

Playing It Safe

Hazards Found on Streams

Recreation on rivers and streams can be relaxing or thrilling, but it should always be safe. Water offers several real dangers, but with proper training, these hazards are easily managed. Boating safety classes that can teach you to handle water hazards are available around the state of Ohio. Contact the Ohio Department of Natural Resources at 1-877-4BOATER or watercraft.ohiodnr.gov for more information.



Paddlers should not boat on swollen rivers and streams like this high water on the Great Miami River in downtown Dayton.

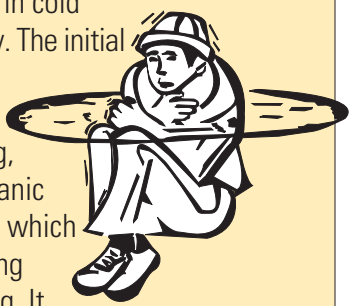
Floods and Other High, Swift Water

Paddlers should never boat on a stream with water spilling out of the banks or on a stream that is unusually swollen due to high rains or snow melt. High water causes hazards such as low dams and strainers to become even more dangerous. Unseen obstacles such as floating logs or submerged trees may also threaten a boater. Swift currents are more likely to overcome a paddler's ability to avoid hazards and may make it more difficult to reach shore once in the water.

Water levels are monitored on rivers and streams throughout the state. Check local media and sources for warnings and current conditions.

Cold Water Immersion

Sudden immersion in cold water can be deadly. The initial "cold shock" can cause immediate, involuntary gasping, hyperventilation, panic and vertigo – all of which can result in inhaling water and drowning. It also can cause sudden changes in blood pressure, heart rate and heart rhythm that also may result in death. The longer you are immersed in cold water, the harder it is to control your body. Manual dexterity and coordination deteriorate rapidly, and within 30 minutes, hypothermia (cooling of the body's core temperature) can begin. Loss of consciousness and death with or without drowning can result.



To prevent cold water immersion, take all measures necessary to avoid capsizing your boat. Keep your life jacket securely fastened to help keep your head above water if you fall into the water.

You don't have to be submerged to become hypothermic. Wind chill, rain and perspiration can contribute to the condition. Uncontrollable shivering, slurred speech and lack of coordination are early symptoms. To guard against hypothermia, dress in layers using materials that wick moisture away and retain heat, such as silk, polypropylene, fleece and wool. Every boater should be able to recognize and know how to treat hypothermia.

Low Dams and Waterfalls

Low dams – like natural waterfalls – are deceptively calm and can be incredibly dangerous. Low dams may range from a 25-foot drop-off to a mere 6-inch drop-off. Water flowing over the dam forms currents that can trap objects and you. Backwash and re-circulating current can trap you back against the dam then underwater before you are pushed along the bottom only to be sucked back to the dam as you rise to the surface. This circulating motion repeats over and over again. The backwash currents may even suck you in if you approach too closely from downstream of the dam. The Mad River has many low dams, with additional low dams on its tributaries.



Low dams can be deadly and should always be avoided.

Safety tips to follow

- Know the location of all low dams and waterfalls on the river that you plan to boat.
- NEVER attempt to boat over a dam or waterfall.
- Portage (carry) your boat around a low dam and launch at a safe distance, well downstream of the backwash of the low dam.
- Scout the river and know the location of hazards. Talk with boaters who are familiar with the river to gain additional knowledge.
- Boat with experienced, responsible boaters and learn from them.
- Watch for a smooth line connecting the banks. This may be the top of a low dam.
- Listen for the splashing sounds of turbulence and the dangerous currents at dams.
- Look for concrete retaining walls, which some dams have at each bank, making the dams easier to spot.

It is nearly impossible to escape the force of a low dam's currents.

Unless you are trained in low dam rescues, never enter the water in an attempt to rescue someone trapped by a low dam. Immediately call for help, then throw a line from shore to the trapped person. Untrained rescuers should never approach the top of the dam or the backwash below the dam, even in a boat. The turbulence at the dam will easily capsize a boat.



It looks calm and peaceful, but a low dam is only 200 feet beyond this boat, well in front of the bridge.



Huffman Dam near Wright Patterson Air Force Base is one of MCD's five flood protection dams.

Miami Conservancy District Dams

The Miami Conservancy District operates and maintains five large flood-protection dams (not low dams) in the Great Miami River Watershed. These dams hold back water only when river levels are too high to pass through the large concrete tubes (conduits) that pass through the dams. *Do not attempt to pass through the dam's conduits.* Underwater portions of the dam create unpredictable currents and turbulence, which can be extremely dangerous. Plan to start your river trip downstream of these dams or end your river trip upstream of these dams.



