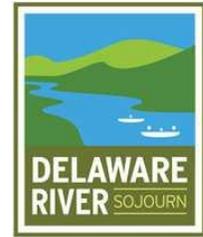


Daily Plan ~ Day 3

Monday, June 19, 2017

Day Coordinators:

John Mauser *DAILY POINT OF CONTACT* – Martins Jacoby Watershed Association
Herb Meyerson – Friends of the Delaware Water Gap National Recreation Area
Rose Ann Whitesell – Stony Brook Inn



Stretch to be Paddled:

Dingmans Ferry Access (RM 238.37) to Bushkill Access (RM 227.84)

10.43 Miles ~ Smooth Water with small Class I Rapids

Morning: Travel on-your-own to Worthington State Forest on Old Mine Road in Warren County, NJ (day trippers meet and park here) - see directions on pages 2-3

- 7:00 a.m. Breakfast ~ at Worthington State Forest
- 7:30 a.m. Registration ~ for all
- 8:30 a.m. Shuttle everyone to Dingmans Ferry (RM 238.37)
- 9:30 a.m. Safety Briefing and Launch
- 12:30 p.m. Lunch at Eshback Access, PA (RM 232) and Program by Amanda Subjin, Delaware Highlands Conservancy, "Women in the Woods", and Lord High Admiral presentation
- 1:30 p.m. Resume paddling
- 3:00 p.m. Program on the water by Robert Heil, Brodhead Watershed Association, "The History and Future of the Brodhead River"
- 4:30 p.m. Take-out at Bushkill Access, PA on the Delaware (RM 227.84)
- 5:00 p.m. Shuttle back to Worthington State Forest
- 6:30 p.m. Dinner ~ in camp
- 7:30 p.m. Evening Programs: Ken Metcalf, Knowlton Township Historical Commission, "The History of Transportation on the Delaware River"
- 10:30 p.m. Quiet Hours in camp

Camping at Worthington State Forest

(NO ALCOHOL PERMITTED)

There are full shower facilities at this location

Many Thanks to Today's Sojourn Partners:

Delaware River Sojourn Steering Committee, National Canoe Safety Patrol, National Park Service Delaware Water Gap National Recreation Area, Northeast Wilderness Experience, Konrad's Kitchen, Garing Enterprises, LLC, Worthington State Forest, Friends of the Delaware Water Gap National Recreation Area, Stony Brook Inn, Martins Jacoby Watershed Association, Delaware Highlands Conservancy, Brodhead Watershed Association, Knowlton Township Historical Commission

EMERGENCY CONTACT NUMBERS:

9-1-1

1-800-543-HAWK (4295)

Worthington State Forest (908) 841-9575

Special Thanks to Sojourn River Master Donors:

ShopRite and Konrad's Kitchen

Special Thanks to Sojourn Grantors:

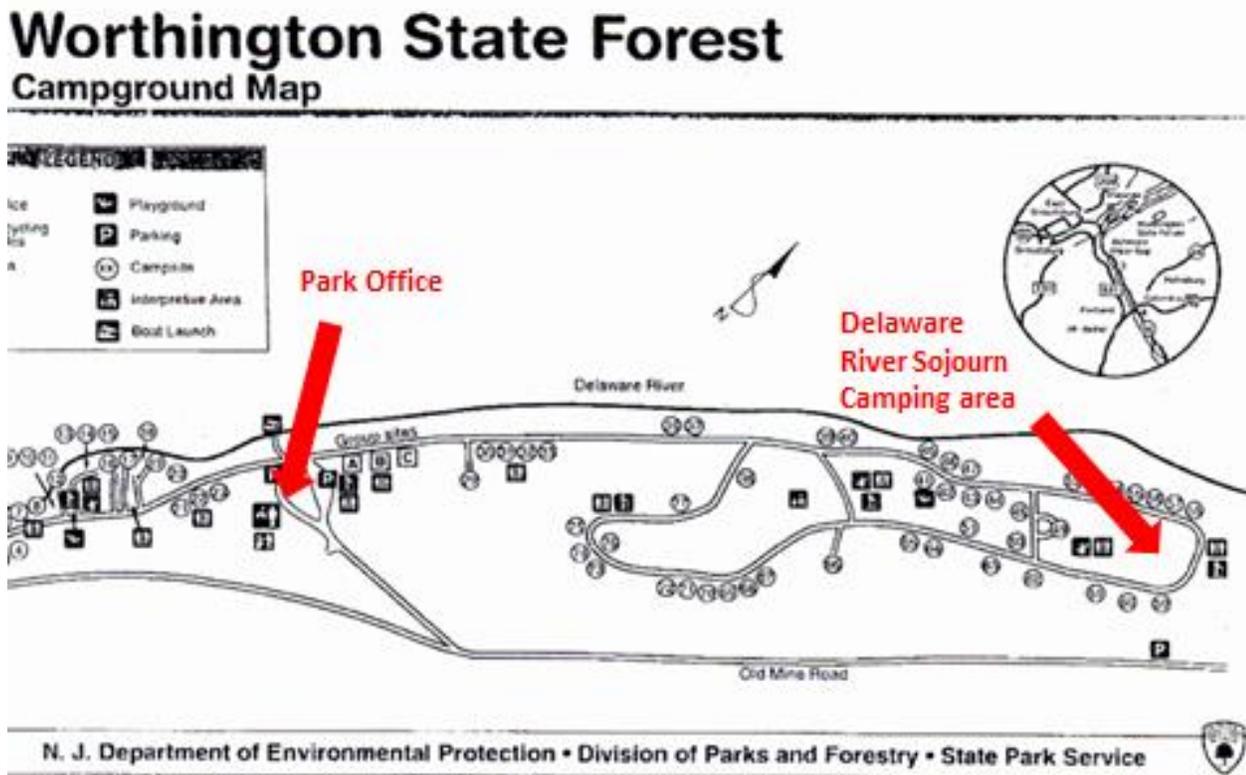
PA DCNR/POWR, NPS Lower Delaware Scenic and Recreational River, PA DCNR/Lehigh Valley Greenways, and PPL

