

VOLUME 7

ISSUE 1

PADDLE

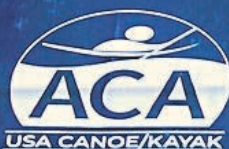
ACA | CANOE - KAYAK - SUP - RAFT - RESCUE



U.S. OLYMPIC TEAM TRIALS

CANOE/KAYAK SLALOM

FOLLOW US @TEAMUSA



#CanoeKayakTrials21

Olympic Team Trials

2021 Highlights and Results from Sprint, Slalom and Paracanoe
Plus Exciting Extreme Slalom Event

ACA State Directors

Dedicated Volunteers Creating Programs and Opportunities



INSIDE

08

Membership

Welcome New ACA Staff & Board Members
State Director Program Success Story
Club Fostered Community Grant

13

Education

New River Kayak Hand Paddling Program
New Level 5 Whitewater Rafting Program

16

Stewardship

Georgia River Network
PAW+ Act
Washington State Boater Card Legislation
Neuse River River Access - Paddlers Voice
Labadie Whitewater Park
Save the Boundary Waters!
New Mexico Policy Updates





18

Competition

Olympic Team Trials - Sprint

Olympic Team Trials - Slalom

Extreme Slalom

Stories from Szeged

Open Canoe Slalom Nationals

SafeSport Training Platform

26

Special Features

Int'l Whitewater Hall of Fame

Mississippi Speed Record Attempt

Products from ACA Partner, Buddy
Insurance

Summary Medical History Cards:
Risk Management for Paddlers
by Steven Henkind, M.D., Ph. D., WFR

Who We Are

Founded in 1880, the American Canoe Association (ACA) is a national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling, stewardship support to help protect paddling environments, and sanctioning of programs and events to promote paddlesport competition and recreation.

ACA National Office Staff

Executive Director	Beth Spilman
Project Manager	Tamara Adelberg
SEI Department Manager	Kelsey Bracewell
Athlete Safety and Compliance Manager	Stanton Collins
Membership Coordinator	Michelle Flynn
Press Officer & Communications Manager	Reina Kern
Education & Grant Coordinator	Richard Lauridsen
Public Policy Chief	Brett Mayer
Insurance Coordinator	Kristal Pastell
Membership Coordinator	Candy Patten
Slalom National Team Coach	Rafal Smolen
General Manager - High Performance Programs	Rok Sribar
Finance Director	Emma Walther

ACA Board of Directors

Board President	Robin Pope (NC)
Board Vice President	Heather Davis Miller (VT)
Board Treasurer	Lili Colby (MA)
Board Secretary	C.C. Williams (SC)
At-Large Director	Brandon Slate (CO)
At-Large Director	Rainey Hoffman (WA)
At-Large Director	Sarah Leith Bahn (OR)
Independent Director	Adam Joseph (MD)
Property Management Director	Bill Micks (VA)
Safety Education & Instruction Council	John Traendly (GA)
Elite Athlete Director - Sprint	Thom Crockett (CA)
Elite Athlete Director - Slalom	Scott Mann (VA)
Elite Athlete Director - Paracanoe	Nikiha Miller (GA)
ACA Athlete Advisory Council Representative to the USOPC	Kenny Kasperbauer (WA)
ACA Athlete Advisory Council Representative to the USOPC	Michal Smolen (NC)

ACA NATIONAL OFFICE

P.O. Box 7996

Fredericksburg, VA 22404 USA

+1-540-907-4460 | aca@americancanoe.org

www.americancanoe.org

SEIC Executive & Discipline Committees

Safety Education & Instruction Council Executive Committee

Chair - John Traendly (GA)

Vice Chair - John Browning (WI)

Secretary - Lydia Wing (NC)

Past Chair - Trey Knight (FL)

Discipline Committee Chairs

Universal - Crystal Skahan (NH)	Surfski - Matthew Murphy (TX)
River Canoe - Mike Aronoff (VA)	Prone Paddling - Adam Masters (NC)
Touring Canoe - Lynn Dominguez (MI)	Safety & Rescue - Sam Fowlkes (NC)
River Kayak - Trey Rouss (MI)	Rafting - Elisha McArthur (CO)
Coastal Kayak - Ashley Brown (SC)	SUP - Anna Levesque (NC)
Surf Kayak - Hamp All (WA)	Intro to Paddling - Beth Wiegandt (VA)

Other Elected Positions

International Rep: Ge Wu (China)
International Rep: Sandra De Ugarte (Peru)
At-Large Rep: Dale Williams (GA)
At-Large Rep: Jefferson Atkins (SC)
Engaged Athlete Rep: Pia Lord (FL)
Engaged Athlete Rep: Heidi Henkel (VT)

State Directors

AL-Jimmie Cummings (alstatedirector@americancanoe.net)	NV-Jonathan Riezman (nvstatedirector@americancanoe.net)
AK-Levi Hogan (akstatedirector@americancanoe.net)	NH-Paul Berry (nhstatedirector@americancanoe.net)
AZ-Andrew Huff (azstatedirector@americancanoe.net)	NJ-Paul Serdiuk (njstatedirector@americancanoe.net)
AR-Rob Moody (arstatedirector@americancanoe.net)	NM-Robert Levin (nmstatedirector@americancanoe.net)
CA-Jamie Eubanks (castatedirector@americancanoe.net)	NY-Mike Cavanaugh (nystatedirector@americancanoe.net)
CO-Lynne Carpenter (costatedirector@americancanoe.net)	NC-Doug Stager (ncstatedirector@americancanoe.net)
DE-Chris Beckman (destatedirector@americancanoe.net)	ND-Matthew Sherrard (ndstatedirector@americancanoe.net)
DC-Meredith Waters (dcstatedirector@americancanoe.net)	OH-Christine Cancian (ohstatedirector@americancanoe.net)
FL-Wayne Douchkoff (flstatedirector@americancanoe.net)	OK-Clark Miller (okstatedirector@americancanoe.net)
GA-Laura Clower (gastatedirector@americancanoe.net)	OR-Sam Norgaard-Stroich (orstatedirector@americancanoe.net)
ID-Zach Mason (idstatedirector@americancanoe.net)	PA-Joel Johnston (pastatedirector@americancanoe.net)
IL-Jennifer Hahn (ilstatedirector@americancanoe.net)	PR-Omar Ramos (prstatedirector@americancanoe.net)
IN-Joyce Hayes (instatedirector@americancanoe.net)	RI-Mark Allio (ristatedirector@americancanoe.net)
IA-Jennifer Kammeyer (iastatedirector@americancanoe.net)	SC-Jefferson Atkins (scstatedirector@americancanoe.net)
KS-Jay Jeffrey (ksstatedirector@americancanoe.net)	SD-Patrick Wellner (sdstatedirector@americancanoe.net)
KY-Gerry James (kystatedirector@americancanoe.net)	TN-Andrea White (tnstatedirector@americancanoe.net)
MD-Paula Hubbard (mdstatedirector@americancanoe.net)	TX-Lynn Andrus (txstatedirector@americancanoe.net)
MA-Mike Morrison (mastatedirector@americancanoe.net)	VT-Jake Taylor (vtstatedirector@americancanoe.net)
MI-Michael Gray (mistatedirector@americancanoe.net)	VA-Sarah Beth Dinwiddie (vastatedirector@americancanoe.net)
MS-Kelly McGinnis (msstatedirector@americancanoe.net)	WA-Brent Roth (wastatedirector@americancanoe.net)
MO-Perry Whitaker (mostatedirector@americancanoe.net)	WV-Meghan Roberts (wvstatedirector@americancanoe.net)
MT-Lee Beers (mtstatedirector@americancanoe.net)	WI-Luke Martz (wistatedirector@americancanoe.net)
NE-Jordan Messerer (nestatedirector@americancanoe.net)	

