackay.

Caveat Emptor

Mick Hopkinson

"The lower section, [of the Hokitika River] incorporating Viagra Falls and Gates of Argonath is the section of choice. The upper section still has some tricky gorges, which are very flow dependant... seek some advice before you go." (Extract taken from Graeme Charles's *New Zealand White Water*)

Students of the English language could easily infer from this one sentence that the lower section, "the section of choice" doesn't have some tricky gorges and is not flow dependant. But it's *not true*. It's a sales pitch written by a breathless entrepreneur eulogising a majestic river gorge that has captured his imagination. It is not a blow-by-blow descriptive account of the difficulties of this run.

At least two of the gorges on 'the section of choice' have very difficult hard class 5 entry moves leading into 'easier' class 5 moves just around the non-visible corner. And let me let you into a secret. At high flows it's terrifying! I've done the run eight times, once at really high flows with a very strong team and I would have said it was two relative grades harder! 5+ instead of 5-. The day after our epic the same team cruised the Arahura in 2 hours 15 minutes, such was the relativity of the two runs. The penalty for not running these gorges is a 4-5 hour portage on each. Portaging could really spoil your day and certainly split your team if somebody runs the gorge and then the tail enders decide to walk. Take head torches and bivvy gear if this is a possibility!

It has already happened. One team had three gorge runners and five gorge hikers. They exited at 10 p.m. This season despite seeking some advice before they went, a mixed American / Australian team did a Taipo-Whitcombe-Hokitika sequence. I had already bent their ears, (I know you are thinking, there he goes again... ear bashing), and I had advised them to do the Hokitika only if they had had a really good day on the Upper Perth. They ended up watching one team member running one of the 'must make' gorge entry rapids. He swam, lost his boat and paddle and disappeared into the gloom of the gorge. His 'team' took the amazing decision to portage and broke almost all the rules of hard boating... leaving their 'mate' to his fate. The portage took 5 hours! Meanwhile our hero is sitting on a rock waiting for the rescuers who never arrived. Can you imagine anything worse? Deciding whether to die of hypothermia or loneliness or take the swim further into a gorge you have never been in!

Meanwhile, Dando, the helicopter pilot, had spotted the swimmer's kayak pinned below the gorge. A complex situation developed whereby the police were informed but wouldn't action an official rescue. So Dando actioned the rescue helicopter! The portaging team finally got around the gorge to link up with their 'mate' who had finally decided to take the big swim and survived. For some strange reason they opted for a night out in the gorge rather than flying out and finally 'conquered' the Hokitika next day. End result no rescue and somebody left with an unofficial bill for the helicopter.

None of this stuff gives the rest of us a good name with the police, rescue helicopters or Search and Rescue teams. It is easy to write us off as gung-ho idiots. This is hard to argue against when you consider the above scenario.

There has even been a commercial operation flying in to the wrong put-in. Two minutes of extra flying time takes you from one of the shortest, easiest helicopter runs on the West Coast to one of the longest, hardest runs in the country. We await the sordid details, but they didn't exit as a cohesive unit and the guide had to paddle out solo to get a helicopter in the gathering gloom. Refund?

You can take insurance! Take Gareth Fryer. He is fast becoming a rescue expert on the coast; (but just remember who he is getting to practice on!) To date he has rescued three people from imminent doom as they were about to become the permanent plug in their very own West Coast sink. They were very lucky and probably have no idea of Gareth's intensive and unique training system that has made him one of the toughest dudes on the Coast.

Some people have taken up kite surfing on the beach but Gareth has perfected a new concept ... kite surfing through car parks. Bouncing off cars, railings and tar seal at 25 miles an hour seems to imitate some of the pain of swimming across class five rivers to rescue pinned boaters. That combined with his dare-devil attitude to tequila and sleep makes the All Blacks' training schedule look like nothing much. Take him on every trip. Pay his share of the helicopter bill. You won't be sorry... at least till you get him into the Mahinapua pub.

We now have a 'quick' response, with the West Coast River Search and Rescue team... but don't hold your breath! At best they might get to paddle in and join you on your rock or ledge in one of the Hokitika gorges just before nightfall. At some point you are still going to have to jump in and swim for it, because there is no other way out.

Caveat Emptor Hokitika... Let the buyer beware.