Special Thanks to Teresa Haag, T-shirt artist, and to Vicki Dodson, T-shirt layout and design

Driving Directions to Worthington State Forest

GPS: 40 degrees 58'36.01" N & 75 degrees 8'4.68" W

To create your own directions to Worthington State Forest: <http://tinyurl.com/to-worthington>



The Worthington Forest State Park camping area is located off Old Mine Road in Warren County, N.J.

From New Jersey & New York via Interstate 80 West:

- Take Route 80 west to the last exit in New Jersey (Millbrook/Flatbrookville) - Exit 1.
- At the bottom of ramp, turn right. Old Mine Road (aka River Road) is very narrow. There is a one-way section that uses a 3- minute traffic light, please pay attention to the oncoming vehicles.
- Turn sharp left after three miles for the Worthington State Forest Park Office.

EMERGENCY CONTACT NUMBERS:

9-1-1

1-800-543-HAWK (4295)

Worthington State Forest (908) 841-9575

- Travel past the office and turn right proceeding to camping area (see map above).

From Delaware Water Gap and points west in PA via Interstate 80 East:

- Take Route 80 east to the first exit in New Jersey (Millbrook/Flatbrookville) - Exit 1
- Take the exit and follow the road around and under I-80 (like a really long U-turn).
- Travel on I-80 West for about 30 seconds before exiting from the westbound lane.
- At the bottom of ramp, turn right onto Old Mine Road. Old Mine Road (aka River Road) is very narrow. There is a one-way section that uses a 3- minute traffic light, please pay attention to the oncoming vehicles.
- Turn sharp left after three miles for the Worthington State Forest Park Office.
- Travel past the office and turn right proceeding to camping area (see map on pg. 2).

From Easton, PA:

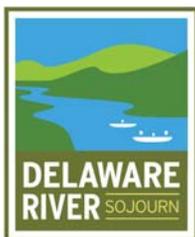
- Take PA-611 North to traffic light in Martins Creek.
- Turn right and continue on PA-611 North through Mt. Bethel toward the toll bridge and signs for Interstate 80.
- Cross the toll bridge and follow the signs for Interstate 80 West.
- Take Route 80 west to the last exit in New Jersey (Millbrook/Flatbrookville) - Exit 1
- At the bottom of ramp, turn right onto Old Mine Road. Old Mine Road (aka River Road) is very narrow. There is a one-way section that uses a 3- minute traffic light, please pay attention to the oncoming vehicles.
- Turn sharp left after three miles for the Worthington State Forest Park Office.
- Travel past the office and turn right proceeding to camping area (see map on pg. 2).

