

JOE 2018 Leader Packet for Half Day 8-mile Round Trip Canoe to Beach Marina

Day: Sunday	Start Time: 1:45 pm	End Time: 5:15 pm
Co-Leader: Michael Brochstein	Co-Leader: Susan Allen	Limit: 16 people / 8 canoes + 2 people/private kayaks
Transportation: Boat from Camp	Driver: n/a	Bus Captain: n/a
Fees: none	Travel Distance: 8 miles on water	Travel Time: n/a

Half Day 8-mile Round Trip Canoe to Beach Marina

Enjoy a day paddle along the Cheat Lake / River to the Sunset Beach Marina. If time allows, we will have a snack break and then head back to camp. Enjoy the views of Cheat Lake Park and large estates along the way. This is an out and back paddle.

- Cost included in the base price
- Approx. 1:45 pm ~ 5:15 pm
- Camp Staff will meet you at the cove to give out equipment and make sure you are properly attired and outfitted with safety gear and paddles. You are welcome to provide your own gear
- A list will be kept of the equipment that is “on loan” from the camp for each participant.
- Whatever the camp staff asks to be done you must follow. Possible expulsion from the event if you do not.
- THIS IS NOT A BEGINNER PADDLE. Your skill level should fall somewhere in the ABOVE basic to intermediate paddle range.
- Over Labor Day weekend, Cheat Lake and River have the potential for many boaters and jet skis. Because the area will be crowded, this will make this an intermediate paddle. There will be numerous wakes from the boats and jet skis. Additionally, wind and weather may be a factor in making this a challenging paddle.
- Strong winds and lightning will cancel this trip at the discretion of the chairs and camp. Rain is NOT a reason for canceling the trip.
- If unplanned weather, such as a pop-up thunderstorm occurs, it will be the leader’s responsibility to have their group get off the river until the threat has passed.

WHAT TO REVIEW WITH YOUR GROUP AT THE LEADER MEETING THE NIGHT BEFORE

1. Make sure participants understand this is NOT a beginner paddle and will require basic to intermediate paddle skills at the leader meeting the night before. This can be a tiresome paddle for the inexperienced.
2. **PFD are REQUIRED to be worn AT ALL TIMES while on the water. All buckles must be correctly clipped /snapped. There are NO exceptions. It is grounds for immediate expulsion from the event for anyone caught without a PFD properly fitted on them while on the water. Any fine someone incurs if they remove the vest on the water will not be the responsibility of MOCA.**
3. Recommend packing for the trip the night before. Bring everything needed for the paddle to lunch. There will not be time to go back to your cabin. There is a 100 Ft elevation change from the main camp to lakeside with lots of stairs and hills. You will not be able to go back to your cabin if you forget something without holding up the group. The group will leave on time with or without you.
4. There are no bathrooms at the riverfront. Be river ready BEFORE heading to the riverfront.
5. Go over what to wear and bring. See lists below.
6. The meet the leader meeting will be in the dining hall the night before the event. Directions to the dock for the next morning will be given at the meeting.
7. Select two-person teams for canoes. Make sure each boat has at least one strong, experienced paddler and at least one person who knows how to steer.

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WHAT TO REVIEW WITH YOUR GROUP AT THE LAUNCH AREA/COVE

Even though you have an experienced group, you should review the following before you launch anyone into the cove at camp:

- Everyone has a PFD, and they are wearing them correctly.
- If anyone refuses to wear their properly fitted PFD or takes them off, they are not to be on the water!

Review the paddling signals (enclosed below) with your group. This is important because of the boat traffic. Please keep the crossings limited for the safety of the group. When planning to cross, as a leader you should have the group line up facing the other shore and hold. You will paddle out a few lengths ahead of the group. Once you have determined that the crossing is clear, give the GO signal. On the "GO" signal, you should make sure that the group understands they are to paddle efficiently and quickly until they reach the other shore. Your paddle will hug the shore as the boats, and jet skis will take the middle of the river. The most important signals will be for the crossings. It should be a pretty relaxed line along the shore.