For more info about the State Director Program, email Brett Mayer at the ACA National Office.



The ACA Office Has Moved!

**Our new address:
2010 College Avenue
P.O. Box 7996
Fredericksburg, VA 22401**



Connect with us!
@acapaddlesports



Membership

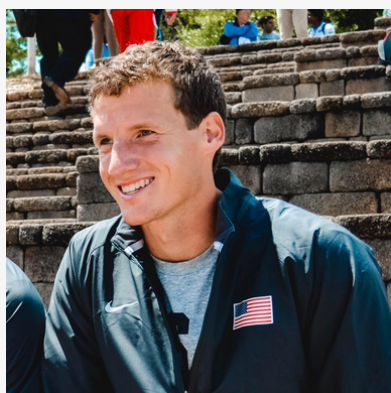
Since the last edition of Paddle eMagazine, we have welcomed some new colleagues to the ACA as members of our national staff and our Board of Directors and as ACA representatives to the United States Olympic & Paralympic Athlete Advisory Council. We also bid farewell to three staff members who have decided to embark on new life adventures.

Kristal Pastell, our new Insurance Coordinator. Kristal has been in the insurance industry for over 5 years. She began as customer service agent and worked her way to becoming a customer service manager. She loves being a part of a work family, and is ecstatic to be a part of the ACA. Her goal is to provide a warm and comfortable atmosphere within the insurance department, and do everything she can to serve ACA members.

Candy Patten, our new Membership Coordinator, might be a familiar face to many of you. Candy spent 4 years as the ACA Insurance Coordinator and recently returned to our team after teaching paddling & outdoor classes for several years. We are grateful for Candy's organizational knowledge of the ACA and passion for supporting our paddling community.

Richard Lauridsen came to ACA out of a love for the outdoors and education. After graduating from the University of Alaska Fairbanks with a teaching certification, he pursued a Master's in Educational Administration from Whitworth University in Spokane, Washington. Richard then combined his passions into working in the maritime industry where he earned his USCG 25 Ton Master's License and an American Sailing Association Instructor certification. He now applies his background in education, boating safety, and grant writing to ACA within the Safety Education and Instruction Department.





Stanton Collins is ACA's Athlete Safety and Compliance Manager. Stanton has grown up in the Sprint paddling community at Lake Lanier and was an athlete representative to the ACA Board of Directors for three years. He recently graduated from Georgia Tech with a degree in Economics and is working for the ACA on a part time basis as he continues to train for international competition. Stanton's perspective as a current athlete and his broad knowledge of the competition landscape are already proving to be incredibly valuable.

Thanks to a grant from the United States Olympic & Paralympic Committee, we are pleased to welcome **Reina Kern** as the new press officer and communications manager in the lead-up to the Tokyo Olympic Games. In her tenure, she will aid the ACA in producing media content and promoting paddlesports across the youth, development, and elite competition levels. Reina is a former Olympics Researcher at NBC Sports. While at NBC, she covered canoe/kayak sprint and slalom, attending the 2019 World Championships for both disciplines to interview the U.S. and international athletes and collect research for the NBC broadcasts before the Olympic Games.

Tamara Adelberg, our new Competition Project Manager, joined the ACA staff in May of 2021 after spending several years volunteering with the Lanier Canoe and Kayak Club. In addition to volunteering and sitting on the LCKC board, she served as the Venue Coordinator for the 2019 Sprint Nationals. The success of her work on that event led her to involvement with LOC for the Canadian/USA Team Trials in 2020.

We would like to share a heartfelt thanks and best wishes to LeighAnn Moore, our former Insurance Coordinator, Amy Ellis, our former Membership Coordinator, and Carrie Schlemmer, our former Grant and Education Coordinator. Collectively and individually, they have made significant contributions to our community over the past several years, we will miss them, and we wish them well in their future personal and professional pursuits.

Please join us in welcoming several new members to the ACA Board of Directors and thanking them in advance for their service:

Sarah Bahn: Sarah currently lives in Hood River, Oregon and is a Budget Analyst for the United States Forest Service. She is a former Slalom National Team Member and, among other accomplishments, was a Silver Medalist in Whitewater Slalom at the 1999 World Championships. Continued on next page...

Thom Crockett: Thom began paddling sprint kayak in 2017 and has since raced with the US national team at the PanAmerican Championships in 2018, and at the PanAm Games and World Championships in 2019. He has been affiliated with San Diego Canoe Kayak Team since 2017, where he has served as Board Treasurer since October 2018. Thom's experience as an active athlete will help the ACA Board to further develop its strategic plan for sprint competition, not only in supporting the needs of existing elite athletes, but also in developing a robust base of passionate athletes starting from youth, including the community-building functions needed to achieve this comprehensive goal.

Rainey Hoffman: Rainey is an attorney and lives in Seattle, Washington where he serves as Counsel to the Investment Office of a private foundation. He is a lifelong paddler and, early in his career, spent a few years on staff at American Whitewater.

Brandon Slate: As the owner of Rocky Mountain Outdoor Center, Brandon is quite submerged in the commercial aspects of paddle sports instruction. He is also very passionate about the environmental aspects of free-flowing rivers. As President of the Arkansas River Outfitters Association, he has worked closely with many stakeholders in the evolution of his local Voluntary Flow Management Program (VFMP). Throughout this process, Brandon has learned to be an advocate for recreational flows that can mesh with environmental, commercial, and agricultural needs.