Words of Wisdom from Gareth Fryer

The 2000/2001 season has been a busy and enjoyable one for me. Chopper season started much earlier than previous years and nature provided us with a huge variety of flows, ranging from flood stage to low and rocky. Best of all, I got to meet and go paddling with a wide array of paddlers from New Zealand and overseas - new friendships made and old friendships strengthened. Naturally with all these good times, there were also a few bad times. Saying 'a few' is an understatement, in fact there were "a lot;" too many. A broken leg, a few nights spent in the bush, some epic forced portages, some lost boats and equipment, a couple of big swims and a few tears shed between friends. No deaths, thank God, but there were several *very* close calls. Some of these would have certainly meant death if it wasn't for the actions of their rescuers and in other cases, pure luck. The number of incidents was undeniably high, I admit, but a lot of what I witnessed was not necessarily due to incredibly stupid decisions or 'big balls paddling'. It was often due to making simple mistakes or a brief lack of concentration.

In a couple of incidents, the old story of boat choice was a factor. Most people have cottoned onto the idea of selecting a boat which is suitable for them in harder water. But a few kayakers still continue to use play boats on harder water, mainly because of finance. Some kayakers seem to think they'll get away with it until they get round to buying another boat in a few months. Using a play boat on an unsuitable river is a huge gamble, where your life or the lives of your rescuers are at stake. I do believe that some incidents could have been prevented and some rescues easier and less dangerous, by more foresight and awareness and a change in attitude on the part of paddlers' and the team supposed to be supporting them.

I think a lot of the problems with safety starts at the very roots of paddling, in that kayaking is potentially extremely dangerous. I believe it is dangerous at all levels of water, not just in the harder water, as some lower grade paddlers would like to believe. In fact I sometimes feel more exposed to danger when paddling the easier runs in Murchison, or my local run, the Hurunui. I believe a lot of people do not want to see or admit the possibility of being injured, losing a friend, or of themselves dying. It is certainly a harder reality to paddle and live with. But it is a more honest reality and I think it is one which is more likely to keep people alive, than pretending and believing that "bad shit doesn't happen to me."



Gareth on the West Coast. Photo: Gareth Fryer.

Gaining an increased awareness to safety is like any learning. There is much to learn and different planes of understanding to reach. When you're down on a lower plane you can't imagine what is on the next because right then it is totally beyond your comprehension. If you had an understanding of the next, you would already be there or close to it. We have to be open to more, if we are going to step up a plane. Thinking "I am safe", whether it is due to the fact that nothing bad has ever happened to you or those you paddle with, or maybe because you are an experienced outdoor instructor or because you have attended a river rescue course. These are ways of subconsciously closing ourselves to more learning. You definitely can't reach another plane if you think you know it all already.

My own bad experiences over the years and watching several acquaintances and some friends who I love, in great trouble and fighting for their lives, has shaped my reality. These experiences were not pleasant, but provided great learning and insight. I learnt a lot through the school of hard knocks and I know so much more than I ever imagined or thought possible, when I was starting out or even several years ago. But if we all learn through this school, we are not all going to survive intact.

I believe that we can be more open minded to our learning by putting our egos aside and by accepting the dangers in what we do. We can step onto pathways which can provide us with the knowledge we need, so that we can gain experience from others. We can use their positive and negative experiences to educate ourselves and our paddling buddies. One thing I have learnt over recent years is that the best paddler is not necessarily the safest. Some paddlers seem to become complacent and lazy with time. Look towards those paddlers you see as being safe and making sensible decisions, and ask them for advice, question them. Get the knowledge from wherever you need to. Most paddlers are only too happy to share their knowledge as it benefits them as well.

Some things that stood out for me this season were:

- A few people with not enough skills to be paddling a small boat on harder runs.
- People carrying very light, very short and very thin throw ropes i.e. 15m long, 5-6 mm thick. Ropes that are extremely hard to grab and hold on to when swimming and more difficult to use prussiks on than larger ropes.
- Groups of less experienced paddlers breaking into some harder stuff. Often paddling in too large a group, with no central figure at the helm. Paddlers too caught up with getting a photo, or how great or bad their line was, rather than concentrating on the rest of their team.
- The last paddler in groups being "abandoned". Its up to each person to *always* know exactly where the person in front of them and *behind* them is, at all times. If gaps are too big, do something about it, don't just carry on.