Once everyone is in the cove, you can choose to review paddling strokes as you deem necessary.

- Forward Stroke
- Backpaddle
- Sweep

What to bring

- EACH paddler should bring at least one liter of water. Three liters is preferable if the weather is hot and sunny.
- Rain gear – weather pending
- Recommend using spare prescription glasses (leave your primary at camp) or Sunglasses with retainer strap ([Chums](#), [Croakies](#)).
- **WE DO NOT RECOMMEND ANY ELECTRONICS ON THE WATER THAT ARE NOT WATERPROOF ON ITS OWN. MAKE SURE YOU HAVE A WAY TO SECURE THEM THAT IS NOT AROUND YOUR NECK. ANY WATCHES SHOULD BE WATERPROOF.**
- Wear water shoes, sandals or old sneakers, or wetsuit boots – **you must wear closed toed shoes**, and they need to stay on your feet via a strap or ties securely. **NO FLIP-FLOPS ALLOWED.** An activity leader will ban you from the trip if you do not have proper footwear. Foot/Toe injuries are VERY common with improper gear on paddles.
- Do NOT wear any cotton. Cotton sucks all the body heat out of you when it gets wet. We recommend a synthetic shirt (such as Under Armor type, fleece, wool, etc.) for warmth and/or sun protection and swimsuit or shorts (nylon or other quick drying material). Again, NO cotton! Clingy clothes are better than loose fitting clothes because they are more comfortable when wet. You WILL get WET, even if you stay on the boat. That is part of paddling. **If you do not want to get wet, DON'T paddle.**
- Sunscreen. A small bottle that you can keep on you. There will be no storage.
- Please be sure to [check the weather](#) and [water temperatures](#) before your day of rafting and dress appropriately.
- Bring a waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only equipment you are willing to get lost during the ride. No expensive SLRs. Keep in mind that your hands need to be free to paddle.
- **Paddlers wallet/fanny pack:** Wear a paddlers wallet or equivalent securely on your body. Attach it to yourself but avoid anything around the neck. [A small waterproof container](#) that has a **COPY** of your:
 - Driver's License (for ID). Can be expired.
 - Medical Insurance Card.
 - Emergency Contact Info
 - List of medications
 - Spare credit card
 - \$20 to \$60 in cash (emergencies)

Clothing

- Dress for the water temperature, not the air temperature.
- Dress in layers, especially on top.
- Dress for sun protection.
- NO cotton (retains water); seek quick-drying fabrics instead. COTTON KILLS in wet, cold conditions
- Wear clothes that will be comfortable for long periods of sitting.
- Wear clothes that let you move comfortably. Especially with your shoulders and arms.

Clothing for kayaking/canoeing has similar requirements to other outdoor activities like hiking: You're looking for versatility, durability, comfort while you move and protection for cold and wet conditions (really wet conditions).

Quick-drying fabrics: For any clothing layer that touches your skin, go with wicking, quick-drying nylon or polyester (or another synthetic fabric). Wool dries less quickly but insulates when wet, so is also a fine choice. **Avoid cotton in all layers, because it absorbs water and stays wet.**

Sun protection: Regardless of cloud cover, a day on the water is a day of sun exposure. So, wearing clothing with UPF rated fabrics is a wise choice (plus sunscreen for reflected UV radiation).

Clothing Accessories

Footwear: Footwear can range from old sneakers with wool socks, to river sandals, to neoprene wetsuit booties, to "wellies," to dedicated paddling shoes. Kayakers, whether touring or whitewater, need to consider seated comfort, how well their shoes brace against bulkheads and foot pegs, and how their heels will rest. Canoeists need to consider kneeling comfort and make sure that the shoe they choose has plenty of flex. Avoid anything without a back strap, like flip-flops, because they come off your feet too easily.