Charles "C.C." Williams: Over the past 15 years, his work as a small business owner, outdoor educator, and municipal government employee has provided him with a wide range of opportunities to hone his ability to ask meaningful questions and work as part of a team to find effective ways to maximize team strengths while identifying and meeting organizational goals and objectives. In 2011 he joined the City of Rock Hill, S.C. Parks, Recreation & Tourism Department as a Program Supervisor. C.C. started Four Williams Outdoors, LLC in 2018 to meet a regional need for increased paddlesports education and to provide opportunities for his students to "learn through paddling" as they discover more about themselves, their environment, and their neighbors. His work with the ACA began in 2007 and has included several volunteer positions: Secretary for the Safety, Education & Instruction Council and a voting member of the Safety & Rescue Discipline Committee.

We are also pleased to share that our athlete community recently elected ACA's Representative and Alternate Representative to the United States Olympic & Paralympic Committee's Athlete Advisory Council (AAC). Congratulations to **Kenny Kasperbauer**, an active Sprint athlete, and **Michal Smolen**, an active Slalom athlete. Kenny and Michal are replacing Emily Wright and Brandon Holiday who recently completed their 4-year terms as ACA's Representative and Alternate Representative. Many thanks to Emily and Brandon for their service to the competition community.

ACA State Directors

The ACA has built a strong reputation on making the world a better place to paddle through numerous Education, Stewardship, Exploration, and Competition initiatives. As a national organization, it can be difficult to know all the paddling issues in every state and community. To that end, the ACA State Directors have volunteered to bridge the gap so that new paddlers have the opportunity to get connected, share in community, and become a part of the family!

The mission of the State Director Program is to increase the effectiveness of the ACA at the state level by:

- Facilitating communication between paddlers and the ACA National Office
- Fostering community responsibility in protecting and preserving paddling environments
- Assisting others with acquiring the necessary skills to safely enjoy local waterways
- Promoting paddlesport competition at the local and state level

This mission was successfully put into action in Tennessee recently! ACA certified instructors from the Tennessee Valley Canoe Club (TVCC) partnered with Park Rangers from Hiwassee/Ocoee State Park to deliver a Kayaking 101 class earlier this month. The ACA certified instructors in River Kayaking and Swiftwater Rescue donated their time and skills to host the course, and were energized at this opportunity to impart essential paddling skills and safety knowledge on newcomers in their paddling community. The participants came away from this course excited about their new sport and with much newfound wisdom on how to enjoy paddling safely. Both instructors and students had so much fun they immediately planned another course...and the class sold out immediately!

Want to get connected to paddling clubs and organizations in your state? [Contact your ACA State Director](#) today!

Photo Credit: Southern Addictions Photography
Special Thanks to ACA TN State Director, Andrea White





For those who are familiar with our long standing L.L. Bean Club Fostered Stewardship (CFS) Grant Program, we are pleased to announce a continued relationship with L.L. Bean in light of the evolving strategic direction of their charitable giving programs. In an effort to best support L.L. Bean's mission, and to build upon the strong existing partnerships the ACA maintains with grass roots non-profit paddling clubs in the United States, we have widened the scope of our stewardship efforts through what will now be known as the Club Fostered Community (CFC) Grant Program. Applications were accepted and recipients selected; grants have been provided to clubs that illustrated intentional goals and efforts at inviting and recruiting new and diverse groups of paddlers through work that supports the ACA's mission of education, stewardship, and competition.

Please join us in congratulating our 2021 recipients: Coal River Mountain Watch Tadpole Project, Diversify Whitewater, Four Corners New Mexico Chapter of Team River Runner, French Broad River Academy, Friends of Red River / Kentucky Waterways Alliance, Friends of the Rappahannock River, ONE More... ONE Less Mentoring Inc., Paddle for Heroes Veterans Non-Profit, Shaka SUP Racing, Small World Yoga, Tennessee Scenic Rivers Association (TSRA), Trail Life USA Red Fox Area, Veterans Kayak Football Challenge, and the Willamette Riverkeeper. For more information about this program, [visit our website](#).

If you'd like to learn about previously funded L.L. Bean grant programs, [please click here](#).



Education

Try Your Hand at Hand Paddling

By: Mary Pedrick, ACA Instructor and River Kayak Committee Member

Paddler I've never met: "Those hand paddles are really cool! Are those made of wood? I've got a pair in my stern for backup."

Me: "Yes, they are made of wood and I love them more than the plastic ones. How often do you use the ones that you have?"

Them: "I never really use my hand paddles, I just have them in case of an emergency...like if I break my paddle."

Me: "So you have a tool you plan to use in a dire situation like a broken paddle, which could mean you're in some serious rapids, but you've never practiced with them before? You might want to consider using them on your next paddling trip instead of your shafted paddle. It's great practice, and it's fun!"



Kenny Andrews, Nikki-Jo Fair, and Brendan Dohaney on the Pigeon River; Photo Credit: Julie Dohaney

And then he said, "I never really use my hand paddles, I just have them in case of an emergency...like if I break my paddle."

This is a conversation I have almost every time I am on the river. It usually progresses to questions about how and why I started using hand paddles, and I share some information about how paddlers can learn to use them safely and confidently - which will soon include taking an ACA Hand Paddling course!

I began using hand paddles in the Fall of 2014, when a friend let me try some out on the lower section of the Green River in Saluda, NC. It had taken years for me to learn to roll with the shafted paddle so I was very nervous to try with this new tool. It was so incredibly easy to right myself with the hand paddles that I was dumbfounded. Additionally, the trip down the river was equally fantastic! I absolutely fell in love with the stability of being able to use a blade on both sides of the boat simultaneously, the ease of rolling, and, most of all, the literal connection with the river by having my hands in it.

Over the years, I have heard that hand paddles are somehow both "cheating" and also "not as good." I've had people admire me for using them; I've had people scoff at me for using them. All I know is that having my hands in the water is far more natural of a feeling for me. As a result of using hand paddles, I am now physically stronger, my water-reading skills are dramatically improved, and my confidence shot through the roof.

In 2018, I applied for a scholarship from my local paddling club to become a Level 4 ACA Whitewater Kayaking instructor so I could volunteer my instructional skills for the club. During my certification course, I chatted at length with my Instructor Trainer about the differences between hand paddling and using a shafted paddle. For the course, I had to switch back to using a shafted paddle, which was a very big challenge for me. I came to learn that the ACA didn't mention hand paddles as a viable tool, and hand paddling skills development was not a component of their published curricula. In the Southeast US, hand paddles are very commonly seen on many rivers from class II to class V, including a hand-full of competitors in the famous Green Race, so I didn't understand their absence from the ACA curriculum.

In 2019, I wrote a hand paddling curriculum with input from several friends and fellow ACA instructors, and it was then submitted to the ACA River Kayak Committee. Next thing I knew, I found myself as the newest voting member of the RKC, participating in meetings and discussions, contributing to other projects, and getting meaningful feedback for the hand paddling curriculum I had designed. In February 2021, I was invited to assist in presenting the curriculum at the comprehensive SEIC meeting, and the curriculum and program was approved! The approved program includes an instructor endorsement course and a sample skills course. The River Kayak Committee is currently working on a roll-out plan and plans to have a group of endorsed instructors offering hand paddling courses by the Spring of 2021 - if not sooner!