- One person, often the leader or better paddler in the group, having to do most of the safety. Its tiring jumping out, clambering over rocks. The responsibility should be shared. We all have eyes, ears, feet and arms.
- Inexperienced paddlers being shepherded down harder runs by more experienced paddlers. Does this really help them in the long run or just stunt their learning?
- Paddlers running harder drops without safety being set-up. Are these people so good that they never make mistakes? Or does the mental focus they need to run the rapid not allow for the possibility of danger and making mistakes? Both of these ideas can be unsafe.
- Many are trading their throw ropes and rescue gear for better performance in their play boats. Understandable at a park and play spot, but this can have terrible consequences on a river trip.

Well, those are my thoughts regarding a few different things, take it or leave it. I only ask that you consider some of these possibilities.

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The Karamea River - sheer magic

Alan Bell

Having heard the rave reviews about the Karamea River on the West Coast from friends and in print, it didn't take me long to say yes! when Polly suggested I might like to join her group for a multi-day trip on this wilderness river. Unlike other trips, where you throw gear into the car and go, this one took a bit of planning. It was a major learning exercise to get all of my gear into my boat as we intended to camp out and be self-sufficient. I took out the bulkhead footrest from my Blunt and replaced it with my 35 litre dry bag.

Day 1

On Saturday we choppered into Thor Hut and by 11:30am we were almost ready to embark on our 60-70km journey down the river. The river was low and looked clear and pristine (although rocky). After a wake up roll, Polly found her Microbat was leaking – thank goodness for duct tape. From Thor Hut to Venus Creek the river was pretty low but still fun with awesome scenery – like tramping but paddling instead. The beech trees were close to the river and the sun was out.

We stopped for lunch at Venus Creek, hopped back in our boats, and down a nice Grade 3 rapid. Further down we came to a good steep drop, one of the few steep chutes in this section. Along the way we saw lots of good sized trout in the big deep pools which were formed by earthquake in the early 1900's. After some more Grade 3 the water became easier until the first of the earthquake lakes.

We arrived at the Leslie River where we headed upstream and walked to the Karamea Bend Hut – our camp for the night. While hanging out our gear we were greeted by lots of very friendly robins, and many more ferocious sandflies. With the door in the hut firmly shut, we sorted out dinner, and ate lots of tofu curry and drank "vintage red."



A friendly robin. Photo: Alan Bell.

Day 2

Sunday started with a 40 minute flat water paddle past Roaring Lion Hut along the earthquake lake. Dead trees still stand along the edge of the lake. It is quite an eerie place to paddle and very beautiful too. We passed some fishermen who had flown in earlier in the morning.

Soon we arrived at the crux rapid of the river – Roaring Lion, and it sure was roaring even at this low flow. We scouted the first 100m of the rapid but it ended with a hole followed by a left turn to avoid a tree and sharp rock combination. Everyone decided to portage (river left) to avoid getting pinned or wrapped. Then we ferry glided to river right and did some more scouting. There were many different routes through the maze of huge rocks but at this level a lot ended in sieves and tight rock dodges.

At this point I decided to portage the rest of the rapid and took off on my epic journey. Meanwhile the rest of the team scouted and eddied their way down, past some huge rocks and eventually to the bottom of the rapid.

The portage from hell ended with a nightmare when I accidentally let my Blunt slide down a bank and straight into the river unaccompanied. A wild few seconds ensued and I had to dive into the eddy and swim my boat back to shore. It was a scary moment seeing the Blunt careering down the rocks and realising that it would go into the river, especially when the team was still upstream!



Miriam on the first day. Photo: Alan Bell.

We met up again and proceeded down through easier rapids and started to look for a suitable campsite. Mike was chief campsite spotter and eventually found a sheltered flat at Pyramid Creek. As we pulled our heavy boats up into the bush there was a series of loud high pitched screams – Polly had stepped into a wasp nest and got a number of stings. A sit in the river and some antihistamine meant that she soon came right. Tony ensured that our flies could withstand a gale while Miriam made pasta and sauce. It tried to rain but luckily it only drizzled.