Hats: Look for hats with wide brims or capes. Consider a cap leash, too, if you don't have a chin strap or other reliable way to secure your hat.

Gloves: Paddling gloves are nice because they protect against both blisters and blustery days.

Sun Protection

There is zero protection out on the water, and as the sunlight bounces off the surface of the water, there isn't much you can do to escape it. Because of the increased radiation of the sun's rays on the water make sure you apply sunscreen more often than you'd normally do!

Wear sunscreen: There are a few precautions that you should remember if you intend to be in the sun for a prolonged period. This precaution with sunscreen is because extreme exposure to the sun's rays can lead to heatstroke and painful sunburn. Sunscreen may need to be applied more than one time during the paddle so plan to pack this in your wet bag.

Sunglasses: These will shield your eyes from the scorching sun. Consider a pair of polarized sunglasses as they help a great deal when it comes to seeing clearly through the water during kayaking.

Long sleeves: While a t-shirt may be cooler, a long-sleeved shirt provides complete protection against the sunlight. With a light, breathable fabric, you will hardly remember you are wearing a long-sleeved shirt.

Other Items to bring on your paddle

- Paddle (at least one extra paddle should be along per group) – camp is providing
- Canoe - camp is providing
- PFD - camp is providing
- Bilge Pump
- A whistle for emergency signaling
- Snack food
- Water bottles (bring one for easy access and a backup packed away)
- Suitable water clothes and shoes (see above)
- Dry bag with spare clothes (expect anything in a dry bag to get wet as they may leak. No electronics without extra protection)
- Any emergency gear you have—e.g., spare paddle, tow belt, cell phone, first aid, band-aids for blisters
- Duct Tape
- Rope for tying up the boats or towing someone else

Water Levels and Temperatures

Check for water level and temperatures

<https://www.cheatlake.com/cheat-lake-water-level>

<http://cheat.lakesonline.com/Level/>

<https://cheatlake.today/>

Sunset Beach Marina

- Phone: 304-594-0050
- Address: 177 Sunset Beach Road, Morgantown, WV 26508
- Email: info@sunsetbeach-marina.com / Website: <http://sunsetbeach-marina.com/>
- Office Hours: Monday – Friday / 9:00am - 5:00pm
- [Water Level and Temperature](#): Water levels can fluctuate as much as 13 feet over a period of 2-3 days.

Lake House Restaurant

- Phone: (304) 594-0088
- Address: 165 Sunset Beach Rd, Morgantown, WV 26508
- Email: Website: <http://lakehousewv.com/menu/sandwiches/>
- Hours: 11 am – 11 pm

Paddling Signals

There are many different ways to communicate. One of the more reliable ways of doing so is with a paddle or arm signals. Your paddle or arms can be seen over further distance than hand signals, and noise can be drowned out. **It is important to review signals within your group at the beginning of the day and agree upon their meaning.** The signals are primarily for directing the movements of paddlers. Below are the basic signals performed with paddles and their corresponding arm signals. **When doing paddle or arm signals be sure the flat of the blade or hand is used whenever possible for greater visibility.**

A vertical paddle or arm means GO.

GO means paddle in the agreed upon direction previously discussed.



STOP or HOLD POSITION-

The paddle or arms held horizontal or out-stretched

STOP means keep the vessel where it is. If there is a current, you may have to be paddling to hold the position.



MOVE BACKWARDS-

Alternately move each end of the paddle up and down or each arm, it means move BACKWARDS in your vessel. You may need this if there is traffic approaching.



**Directional Moving
to the right or left.**

To move the paddler to the right or left, point your paddle or one arm, up and to the side you wish them to travel.



EMERGENCY.