Currently certified Level 2: Essentials of River Kayaking instructors (or higher) will soon be eligible to receive the endorsement and deliver this new river kayaking educational resource for paddlers who want to improve their skills with hand paddling as either a primary or secondary tool. The program roll out plan will be launched later this season. Please contact the SEI Department for information: sei@americancanoe.org.

New Level 5: Advanced Whitewater Rafting Program

The ACA Rafting Committee recently completed a comprehensive review and revision of their Level 3 and Level 4 Whitewater Rafting (Paddle & Oar) curriculum documentation. Currently certified rafting instructors should familiarize themselves with the currently published documents so they are fully aware of the revisions.

In addition, the Rafting Committee is proud to launch the first ACA Level 5 Advanced Whitewater Rafting (Paddle & Oar) curriculum. Current rafting instructors and instructor trainers interested in upgrading to Level 5, please contact the SEI Department for more information: sei@americancanoe.org.

Special thanks to the entire ACA Rafting Committee and the current committee chair, Elisha McArthur!



Stewardship & Public Policy.

The Georgia River Network is developing a Georgia Water Trails interactive application for recreational paddlers in Georgia and has asked for our support by identifying ACA members who might be able to provide more detailed information about a variety of Georgia's waterways.

GEORGIA
RIVER
NETWORK



If you have knowledge to support this effort please email ACA Public Policy Chief, Brett Mayer, bmayer@americancanoe.org.

Learn more about the Georgia River Network, [here!](#)



The Protecting America's Wilderness Act Plus (PAW+) recently passed through the House and is moving on to the Senate. You can support this act by [using this link](#) to let your local representative know you support this important piece of conservation legislation which will protect 4 million acres of public lands and over 1,000 miles of rivers. The Act also includes an amendment, the Outdoors for All Act, which ACA supported through our partnership with Outdoor Alliance for Kids.

PAW+ includes eight bills that will protect spectacular outdoor recreation, including:

- The Colorado Outdoor Recreation and Economy (CORE) Act.
- The Grand Canyon Centennial Protection Act.
- The Wild Olympics Wilderness and Wild and Scenic Rivers Act.
- Colorado Wilderness Act of 2020.
- The Northwest California Wilderness, Recreation, and Working Forests Act.
- The Central Coast Heritage Protection Act.
- The San Gabriel Mountains Foothills and Rivers Protection Act.
- The Rim of the Valley Corridor Preservation Act.

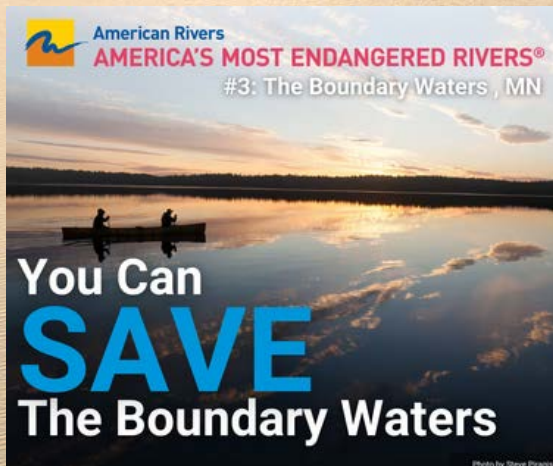


In early 2021, ACA Washington State Director, Brent Roth, submitted oral testimony to the Washington State Legislature in a hearing regarding a statute amendment that would legally mandate all human powered paddlers pay a ten-dollar fee, and pass an exam, to obtain a boater registration card. The amendment is aimed at enhancing paddler safety. The ACA submitted written testimony, along with Mr. Roth's testimony, in opposition of the amended statute. Please [click here](#) to read the written testimony submitted to the legislature.

The City of Raleigh Parks and Recreation Superintendent reached out to the ACA for guidance on developing a river access plan for the Neuse River, currently closed for safety reasons due to a river wide log jam spanning a bridge. ACA worked to assemble key stakeholders, leveraging our connections with local canoe and kayak clubs, the River Management Society, and State Parks of North Carolina, to bring a coalition of people together to discuss the beginnings of an access plan that will focus on safety, access, and inclusion for all. For more information about this collaboration or how to ensure paddlers have a voice in decisions that affect your local waterways, please connect with ACA Public Policy Chief, Brett Mayer: bmayer@americancanoe.org



ACA Missouri State Director Perry Ellis presented an opportunity for the ACA to engage with the formation of a new whitewater course on a coal fired power plant requiring EPA upgrades. Though this project is in the very early stages, the ACA was eager to support an opportunity to provide greater paddling access and enhance competition venues for paddlesports. You can [read our letter here](#).



The Boundary Waters Canoe Area Wilderness is a cherished and iconic paddling landscape. It encompasses 1,200 miles of rivers and streams and more than 1,000 lakes. It is one of the most cherished and iconic landscapes in paddling. Its fragile ecosystem and pristine waters are threatened by proposed sulfide-ore copper mining on public lands in the headwaters just outside of the wilderness area's boundary. The ACA continues to support American Rivers and its partners at every step by demanding the Biden administration act to protect the Boundary Waters from mining by issuing a federal mineral leasing ban, and that Congress pass legislation to forever protect this treasured place. [Take action to join them!](#)

Two House Resolutions were recently tabled in the New Mexico State Legislature that aimed to change the New Mexico State Constitution. Although these efforts appeared to change the language of the Constitution to protect the rights of hunters and anglers to hunt, fish, and harvest wildlife, the underlying intent was to elevate private property rights over the right to hunt, fish, and float. NM State Director Robert Levin and Norm Gaume played a pivotal role in organizing quick opposition to both Resolutions, HR 5 and HR 8, within the local paddling communities. The Resolutions were swiftly tabled after the hearings on Tuesday. Both Resolutions were attempts to preempt stream access rights litigation that is currently being considered by the New Mexico Supreme Court. Click these links to read [HR 5](#) and [HR 8](#).



Competition



Earlier this year, ACA successfully hosted the U.S. Olympic and National Team Trials for Sprint in Sarasota, Florida. By following rigorous COVID protocols (developed in collaboration with the USOPC), we are pleased to report that everything went exceedingly well. Our world champion, Nevin Harrison, won the C-1 women's 200-meter event in Sarasota and has been nominated to represent the United States in Tokyo. Five of the selected team members will compete for the remaining Olympic quotas in Barnaul, Russia, May 20-21, while several more athletes competed at the World Cup in Szeged, Hungary, on May 13-15th. Many thanks to Nathan Benderson Park, the City of Sarasota, FL, and volunteers for their help with staging the Olympic Trials.