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SAFETY GUIDELINES – DELAWARE RIVER SOJOURN

PERSONAL EQUIPMENT

1. **PFD's** (Personal Flotation Device) must be worn **at all times** on the river: kayaking, canoeing, swimming, and wading: ALWAYS. PFD's must be properly fastened and tightly fitted. Ask someone to pull upward on the shoulder straps of your PFD. If the straps move up to your ears, the PFD is not tight enough. When wet, the PFD can slide up on your body and interfere with arm movement, or even go over your head, so it is important that it is tightly fitted before getting out on the water.
2. **Wear protective foot gear.** River bottoms often contain broken glass and other sharp objects. Water shoes are best, but sneakers also work. Footwear should be closed-toe.
3. **Proper clothing.** Anticipate weather and water conditions. Dress and protect yourself accordingly. See gear list below.

DAILY CONDITIONS AND WEATHER

1. **Today's weather.** Going over the daily weather forecast is included in the daily safety briefing.
2. **Today's river conditions.** Going over the river conditions of the section to be paddled is part of the daily safety briefing.

PADDLING PROTOCOL

1. Keep **BOAT POINTED DOWNSTREAM.** If you are sideways and hit a rock, you are more likely to capsize.
2. **LEAD Boat** and **SWEEP Boat.** No one is to paddle in front of the LEAD boat or lag behind the SWEEP boat. If the lead boat is involved in a rescue, all paddlers are to wait for the Safety personnel to return to the lead position.
 - Paddling is an activity that demands effort on your part. We do not simply float, but paddle for several hours, which requires some work. Please keep up with the group and do not hold up others unnecessarily.
 - Likewise, we are not in a race. The lead boat will set a comfortable pace. Keep up, but do not paddle beyond the leader.
3. Always **follow the directions** of the lead boat and safety team members. When the lead boat stops, we all stop.
4. **Do not indulge in horseplay, splashing, or colliding with other boats.** In hot conditions, engage in water play only with those who have given permission. NEVER splash with paddles.
5. **RAPIDS.** Safety personnel will guide us through the more challenging rapids; follow their instructions. Proceed single file through the rapids spaced at least three or four boat lengths behind the boat in front of you. If someone gets stuck on a rock, you do not want to plow into them.
 - Avoid hazards well in advance. Rocks, trees in the water, bridge piers, boats pinned or stuck on rocks – all can cause you problems. Stay clear – start avoiding them well in advance.
 - Safety personnel will often position their boats behind partially submerged rocks. DO NOT paddle toward them. Watch for paddle signals to indicate which channel to take.
6. **STRAINERS.** Strainers are trees and other debris that project into the river from the shoreline that may not be visible. STAY AWAY!

COMMUNICATIONS

Rivers are wide and our group is large, so we communicate with **Paddle Signals** and **Whistle Blasts**. Safety personnel use radios to stay in communication with each other.

Paddle Signals:

1. **Paddle Straight Up.** Clear paddling. Continue straight ahead.
2. **Paddle Horizontal with both hands.** STOP paddling or back-paddle (pass the signal to boats upstream).
3. **Paddle aloft at an angle.** Best channel is in the direction the paddle is pointing.
4. **Paddle aloft at an angle – moving rapidly up and down.** MOVE IN THAT DIRECTION QUICKLY!!

Whistle Blasts:

One Blast. Everyone's attention is needed.

Two Blasts. Stop paddling downstream. Paddle towards shore.

Three Blasts. Danger or trouble! **-OR-** Someone is out of their boat (“Swimmer”).

Verbal Communications:

1. If you have a medical concern that we should know about, please notify a member of the Safety Team.
2. If you need to leave the river, tell a member of the Safety Team before you do.

MISHAPS

1. Should you go **sideways against a rock – lean towards the rock** (away from the oncoming current). Begin to work the boat towards one end to pivot around the rock.
2. If you become **disconnected from your boat**, assume a float position on your back. Your feet should be kept together pointing downstream with toes out of the water. Knees should be bent, and your head should be tilted forward. Use your arms to guide/paddle yourself.
 - Do Not attempt to stand in swift moving water unless it is very shallow (i.e. your bottom is hitting the rocks). If the water is deeper than your mid-calf line, do not attempt to walk in moving water. Foot entrapment can occur, which is very dangerous in swift moving water.
 - If another boat is nearby, try to grab the bow or stern.
 - If someone throws you a rope, they will yell “Rope”. Thrust your arms upwards if you are able. Try to grab the rope even if it is a bit off target.
 - Stay upstream from your boat and stay away from it. Your PFD will support you. The danger of being downstream from your boat is that you may become pinned between it and a rock.