Waving of your hand from side to side, done quickly



Paddle Directions

Heading out

1. Paddle out of the cove and turn right keeping the nearest shore on the right.
2. Head to the point of passing a private marina.
3. Once past this marina, you should plan to cross to another side of the lake. The lake widens out, and there will be more boat traffic beyond this point.
4. Once on the other side of the lake, continue with the nearest shore on the left of you.
5. Sunset Beach Marina is set within a peninsula on the northern (left) side of the river about four miles from camp.
6. If you go under a bridge (Rt. 68), you went 1/5 mile too far.

Heading Back

1. Turn around at the marina
2. Due to the boat traffic and width of the lake, do NOT cross here. Return on the same route keeping the nearest shore on your right.
3. The paddle out of the inlet may be a little challenging as the current may be heading into the inlet
4. Once around the point, you will come to public dock marked CH-44. You may want a short break here.
5. You will have two options for crossing:
 - a. Option 1: continue along with the nearest shore on the right until you reach dock number CH -1 (directly across from the camp cove). This should be pretty easy as the numbers of the docks descend. This area likely has the least amount of boat traffic.
 - b. Option 2: When you reach the point, you will see another marina across the way and off to the left. You may be able to see dumpsters and a port-a-john. You can cross here, but the boat traffic may be a problem. You will then continue up the left-hand shore. Make a judgment call based upon the skill of the group and the boat traffic. Keep safety in mind.

Note:

- [Edgewater Marina](#) (Private) is 1.2-mile upstream from Sunset Beach Marina and a ½ mile upstream from the Rt. 68 bridge
- There is another private marina about 1.5 miles upstream from Sunset Beach Mariana as well.
- There are bathrooms, a snack bar and full Restaurant/Bar at Sunset Beach Marina.

Avenza PDF Map App for your waterproof phone

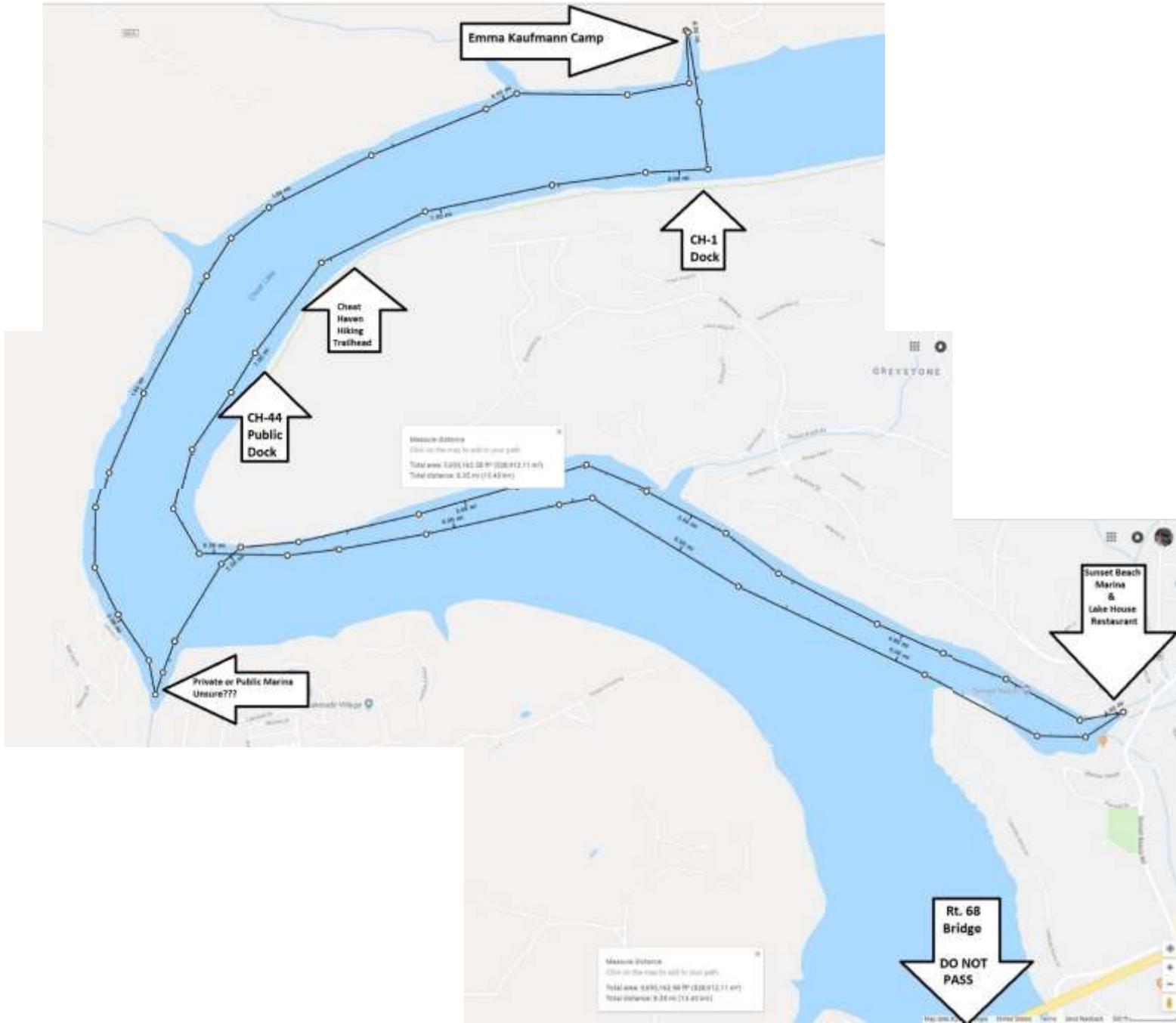
Recommend installing this app on your phone to track your location during the paddle (assuming your phone is waterproof or have taken necessary precautions). Avenza Maps® is a mobile map app that allows you to download maps for offline use on iOS or Android smartphone or tablet as well as on Windows 10 devices. Use your device's built-in GPS to track your location on any map, plot locations and photos, measure distance and area, and more. Easily browse and purchase maps from all over the world through the Avenza Map Store—online or in-app.