Complete Sprint Olympic and National Team Trials [results can be found here](#) and the 2021 USA Canoe Sprint National Team nominations can be [reviewed here](#).



The Slalom and Extreme Slalom Olympic Trials were hosted at the U.S. National Whitewater Center in Charlotte, NC from April 12-14th. Slalom athletes competed in gorgeous weather without interruption, thanks to the assistance of the USNWC staff and countless volunteers. Based on her performance in Charlotte and previously at the 2019 ICF Canoe Slalom World Championships, Evy Leibfarth has been nominated to the USA Olympic Team. On the men's side, three canoeists and three kayakers will compete for the remaining Olympic tickets at the ICF World Cup in Prague, Czech Republic, June 11-13th. Complete Slalom Olympic and National Team Trials [results are available here](#), and National Teams [nominations may be reviewed here](#).







The U.S. Sprint and Paracanoe teams made their mark in Szeged, Hungary, this week, proving their stamina and competitiveness on the international stage ahead of the Tokyo Olympic Games.

A special congratulation goes out to Paralympian (Steve) Blake Haxton, who qualified by name for Tokyo in the men's VL 200m, and who will be competing in two sports (paracanoe and rowing) at the Games this summer. Additionally, 18-year-old sprint star Nevin Harrison, who punched her ticket to the Olympics in March at U.S. Team Trials, won the C-1 200m race in Szeged.

The U.S. team performed well overall, with many boats progressing to the semifinal round in their respective events.

In the men's sprint, the MK-1 500m Final A featured Nathan Humberston, who finished 20th in Final A. The MK-1 1000m featured Alexander Lee, who finished sixth in his heat, in addition to an eighth-place finish in Final B of the MK-2 1000m with partner Owen Farley-Klacik. Nathan Humberston finished ninth in the semifinals of the MK-1 1000m before advancing to Final C. In the MK-1 200m, Stanton Collins finished sixth in his heat. Kenneth Kasperbauer finished 9th in the semifinals of the MC-1 500m and fifth in Final A of the mixed C-2 200m with partner Nevin Harrison.

In the women's sprint, Shaye Hatchette finished seventh in her WK-1 200m heat and seventh in the semifinals of the WK-2 500m with partner Kaitlyn McElroy. This World Cup is the first international event for Hatchette, a winner of the Next Olympic Hopeful in August of 2018, and a native of Oklahoma City, who now trains with Zsolt Szadovszki in Gainesville, Georgia. McElroy also competed in the K-1 500m, finishing seventh in her heat. In women's canoe, Lydia Sampson and Azusa Murphy finished ninth in Final B of the WC-2 500m event and fifth in the semifinal in the WC-2 200m. Lydia Sampson also competed in Final A of the WC-1 500m event.

In paracanoe, the U.S. team secured Olympic men and women quotas in the VL2 event. (Steve) Blake Haxton finished an excellent fourth in Final A of the VL1 men 200m event to earn the Olympic quota, missing the podium by just 0.25 seconds. After the quota reallocation process by the International Canoe Federation (ICF), Kaitlyn Verfurth secured a ticket to Tokyo based on her result in VL1 women 200m at the 2019 ICF World Championships, pending the USPOC's approval. Additionally, Michael Ballard finished eighth in Final B of the KL2 men 200m, and Jamey Parks finished sixth in Final B of the VL3 men 200m. Erica Davis finished ninth in Final A of the KL1 women 200m, missing a quota by one place.

Despite coronavirus setbacks and a year of modified competition, the U.S. team had a successful showing in Szeged ahead of the postponed Tokyo Games season.



USA Paracanoe Athlete Blake Haxton Secures Quotas for Tokyo

May 14th was a memorable day for U.S. Paracanoe at the Final Paralympic Qualifier in Szeged, Hungary, as (Steve) Blake Haxton secured a quota spot for Tokyo with his fourth-place finish in the men's VL2 200m. To earn this qualification, he had to paddle faster than at least one of the three eligible athletes in the final – instead, he beat all of them.

Haxton earned the Paralympic quota spot by name and will represent the United States on the biggest international stage this summer in not one but two sports, pending the USPOC's approval. The Ohio native is also a member of the U.S. Paralympic Rowing Team and was named to the Paralympic team in the men's single sculls event at the U.S. Team Trials in April. For Haxton, the opportunity to compete at the Tokyo Games in a second sport seems surreal since he initially aimed to qualify in paracanoe for the 2024 Paris Games. However, with the Paralympic postponement last summer, he used the extra year to get in the extra repetitions he needed to be competitive at the international level.

"I'm surprised. I'm still in the early part of my learning curve in the canoe, so I didn't expect to qualify until 2024. But with the extra year, the summer of 2020 was when things started to click for me, and I got more time in the boat."

Despite his lack of experience in the canoe, Haxton feels that rowing has had a huge impact on his successful transition. "They are very different sports, but there are a few key fundamentals that definitely carry over like balancing in the boat, understanding what a good catch feels like, and having a high fitness level. Having the endurance from a 2,000-meter race in rowing before jumping into a 200-meter race in the canoe is very helpful."

With the help of his rowing coach, Pat Kington, who also coaches him in the canoe, Haxton feels that the addition and transition between the sports has been relatively easy. Haxton also credits Deborah Page, U.S. Paracanoe Committee Chair, and athletes on the U.S. canoe sprint team with being a helpful resource in teaching him the finer details on how to improve. "The able-bodied C-1 racers have been incredibly helpful over the past year, whether I'm at their training camp or just listening to them talk about different parts of the stroke. I also seek out other athletes with a similar injury to my own and watch tape. Pat is great at that – he's good at being creative."

Page thinks Haxton's performance in Szeged will do more long term than just punch a ticket to Tokyo and will catch the eye of other para-athletes. "When you have talented athletes like Haxton in your stable, it will attract others to the sport, especially other para-athletes who will say, 'let me check this out.'"

It is common for para-athletes to come from other sports to try their hand at a new skill. Many find that their athleticism takes them far while having new opportunities to compete on the national and international levels. Like Kington, Page attributes Haxton's ongoing success to his intuitive nature on the water and his ability to remain calm in high-pressure situations. "He has very high potential. Blake has a massive amount of upper body strength and does not panic. He never starts chopping his stroke."

Moving forward, Haxton says he is likely to give up rowing after the Tokyo Games due to classification standards but plans to stick with paracanoe. And so, the balancing game begins for Haxton, as he sets his sights on training and competing for two sports ahead of the Games this summer. Paralympic rowing competition will take place on August 27-29, a few days before the paracanoe competition, which begins on September 2.

History Maker: Nevin Harrison

Sprint sensation Nevin Harrison, who will be representing the U.S. in Tokyo this summer, won gold in the C-1 200m world cup race in Szeged, Hungary, at the same course where she became the first U.S. world champion in canoe sprint in 2019. Same event, same place, just about two seconds faster.