TIDEWATER RECOMMENDATIONS / REQUIREMENTS

1. All boats must stay 20' to 40' feet away from vertical walls (unless there is a storm or other safety issue).
2. Stay at least 50' away from large ships unless given permission to approach. Stay at least 50' from military ships – no exceptions.
3. If it becomes very windy and white caps cover the water surface – GO TO SHORE IMMEDIATELY.
4. If you are unskilled in rough water – approach waves at a 90 degree angle and practice balance like riding a bicycle. Tug boats and other motorcraft can make large wakes.
5. Never go into a channel between the red and green channel markers unless you are instructed or guided to cross the river. Channels are dangerous because large ships cannot see you; they need to stay in the channel and cannot stop or turn quickly.
6. If you become tired, get clammy, sweaty, or confused – call for help immediately. Do not try to ride it out.
7. Everyone is responsible for everyone else. Keep an eye on your fellow paddlers. Speak up if you suspect there is a problem or danger.
8. Do not take pictures of bridges from close up. You may be arrested by Homeland Security.
9. Leave nothing but footprints in camp areas. Re-check before leaving. This is important.

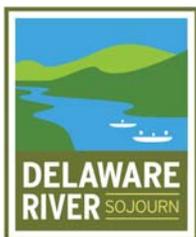
IMPORTANT GEAR TO HAVE WITH YOU

- * Sunscreen; long sleeve shirt; long pants
- * Rain gear

- * Insect repellent
- * Plenty of Water; other non-alcoholic drinking fluids (no glass containers)
- * Snacks
- * Pump or bailer, large sponge
- * Whistle
- * Change of clothes in a dry bag (or double garbage bag, tightly tied)
- * Sunglasses and/or brimmed hat
- * First aid kit
- * Medication you require
- * Eyeglass retainer
- * Trash bag
- * Optional camera and binoculars (waterproof enclosures)
- * Cell Phone or other means of communication (waterproof enclosure)

RENTAL BOATS

1. Adjust foot pedal distance and seat position suitable for you.
2. **Do Not** use the boat for a bathroom.
3. **Remove all Trash** and personal items at the end of each day.



Important Safety Information in Case of Unsafe Conditions during the 2017 Delaware River Sojourn

Water levels are a critical safety issue in river paddling for two reasons:

1. High water increases the speed of the river's flow and can inundate the riverbanks and islands where flooded trees and vegetation can create what are known as "strainers." Strainers are very, very dangerous and can trap boats and people under water.
2. High water changes the characteristics of the rapids on the river. Some "wash-out" while others become more dangerous with higher waves.

In times of high water and/or severe weather, the Sojourn Safety Team will determine whether it is safe to paddle at any time on any given Sojourn Day.

- Please note that high water rescues endanger the people making the rescue. While Sojourn Safety personnel are well trained in rescue techniques, the person nearest to a boat or boater in trouble could be another Sojourner. High water makes the river more dangerous for everyone.
- Equally important to be aware of is the chance and occurrence of storms or other adverse weather conditions, as it is very dangerous to be on the water during periods of lightning and high winds.

If deemed too dangerous to paddle, meals, programs, and camping will still be provided and alternate activities will be offered.

In addition to following the guidance of the Safety Team, the Delaware River Sojourn follows the high water policies of the National Park Service (NPS) Units in the Upper Delaware and Delaware Water Gap and also those that the liveries operating in the Lower Delaware follow.

NPS Upper Delaware River Guidance:

- 1. At average water levels: 2.5 – 4 ft.** Everyone may take the trip in canoes or kayaks, even if it is raining.
- 2. At moderate water levels: 4 – 6 ft.** We will take the trip even if it is raining. Rafts are recommended for less skilled boaters. The Sojourn Safety Staff will have the final word in determining who is a skilled boater and who should be in a raft.
- 3. At high water levels: 6 – 8 ft.** Take the trip even if it is raining and the river is not expected to go above 8 feet. Rafts will be required for all people renting watercraft and for less skilled private boaters. High water waivers will be required for people using private boats; the Sojourn Safety Staff will have the final word in determining who is a highly skilled boater and who should be in a raft.
- 4. At very high water: 8 feet and above.** There will be No Sojourn River Trip – Alternate activities will be offered.

NPS Delaware Water Gap Guidance:

1. Montague Gage reads 8-15 ft. NPS Delaware Water Gap National Recreation Area issues river advisories when the Montague gage hits 8-15 feet. The advisory closes swimming areas and makes PFD wearing mandatory for all people in boats (non-motor & motor boats).

2. Montague Gage is over 15ft. NPS Delaware Water Gap National Recreation Area closes the river corridor to all boating.

Lower Delaware River Guidance:

1. Riegelsville Gage reads 8 ft. and above. The Safety Team will confer, but there will likely be no River Sojourn trip. Alternate activities will be offered.