<https://www.avenza.com/avenza-maps/>

Recommended Map to download into the app:

[\(39079e1\) Page 071 Morgantown](#) (for Paddle on Cheat Lake)

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Dam Safety

A dam creating the lake is located about 1 mile from camp. The following information needs to be shared due to this condition.

Lights and Announcements - Public Warning System

For the safety of all those who use the Cheat Lake facility, a 1,000-foot exclusion zone is marked by warning buoys upstream of the Lake Lynn/Cheat Lake dam. Four red warning lights provide warnings to boaters on the lake that they are nearing the dam.

Additionally, a public warning system for rapidly rising water on the Cheat River has been installed in the first mile of the tailrace below the dam. Lights and speakers are located both near the powerhouse and along the riverbank. A 1,200-foot (400-yard) exclusion zone will be maintained downstream of the dam. Please be alert to the following conditions and warnings:

Warning for minor flow increases:

- Continuous yellow lights and a series of single tones – Caution is urged.

Warning of more significant flow increases:

- Red light and a series of double tones followed by a pre-recorded voice message – Rapid rise expected. Leave the water immediately.

The red-light warning system is used in the following circumstances:

- Three minutes before the start-up of generation. (This includes the 1,200-foot exclusion zone.)
- Fifteen minutes before opening a trash gate.
- Fifteen minutes before the beginning of any tainter gate opening operations scheduled during high-flow conditions. (Once started, the warning will be repeated every 10 minutes until the station operator determines that no further tainter gate operations will be needed.)
- Any time a station operator witnesses a violation of the exclusion zone.
- Any other time the station operator believes the need arises.

Cheat Lake Reservoir Swimming Safety and Rules

Open-Swim Policy

Except areas posted with no swimming signs at the Cheat Lake Park and Trail complex, the Cheat Lake reservoir operates under a "Swim at your own risk" policy. Lifeguards are not on duty.