Harrison took the lead by 0.29 seconds over the second place finisher, Yarisleidis Cirilo Dubois of Cuba, followed by Liudmyla Luzan of Ukraine.



This race provided precisely the kind of confidence-boosting opportunity she hoped to gain with the Tokyo Games quickly approaching. However, according to Harrison, the race also helps put things in perspective.

"It was a confidence boost but also a wake-up call. Just to know that other girls are improving, I really need to stay on my A-game."

Although Harrison pulled out the win, the 200-meter sprint race is always unpredictable; the victory depends on who can best execute his or her race plan and out-paddle the competition on that day. In the days leading up to the final, Harrison sensed she was not feeling her best and decided to formulate a new strategy before heading into the final.

"For the semi, I wasn't 100 percent. I guess the feedback wasn't there, and I didn't feel well connected. My coach [Zolt Szadovsk] and I sat down and talked through how to get better and improve. In the final, it started coming together..."

Even on her off days, Harrison proactively takes charge of her race preparation and can pull out the win against the best competition – even against those athletes who have caused her trouble in the past. Looking ahead to the Tokyo Games in about two months, Harrison's training will get more intense but exciting. "The coming weeks will be a lot of fine-tuning and working off my base from the winter. I'm really strong physically, but in such a short race, it's really a mental game."

Harrison describes her upcoming practices to include a lot of one-on-one training and speed work. She will continue to train on Lake Lanier in Gainesville, Georgia, at the competition site of the 1996 Atlanta Olympic Games. According to Harrison, during this period, she will put her training to the test to see what she is truly capable of. The results thus far have been positive, and she hopes to continue this before hitting the biggest and most competitive world stage this summer in Japan.

"It's hard to get faster in this short time leading up to Tokyo, but it will be the fine-tuning and small adjustments that will perfect my race plan moving forward... it feels really good to be at the top of the podium now."

The 2021 Open Canoe Slalom Nationals will be held near Missoula, Montana on the Blackfoot River. Three days of competition are scheduled for June 25th through the 27th. Race classes are based on boat length and width, as well as tandem or solo. Age classes include Youth 16 or under, Junior 18 or under, and Master's 40 or over. There will be Men's, Women's and Mixed, as well as a Citizens class for those attending for the first time. Anyone seeking more information or those who are interested in competing, [click here for registration information](#). For additional information about the river access and slalom site, please [click here](#).



As we look ahead to a fun and active paddling season, we would like to remind you of the education & training policies required by the U.S. Center for SafeSport.



U.S. CENTER FOR
SAFESPORT

The U.S. Center for SafeSport works collaboratively with the United States Olympic & Paralympic Committee and the ACA to create a healthy, supportive environment for all participants in our sport.

As the National Governing Body (NGB) for paddlesports in the U.S., all ACA members should be aware of and follow ACA's SafeSport policies as documented in ACA's SafeSport Handbook.

As of 3/3/2021, SafeSport training will be completed using a new platform. Any past training has been saved and transferred to your profile on the new platform. You will have to reset your password when logging in for the first time on safesporttrained.org using the 'Forgot Password' link.

For those who have not completed training or made an account prior to 3/3/2021, please [register here](#) and follow the instructions to create an account.

Special Features

International Whitewater Hall of Fame Call for Nominees to the Class of 2021

Nominations for the International Whitewater Hall of Fame (IWHoF) Class of 2021 continue; nominations are accepted year-round and will be accepted for 2021 induction consideration through **June 25, 2021**.

Since 2005 the International Whitewater Hall of Fame has honored fifty-one individuals for having excelled as Explorers, Pioneers, Competitors, and Advocates for rivers and those who enjoy them.

"We are excited about the prospect of honoring a new group of accomplished individuals whose skill, determination, and love for whitewater place them in a deserved space in our community," shares Risa Shimoda, President of the World River Center and Class of 2010 IWHoF inductee. "Paddling, competing, innovating, and challenging our nations' river communities to come together to highlight the importance of these stars can play an important role in the interconnectedness of our countries and the future of our rivers."

Pam Dillon, World River Center Vice President, agrees and suggests, "During this unprecedented year, many of us have taken extra time to watch vintage paddling videos and celebrated heroes and accomplishments of those who have gone before us. Share your affection for those leaders and groundbreakers by nominating them as a Class of 2021 inductee!" Dillon continues with a reminder to those who have nominated accomplished individuals who did not win during their balloting year. "Please re-submit these heroes, and please contact IWHoF if you'd like assistance reviewing past submission information."

When nominations are submitted, the IWHoF screeners will review them to determine a slate, whose names will be open for voting by the IWHoF electorate, an international body of experienced paddlesports experts. The IWHoF Class of 2021 will be announced in July 2021. Given the importance of safe distancing in groups and varying international regulations, the format for the induction ceremony is still being determined.

The International Whitewater Hall of Fame is a program of the World River Center, Inc., incorporated in 2019 to connect those who love rivers and the challenge of whitewater to inspire tomorrow's explorers, innovators, competitors, and advocates. The International Whitewater Hall of Fame was founded in McHenry, Maryland as a program of the Adventures Sports Center International.

To submit a nomination, **[please click here](#)**. For more information, contact **iwhof@americancanoe.org** or call +1 301-502-6548.



Earlier this month, a team of four canoeists set off from Lake Itasca, Minnesota in attempt to set a new Guinness World Record for the fastest time to paddle the length of the Mississippi River. The original record of 56 days was set in 1937. The current record of 18 days, 4 hours and 51 minutes was set in 2003.



The Guinness World Record

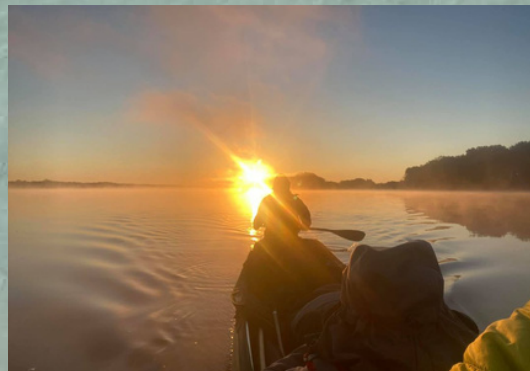
The first time the record was set was in 1937 when Joe Tagg, Gerald Capers and Charles Saunders paddled from Itasca to New Orleans in 56 days. In 1978, the record was set for a second time by a British Royal Air Force team at 42 days, 5 hours and some minutes. Bob Bradford and Clark Eid set the current record of 18 days, 4 hours and 51 minutes in 2003. There have been at least 3 unsuccessful attempts since then (2014, 2017, 2018).