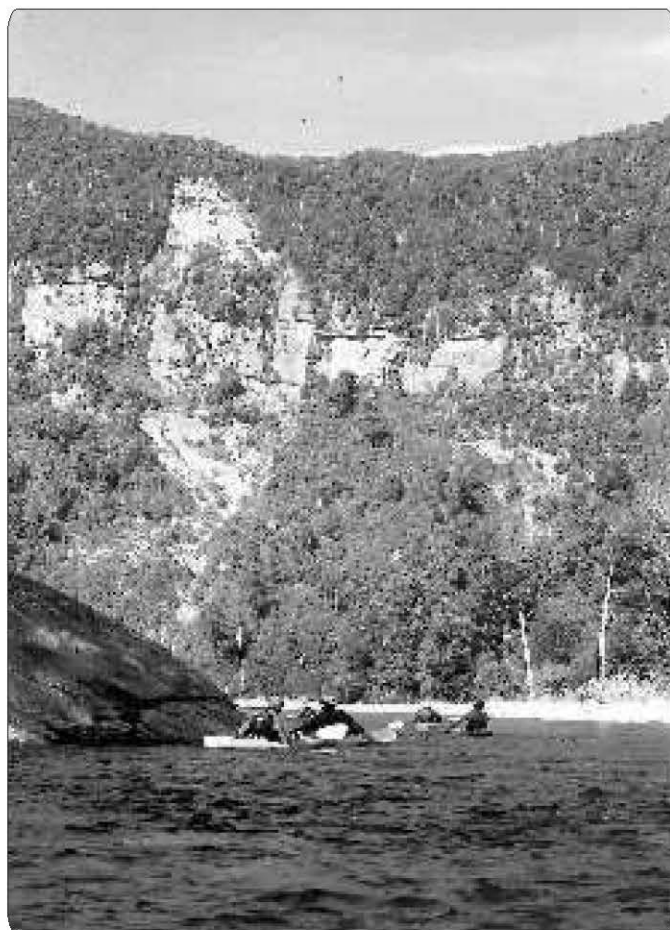
Day 3

By the time we'd had breakfast and packed up camp, the rain started to get heavier. It stayed like that for most of the day. While scrambling with her boat through the bush, Miriam lost her drain plug. Duct tape came to the rescue again!

We came upon a steep shallow chute with a partially blocked exit and decided to walk it – except for Robin who ran it while we all watched and took pics. No worries! Ferris Creek rapid was the first named rapid of the day but required only one real move. There were some nice rapids down to Greys Hut where we stopped for lunch, a welcome hot brew, and some time out of the rain. Greys hut is due to be demolished by DoC, which is real shame considering what an excellent shelter it provides for cold kayakers.

The next rapid was Holy Shit. This rapid formed quite recently and is aptly named. We ran the first half, and then took the advice of previous parties, and got out to scout. The lines were pretty obvious and not too tight – much easier than those in the middle of Roaring Lion. Holy Shit turned out to be serious fun with me rolling twice and Miriam doing a neat kind of cartwheel move at the bottom.

Just around the corner was Scarecase rapid and Graveyard which we boat scouted, with Mike leading the way. After a few more grade 3's and some lovely wave trains we hit the flats with the river gauge reading 1.14m. It was around 5pm on Monday afternoon. Dreaming of hot showers and dinner, beer and a game of pool at the Last Resort, we paddled to the take out. Our descent was complete!



Paddling on the earthquake lakes. Photo: Alan Bell.

Heard about Surfer's Ear?

Doug Rankin

I recently spent a night in hospital after a small operation to remove bone growths known as exostoses (plural) from my left ear. I have not been paddling for the last two months too while the ear heals. Bummer! I've got some in my right ear too which might need attention; they only operate on one side at a time.

You might wonder why anyone would want to write about such an issue. Well the condition is preventable, and for some of you who are not too long in the tooth or have only started paddling, or conversely are now immersing your head in cold water more than normal, you might want to take some affirmative action to prevent getting the same condition and having the same operation in the future. I started paddling in 1971 in the days of canvas boats, but always specialized in staying upright. I have only really started spending more time upside down in cold water over the last ten years of paddling, as I have got into more river playing and the like.

'Surfer's ear' arises from exposure of the ears to cold water and often affects surfers and divers in New Zealand. It does not affect such sports people in warm water environments. What happens is that constant exposure of the ear canal to cold water stimulates growth of bone tissue on the sides of the ear canal close to the eardrum. As these lumps of bone grow into the ear canal they start to reduce the size of the ear canal and impair hearing. These growths can eventually seal off the eardrum resulting in a complete loss of hearing in that ear. This is possibly the body's natural response to protect the eardrum from constant cold-water exposure. In my case I had three such lumps of bone protruding into the left ear canal. With a gap of only 0.5 mm between them, rather than the normal 5-8 mm diameter ear canal, my hearing was impaired! I have yet to find out how bad the right ear is.

The solution to the problem is a re-bore, although the medics call it an exostectomy. They cut the skin back off the bone, drill away the growths with a small high-speed water cooled drill and then put the skin back down on the bone so that it can grow over the bone. All fine and dandy but you hope the surgeon doesn't slip and that he/she's in a good mood! The waiting and no paddling comes in while you let everything heal properly. Any water getting in could assist an infection and really play havoc with your ear. You become an expert showering with a cup over your ear too, and at deflecting smart comments questioning your activities and sanity.