Strainers

River obstructions that allow water to flow through them but that block or "strain" people and boats are known as "strainers." They are frequently found in the form of branches and limbs, log jams and flooded islands. Because the water flows through strainers, river currents may carry you and your boat right into the strainer. Those same currents will press against the side of your boat and cause it to tip. If you should fall into the water, the current will push you against the strainer and hold you in place with tremendous force. The current may hold you at the water surface or below the water. All strainers should be avoided.

Foot Entrapments

If your boat capsizes, do not attempt to stand or walk if you are in high, swift-moving water. You may pin a foot between submerged rocks or debris. Once pinned, the force of the current can push you under the water and hold you there. Always keep your feet up, pointed downstream, and swim to calm water before standing.

PHOTOS: Ryan Hulvat, Dusty Hall, Sarah Hippensteel Hall, Five Rivers MetroParks and National Trail Parks and Recreation District

Personal Flotation Devices/ Life Vests

More than 80 percent of all boating fatalities occur because the person wasn't wearing a life vest. Many people think a personal flotation device (PFD) or life vest says "non-swimmer," but the truth is, no boating expert would be without one. And PFDs have come a long way since the bright orange, uncomfortable life jackets of your youth. From inflatable PFDs worn around the waist – that open only if they hit water – to lightweight life vests, everyone can find a comfortable PFD to insure a safe trip.

Watercraft Laws and Boater Responsibility

- All watercraft, including canoes, kayaks, motorboats and most inflatable rafts, must be registered with Ohio DNR.
- United States Coast Guard (USCG) approved personal flotation devices (PFDs) are required for every boater.
- Children under the age of 10 are required to wear a properly fitted, USCG approved PFD at all times while on a watercraft less than 18 feet in length.
- It is illegal to operate any watercraft – boats, canoes, kayaks, jet skis, etc. – under the influence of alcohol.
- It is illegal to litter in any ditch, stream, river, lake, pond or other water area.
- Children under the age of 12 operating a watercraft must be directly supervised by an adult and may not operate personal watercraft such as jet skis.

Boating Etiquette

Group size and paddling skills are an important consideration in choosing a waterway for your trip. The recommended minimum is three boats. No one should paddle alone.

Each person has specific responsibilities in the overall group organization. The safety of the group is dependent upon everyone carrying out these responsibilities.

The lead boat is the first boat and should carry an experienced river runner. The lead boat:

- Sets the pace and continually evaluates the pace for the rest of the boats.
- Selects and communicates to the rest of the group the route to follow.
- Scouts the route when a clear section isn't visible.
- Carries first-aid and rescue equipment.

The sweep boat is the last boat and should carry an experienced rescuer. The sweep boat will only pass other boats in the event of an emergency and:

- Carries first-aid and rescue equipment.
- Assists with keeping the group together.

The remaining boats have a responsibility to stay in between the lead and sweep boats. (If a boat inadvertently passes the lead boat, it should immediately stop and wait for the lead boat to pass.)

The remaining boats:

- Maintain space to avoid collisions, but still stay compact as a group.
- Always keep the next boat upstream and downstream in sight; stop if the downstream boat isn't visible.
- Communicate boating instructions.

Outdoor Ethic

Dispose of litter properly – pack it out

- Repackage food to minimize waste.
- Never throw any garbage into the water.
- Plastics are dangerous to wildlife – plastic bags, six-pack rings, and other clear plastics float on the water.

Display courtesy and respect to riverfront landowners

- The access points highlighted in this guide are located on public property, but most of the shoreline – and river bottom – are privately owned.
- Many landowners enjoy the stream's peace and solitude from their property. Share the same courtesy that you would want.

Leave what you find

- Leave artifacts and natural objects undisturbed.
- Avoid introducing non-native species, including live bait, by cleaning equipment between trips.

Planning a Trip

For the most up-to-date information on the water trail

www.miamiconservancy.org/recreation/planatrip.asp

- Scout the land area and stream prior to boating it.
- File a "float plan" with a reliable person, indicating where you are going and when you will leave and return.
- Check river water levels and flow information for any river warning and flood information. Check a stream gauge level, if available, on the United States Geological Survey's web site at <http://waterdata.usgs.gov/oh/nwis/rt>.
- Dress properly. Wear appropriate footwear.
- Know the location of all dams and other hazards, and carry your boat around these hazards.
- The streambed may be privately owned. Be sure to put in and take out only at public access points.
- Carry adequate drinking water.
- Be prepared for the worst. Know how to get to roads if you must "walk out."
- Display courtesy and respect to other stream users.