The 2021 Team

- Scott Miller - Team captain. Paddled from the Twin Cities to Hudson Bay in 2005. Missouri River 340, 4th place, team division (fastest MN IV canoe finish in the history of the race); Great Alabama 650, 3rd place, team division.
- Joel Ford - Member of Rootstock Racing, the 2018 US National Championship Adventure Racing Team.
- Perry Whitaker - Twelve time finisher of the Missouri River 340 canoe race. Expert on the St. Louis area of the Mississippi River.
- Adam Macht - Wilderness canoeing and camping outfitter and long distance paddler, Boundary Waters Canoe Area Wilderness and Quetico Provincial Park.

As part of its effort, the team is partnering with the Mississippi River Network to bring attention to challenges facing the river. "Our goal is to set a new record, but our mission is to raise awareness of the need to preserve the Mississippi River Basin," said Scott Miller, Mississippi Speed Record team captain. "The river is a source of drinking water for 18 million people and provides vital habitat to numerous species of plants, birds, fish and other wildlife. It is a vital source of economic and community activities and an iconic part of America's history that deserves our protection," said Kelly McGinnis, Mississippi River Network executive director. The Mississippi River Network is a coalition of 58 non-profit river conservation advocacy organizations located in the 10 states along the river. A list of members and additional information can be found at www.1Mississippi.org.

Learn more about the Mississippi Speed Record team and the Guinness World Record attempt by visiting www.mississippispeedrecord.com or the [Mississippi Speed Record Facebook page](#).





BUDDY

The ACA has partnered with Buddy Insurance to offer on-demand accident insurance to ACA members. Buddy accident insurance can be purchased for periods of time as short as a day, as long as a year, or any time period in-between! Application for coverage takes less than 90 seconds and is guaranteed."

Buddy's accident insurance benefits help cover up to \$50,000 in out-of-pocket costs, like deductibles and copays after an accident. Because their benefits are paid directly to you, they can also be used for things like repairing damaged gear, missed work, or even childcare.

Buddy's ACA Member On-Demand Accident insurance protects your active life, is affordable for those working with budgeted income, and can be obtained from your phone on the way to the put-in!

[Click Here to Learn More](#)

Summary Medical History Cards: Risk Management for Paddlers

Lead Author: Steven Henkind, M.D., Ph.D., WFR

With contributions from Robin Pope, PA-C, Ph.D., FAWM

Disclaimer

This article is for educational purposes only. Nothing in it constitutes medical advice. All medical advice should be sought from your healthcare provider or other medical professional.

Introduction

Compared to many other activities, paddle-sports are generally safe. However, there is always the possibility of injury or sudden onset of an illness while paddling. If this happens, paddlers often are treated in an emergency room. To diagnose and treat, emergency room providers rely heavily on the medical history of the patient. In the absence of a medical history, providers may be put into a position of needing to order numerous tests, some of which may have significant risks (e.g., kidney failure due to a reaction to contrast dye). Moreover, some testing can be very expensive (thousands of dollars), which the patient may be financially responsible for. The absence of an adequate medical history could lead to therapeutic choices which could have serious, or even fatal, consequences. For example, not knowing the medical history, the provider might choose a medication to which the patient is allergic. As another example, thrombolytic (aka “clot buster”) drugs often are used for both heart attacks and strokes. These medications can save lives and prevent disability, but their use carries significant risks. For certain patients, these medications may be inadvisable, and their use could lead to tragic outcomes. Moreover, decisions regarding tests, therapies, and medications often must be made under significant time pressure in emergency settings (e.g., ideally within “the golden hour” for heart attacks and strokes). Without an adequate medical history, proper diagnosis and treatment becomes much more challenging.

Do you think that you could provide a reliable medical history if you became sick, or were injured, and were taken to the emergency room? Can you guarantee it? Are you willing to bet your life on it? Under the stress of illness/injury many patients can forget important details. In addition, there is a significant chance that the illness or injury could lead to an Altered Mental Status (“AMS”). Estimates vary, but one study [World Journal of Emergency Medicine, 2011] stated that “AMS may be found in 4 -10% of emergency room patients.” Moreover, this percentage increases with age.

The bottom line is that relying purely on your own memory (and the hope that you will be functioning normally) can be a very risky strategy indeed. This paper presents several simple strategies that can be used – by both individual paddlers, and paddle group leaders – to significantly reduce this risk.

For the Paddler: Summary Medical History

Paddlers can carry a copy of their medical history on their person (e.g., on a laminated card in a pocket of the PFD). The basic idea is that if that individual were to suddenly become sick, or be injured, a synopsis of the medical history is immediately available for rescue personnel.

Medical histories can, of course, be extremely long but the good news is that by focusing on a few key details, first responders, and ER staff, are much better positioned to treat the patient safely and effectively. One very common framework is known as “SAMPLE.” The basic idea is to focus on the following six elements for purposes of an emergency medical situation:

S: Signs and Symptoms (i.e., what’s going on with the patient)

A: Allergies (to medications and environmental stimuli)

M: Medications (both prescriptions and non-prescription/supplements) that the patient is taking.

P: Past Medical History (key facts)

L: Last Oral Intake (this is important to know in case, for example, the patient may need surgery)

E: Events (what happened).

For purposes of developing a medical history card, in advance, certain of these elements are obviously not relevant (e.g., the patient's last meal), thus the focus is on AMP (Allergies, Medications, and Past Medical History). A few additional items can make the card even more valuable (e.g., emergency contact, name of primary provider, insurance information, etc).

As an example, the following is simulated contents of a laminated card that I carry with me (in my PFD pocket), every time I am kayaking/boating:

NAME: Mr. John Doe

DATE CARD LAST UPDATED: 9/13/2019

DATE OF BIRTH: 9/4/1968

BLOOD TYPE: B+

ALLERGIES: No Known Drug Allergies, Allergic to Fire Ants (Likely Anaphylaxis)

MAJOR MEDICAL DIAGNOSES AND MEDICATIONS:

- 1) HTN (well controlled on Metoprolol Succ ER 50 po qd, HCTZ 25 mg po qd)
- 2) Benign Atrial Arrhythmias (thoroughly worked up with Stress Echo, Event Monitor, etc; no Rx needed)
- 3) Take 1 multivitamin and 1 fish oil supplement, qd
- 4) Epi-pen (to be used in case of fire ant bites with anaphylactic reaction)

SURGICAL HISTORY: Benign nasal polyps removed endoscopically, approx.. age 30

EMERGENCY CONTACT: Jane Doe (girlfriend) (XXX-XXX-XXXX)

PHYSICIAN: Dr. Marcus Welby, XXX-XXX-XXXX

HEALTHCARE INSURANCE: Company Name; Policy #

LIVING WILL: Yes

ORGAN DONOR: Yes

I could provide a lot more detail in my medical history (e.g., baseline results of tests, immunization history, etc) – but the information on this card should be sufficient to equip first responders and emergency medical staff with the information that they need to make safe and effective decisions while awaiting a more detailed medical record.