So what can you do to prevent such a condition developing? No paddling/surfing/diving in cold water environments. Probably not an option if you're a really keen paddler. Have the odd reaming when required. Maybe okay but it clutters up hospitals and causes some discomfort and inability to paddle for a few months if you take things seriously. There is another alternative, namely wearing earplugs!

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- Instructor Training

Wilderness Adventures is operated by the founder, Ian Ruthven. Ian has been instructing and guiding people in the outdoors for many years. Ian holds the highest qualifications and Awards for outdoor guiding and instruction.



Earplugs are the best solution if you want to ensure protection and there are clinics around offering custom made ones. However, solid ones can impair hearing and balance for some people, so naturally some people don't like them.

I have recently heard of plugs fitted with a small hole down their center, which is good enough to allow you to hear but small enough to keep the water out. These sound like an ideal compromise and I am sourcing some now to try. I'll report on their utility and user friendliness in a future issue once I have used them for a while.

I think it's time for this message to be spread more actively to all paddlers, so people can make informed choices about how they can look after themselves and paddle without developing such conditions. I will be back surfing that front wave and paddling on river trips as soon as I can, but probably with plugs in my ears and a little older and wiser. See you on a river sometime soon.

Results of the Membership Survey

Many thanks to those who filled out the membership survey. It was excellent to have the feedback from such a diverse range of kayakers from around the country. The paddlers surveyed strongly emphasised the conservation focus of the Association, with support and praise for the conservation initiatives of the NZRCA on the Clarence, Tongiraro, Rangitata, Arnold and Kawarau Rivers. Other positives were the role of the NZRCA as national voice to address access concerns, the River Safety Subsidy, and the newsletter.

The winner of the Sick Line video was Maggie Oakley, of Otago. NZRCA T-shirts were awarded to Alan Bell (Lower Hutt) and Duncan Humphries (Geraldine).

Many thanks to Dwights Canvas for providing the Sick Line video. May the rivers flow for you!

Other News

MSA Update

Further to the investigations into the deaths of kayakers last year, the NZRCA have negotiated with the MSA to have expert witnesses called. These experts will be asked an array of questions that would identify useful information for kayakers.

Safety Subsidy Reminder

NZRCA members are eligible for:

- River Safety Course - \$45
- River Rescue Course - \$60

Contact Janet on 03 326 5581 or safety@rivers.org.nz



Individual Membership Form

New Zealand Recreational Canoeing Association
PO Box 284 Wellington
Phone/Fax: 03 384 9301
E-mail: nzrca@rivers.org.nz
Website: www.rivers.org.nz

Annual Membership

Personal Details

Name	
Ph (day)	Ph (a/h)
Address	
E-mail	
Fax	
Occupation	
Club	

Your membership details are managed by the NZRCA in accordance with the Incorporated Societies Act (1908) and the Privacy Act (1993).

For NZRCA Use Only

Membership ID

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Receipt #

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Response Date

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Deposited

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Individual Membership (incl GST) \$ 30.00

Includes three issues of *NZ Canoeing* and a Water Safety Subsidy of \$45 per person per year for River Safety and River Rescue Courses.

Donation \$.00

Additional support for our work in Conservation, Access, Safety and Education is gratefully appreciated.

Total \$.00

Method of Payment

☐ Cheque ☐ Mastercard ☐ Visa

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Name on Credit Card

Tick to receive a receipt ☐

Make cheques out to "NZRCA" and send to PO Box 284 Wellington. Welcome!

New Zealand Recreational Canoeing Association Inc.

Our purpose is to preserve New Zealand's whitewater resources and to enhance opportunities to enjoy them safely.

PO Box 284 Wellington • Ph/Fax: 03 384 9301 • nzrca@rivers.org.nz • www.rivers.org.nz

The NZRCA is aware that *NZ Canoeing* is not necessarily reaching club members in a timely fashion. In order to help clubs get *NZ Canoeing* out to members, the dates that clubs (and individual members) can expect the next three issues are:

Annual Report	1st July 2001
Spring 2001	1 October 2001
Summer 2002	1 February 2002

Any changes to these dates will be communicated by our Membership Officer.

Contributions to *NZ Canoeing* are most welcome, contact Polly on communications@rivers.org.nz