Whitewater and Playboating Areas

Boasting the state's first whitewater course and playboating areas, Buck Creek and the Mad River both have constructed paddling features that are appropriate for experienced paddlers. Extreme caution should be used when paddling in or near the whitewater features which are not designed for beginner-level paddlers. Swimming is not permitted in the whitewater feature.

On the Buck Creek, the ECO Sports Corridor offers recreational boaters the opportunity to experience whitewater throughout Greater Springfield. According to National Trail Parks and Recreation District, beginning at RM 4.4, boaters can paddle nine whitewater features as they pass beneath the new Springfield Regional Medical Center. In addition, the natural limestone shelf-rapids further upstream complete a 6-mile run from Buck Creek State Park through downtown Springfield to the confluence of the Mad River.

As an added bonus the Friends of Buck Creek have secured 'Weekend Recreational Releases' in the fall from C.J. Brown Dam & Reservoir via the US Army Corps of Engineers. The releases run every Saturday and Sunday from mid-September through November.

On the Mad River, Five Rivers MetroParks constructed the Mad River Run whitewater feature at RM 3.7. According to Five Rivers MetroParks: The left side of the Mad River Run whitewater feature is a friendly play wave and designed for surfing in ideal conditions between 300 cubic feet per second (cfs) to 700 cfs. Once the water reaches above 900 cfs, both eddies feed strongly back into the river left drop. The center of the Mad River Run whitewater feature is designed for higher water and becomes a playable feature beginning around 1,200 cfs. Since the design is so new, information is still being gathered about ideal flow rates. The right side was designed for less experienced paddlers.

The Miami Conservancy District

The Miami Conservancy District protects the region from flooding, preserves the quality and quantity of water, and promotes the enjoyment of our waterways. The organization dates back to 1915 and is a political subdivision created by state law.

The Miami Conservancy District:

- Operates and maintains five dry dams, 55 miles of levee and other flood protection features in its system.
- Monitors the area's groundwater and surface water to protect the aquifer, which supplies 99 percent of the region's drinking water.
- Owns or maintains 35 miles of recreation trails for biking, skating, walking, jogging and enjoying.
- Coordinates a water quality credit trading program that allows the region to improve water quality better, cheaper and faster.
- Works with communities to help identify and respond to water resource concerns.

The Miami Conservancy District operates throughout the Great Miami River Watershed which drains about 4,000 square miles in southwest Ohio.



Water Trail Partners

The following water trail partners provided all the access point information. Please contact them for more information.

Logan County
Indian Lake State Park
12774 State Route 235 N
Lakeview, Ohio 43331
937-943-2717
parks.ohiodnr.gov/indianlake

Champaign County
Mad Men Chapter of Trout Unlimited
www.tumadmen.org

Five Rivers MetroParks
409 E. Monument Avenue
Third Floor
Dayton, Ohio 45402
(937) 275-PARK (7275)
www.metroarks.org

Greene County
Greene County Parks and Trails
575 Ledbetter
Xenia, Ohio 45385
937-562-6440
www.gcparkstrails.com

Clark County and Springfield
National Trail Parks and Recreation District
1301 Mitchell Boulevard
Springfield, Ohio 45503
937-328-PARK (7275)
www.ntprd.org

Buck Creek State Park
1901 Buck Creek Lane
Springfield, OH 45502
937-322-5284
parks.ohiodnr.gov/buckcreek

Clark County Park District
930 South Tecumseh Road
Springfield, OH 45506
937-882-6000
www.clarkcountyparkdistrict.org

Springfield Conservancy District
515 North Fountain Avenue
Springfield, Ohio 45504
937-408-5849



Watch for this sign to help you find the access points along the Mad River Water Trail.

Report Spills

Report spills, abandoned drums, and other environmental emergencies 24 hours a day at 1-800-282-9378.

Safety information provided by the Ohio Department of Natural Resources Division of Watercraft and The Miami Conservancy District.



The information contained in this map is believed to be accurate. The Miami Conservancy District is not responsible for any inaccuracies, misrepresentation and use of the map and its contents are the responsibility of the user.

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The Mad River Water Trail was officially designated by the State of Ohio in July 2010. The Mad River Water Trail is part of the Great Miami River Watershed Water Trail – the largest water trail system in Ohio. This trail system collectively offers 265 miles of waterway accessible to recreational boaters, fisherman and wildlife waters. A Water Trail is a network of publicly accessible facilities that provide opportunities to fish, launch canoes, kayaks, and other craft, explore the natural and cultural heritage along the river. For more information on Ohio's Water Trails visit www.ohiodnr.gov

Enjoy the Mad River Water Trail & Play It Safe!