It should be emphasized that the specific information may need to be adjusted for the individual patient. As an example, patients with significant cardiac issues may wish to include a copy of a recent EKG. If you are not a medical professional, I would strongly recommend that you develop a “draft” summary card and then ask your primary care (or other) provider to review it with you.

It should be noted that technology is now available that can store this sort of information (and additional details) on cell phones, or computers. As an example, there are numerous apps for computerizing “Personal Health Records.” Although these may be of great value, I would NOT recommend that they be used in lieu of a laminated card, which is carried on your person – for example, your cell phone could fail (salt water and electronics don’t mix well), or the network/remote data base could go down. Medic Alert bracelets, and similar products, are another valuable option, but do not contain the level of detail specified above and rely on contacting a central database to get additional information.

For the Paddling Group Leader

While kayaking/leading kayaking groups, I have personally had to deal with paddlers suffering from head trauma, puncture wounds, a severely sprained neck, hyperthermia, hypothermia, hypoglycemia ... and a lot of blisters. As a provider (and Wilderness First Responder) my level of training and skills are above average ... however, all paddling group leaders are likely, at some point, to be faced with situations which may require first aid, or higher level, medical intervention. This is an important responsibility, and many situations may exceed your knowledge and skill level. However, risk can be decreased (although not eliminated) by means of medical histories:

- During the safety brief (which should be done before every paddle) explicitly ask participants whether there are any medical conditions that you (as the leader) should be aware of. Emphasize that they can tell you, in private, if they are not comfortable discussing the issue(s) in front of the group. Typically, there is little, if any response to this question. Accordingly, I then ask three very specific questions and emphasize that participants MUST tell me the following:
- “Does anyone have asthma and need an inhaler?”
- “Does anyone have severe allergies and need an epi-pen?”
- “Does anyone have diabetes and take insulin?”

The reason for the questions about inhalers and epi-pens is because these can make the difference between life and death ... and they may be needed, immediately (before help arrives). If the paddlers report that they need an inhaler, or epi-pen, then I ask them where they are located and request permission to assist with the use, or administer, if need be. If participants need an epi-pen, or inhaler, and do not have them with them, then I do not allow them to paddle. With respect to the question about diabetes, if an insulin dependent diabetic suddenly has a change in mental status, and/or becomes very weak, then you can save their life by giving them something to eat. But, if you don't know that they are diabetic/insulin-dependent, then this intervention may not be obvious. There are certainly other medications that a paddler may need to take on a moment's notice – but it is not practical to ask about all possible medications. The basic intent of the questions posed above is to address some very common/highly treatable conditions and to get paddlers thinking regarding what they must carry with them.

With respect to Summary Medical History cards, I strongly encourage paddlers in my groups to make (and carry) laminated cards in their PFD. Although I don't generally require that paddlers in my group carry these cards, at some point, I may begin requiring that.

An additional consideration relates to the various laws and regulations surrounding the privacy and confidentiality of patient data. This summary card approach seems to be on relatively safe ground since it is the patient/paddler themselves, who is responsible to produce and carry the card. The basic construct is that the information on the card remains confidential until such point as assistance is needed. To protect yourself, it may be advisable to discuss, with the group, the expectation that, if assistance is needed, the paddler is giving permission for the group leader and/or other rescuer to access the card. In addition, you might consider the inclusion of wording to that effect, into liability waivers, and might want to check with an attorney, as well.

Summary

The availability of a medical history can literally save your (or someone else's) life. Remarkably simple options are available; for example, carrying a laminated plastic card with summary information, in the pocket of the PFD. If a laminator is not available, the card could be placed inside a Ziploc bag (or, even better, two).

There are multiple significant benefits to carrying such a card. For example:

- If your kayaking group includes trained healthcare professionals (e.g., doctor, PA, nurse, EMT), the information could help them to better manage a medical issue.
- The information can be of value to EMS workers.
- If you do need to go to an emergency room, the information could be of enormous value to the ER staff, who may need to make rapid decisions regarding potentially risky therapies ... and lead to much better outcomes (both clinical and financial) for you/the patient.
- The card, itself, provides information as to where a more detailed medical record could be found.

Specific recommendations include the following:

- Develop a draft Summary Medical History Card (you may wish to use the outline below, as a start).
- If you have any questions/concerns regarding what should be included, review this draft with your healthcare provider.
- Laminate the card, and keep it in your PFD pocket, at all times, while paddling.
- Let your paddling group leader and/or other group participants know that you have the card and that you are giving explicit permission for them to access it, in the event that you need medical assistance.
- Keep the card updated, as needed.
- Let the group leader and/or other paddlers know if you have life-saving medication with you (e.g., an epi-pen or inhaler), where it is located, and give them explicit permission for them to assist/administer it, if need be.

Potential Outline/Template for Summary Medical History Card

NAME:

DATE CARD WAS LAST UPDATED:

DATE OF BIRTH:

BLOOD TYPE:

ALLERGIES: *For each allergy, specify a) what you are allergic to and b) the nature of the reaction, e.g., hives, anaphylaxis. Include allergic reactions to medications, and other environmental stimuli (e.g., insect stings).*

MAJOR MEDICAL DIAGNOSES: *Include "important things" such as, for example, asthma, heart attack, renal failure, etc. You do not need to include, for example, the fact that you had acne as a teenager.*

MEDICATIONS: *Include all medications (both prescription and non-prescription, that you are taking, as well as all nutritional supplements). For each item list a) the name of the product, b) the dose, c) the route (e.g., oral, eyedrops, etc.), d) the frequency, and e) what it has been prescribed for.*

KEY TEST RESULTS, IF/AS APPROPRIATE: *e.g., Ejection Fraction of 30%, Normal Pulmonary Function Tests, etc.*

KEY SURGERIES, IF/AS APPROPRIATE: *e.g., You probably don't need to include the fact that you had a skin tag removed 40 years ago ... but you should include the fact that you had your appendix taken out.*

EMERGENCY CONTACT PERSON:

NAME/CONTACT INFORMATION FOR PRIMARY CARE PROVIDER:

HEALTHCARE INSURANCE: *Carrier, policy #, etc.*

LIVING WILL: *Do you have one?*

ORGAN DONOR: *Are you?*

COPY OF 12 LEAD EKG: *If you have a serious cardiac issue.*

Disclaimer

This article is for educational purposes only. Nothing in it constitutes medical advice. All medical advice should be sought from your healthcare provider or other medical professional.



*Thank you for reading
ACA Paddle eMagazine!*

*Have some news to share?
Please [click here](#) to submit
content for consideration..*