



## National Center for Cold Water Safety

### Links to Recent Articles and Videos

#### **Videos:**

#### **Cold Shock, Swimming Failure, and Incapacitation**

<https://vimeo.com/529139413>

**Keeping Your Cool In The Heat** <https://vimeo.com/608714002>

#### **Common Paddling Hazards Trailer**

<https://vimeo.com/530651188>

#### **Fatal Rowing Incident – Northwestern University, April 11, 2017**

<https://vimeo.com/532733794>

**Flying Kayaks:** <https://youtu.be/6kYBcf0EYzq>

#### **Reflected Waves at Hains Point:**

<https://www.youtube.com/watch?v=NyguoD32g-U&t=1s>

#### **Intersecting Waves Amplifying Each Other**

<https://vimeo.com/530130268>

**Thunder and Hailstorm on Escatada Lake, Oregon, June 15, 2021** <https://vimeo.com/564776511>

#### **American Integrity Exiting Duluth Channel**

<https://vimeo.com/531079316>

## **Articles:**

### **Cold Water Paddling Gear:**

[https://docs.google.com/document/d/e/2PACX1vRo30Pp7pKi1FxGJEb\\_U4iO7\\_YoILvdbslXfwgAdZiqxqnhhxQFUFwDnhdZz3a79myf486kC-sgtzBY/pub](https://docs.google.com/document/d/e/2PACX1vRo30Pp7pKi1FxGJEb_U4iO7_YoILvdbslXfwgAdZiqxqnhhxQFUFwDnhdZz3a79myf486kC-sgtzBY/pub)

### **Keeping Your Cool In The Heat:**

Regardless of whether the water temperature is a tepid 82F or a very chilly 56F, if you're paddling on a hot sunny day, you can avoid overheating by using a simple but powerful technique to offload excess heat. This works whether you're wearing regular clothing or thermal protection like a wetsuit or drysuit. This article explains how to stay comfortable by using a simple but powerful technique to offload excess heat.

<https://drive.google.com/file/d/1XYINDjq9kEyUvfe7BJiwewKHVX--C4s1/view?usp=sharing>

### **Learning To Scull A Kayak**

I email this article to my students before each sculling class.

[https://drive.google.com/file/d/14VAfwzjOo-LgfBZ9C9ni6jcC\\_x3afFNc/view?usp=sharing](https://drive.google.com/file/d/14VAfwzjOo-LgfBZ9C9ni6jcC_x3afFNc/view?usp=sharing)

### **Guide To Water Temperatures**

This guide will help you find water temperatures for your area of the country.

<https://docs.google.com/document/d/1XVnZLA4dKHXEFDetWx8mkVxSkZia21eY6nXqAgpnaMQ/edit?usp=sharing>

### **Blaming The Victims**

Unkind, mean-spirited, judgmental comments in the aftermath of paddling tragedies can have long-lasting negative effects, and they do nothing to improve safety. We should commend those paddlers who have the courage to publicly own their mistakes so that others can learn from them. This is an article I wrote for The Paddler Magazine.

<https://paddlerezine.com/blaming-the-victims>

### **The Case Against Waders:**

[https://docs.google.com/document/d/e/2PACX1vSIC1yCs\\_nUUp9I1Ty32D6ErSvi1fDwAhaaUEajO8VCxsD7mseOjvsVdbYTrLuACDTBknFXbtduPQ7L/pub](https://docs.google.com/document/d/e/2PACX1vSIC1yCs_nUUp9I1Ty32D6ErSvi1fDwAhaaUEajO8VCxsD7mseOjvsVdbYTrLuACDTBknFXbtduPQ7L/pub)

## **Excerpts from USCG 2019 Boating Safety Report:**

[https://docs.google.com/document/d/e/2PACX1vTx4jlFhFWCIBJ0ka5hxVjcZD0jIyPEDZsLNEt6ShixGUVJ6ZqnRIUCOEobc5Lb226fTmoTJAhg4p\\_z/pub](https://docs.google.com/document/d/e/2PACX1vTx4jlFhFWCIBJ0ka5hxVjcZD0jIyPEDZsLNEt6ShixGUVJ6ZqnRIUCOEobc5Lb226fTmoTJAhg4p_z/pub)

## **The Worst Cold Water Myth – 1/10/1**

This is the short version of the Case Against 1-10-1

<https://drive.google.com/file/d/1LbqNo-oa6BM56fUT61KVhIMphDwUHpQ3/view?usp=sharing>

## **The Case Against 1-10-1**

This is the 47-page Special Report that demonstrates why the 1-10-1 myth undermines cold water safety.

<https://drive.google.com/file/d/10NNdKQt3vUfTYsyF3zKHN1S8QoqFQQZq/view?usp=sharing>