Due to hazardous shoreline conditions swimming is not permitted from the shore along the north trail to the vicinity of the Rubles Run Bridge. Due to boating traffic, swimming is not permitted under the Rubles Run and Morgan's Run embayment bridges and in the immediate vicinity of the day dock area by Restroom #3.

In the area between the dam south to the exclusion buoy line, no boat traffic or lake swimming is permitted.

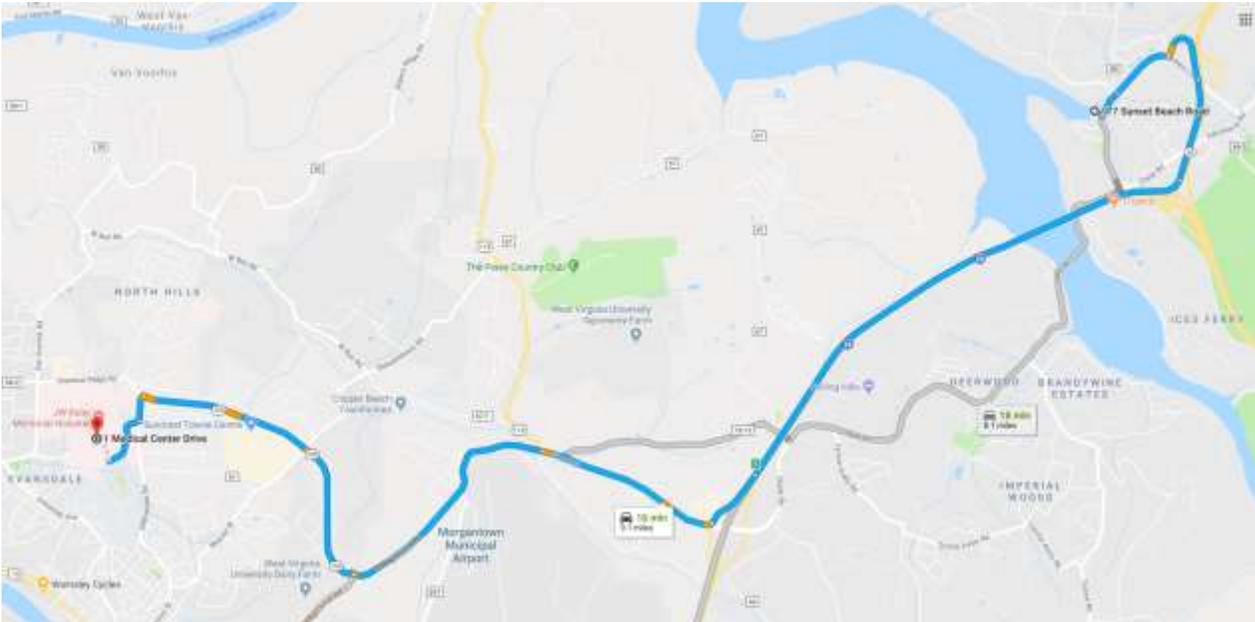
Visitors to other areas of the Cheat Lake reservoir also swim at their own risk and are reminded that boats, other water traffic, and other hazards may be present that may pose a risk to swimming activities.

Should you have any questions, please contact the park security personnel at the Cheat Lake Park and Trail complex at 304-594-2817 or the park office.

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IN CASE OF EMERGENCY, CALL 911

The nearest hospital is [J.W. Ruby Memorial Hospital](#) at 1 Medical Center Dr, Morgantown, WV 26505. Directions from Sunset Beach Marina to J.W. Ruby Memorial Hospital: <https://goo.gl/maps/LiFpmQEaqE2>



20 MIN / 9.1MI

1. Start out going **northeast** on County Hwy-88/Sunset Beach Rd toward Greystone Dr.
2. Then 0.09 miles - 0.09 total miles
3. Stay **straight** to go onto Bowers Ln/County Hwy-88/1.
 - a. Then 0.39 miles - 0.48 total miles
4. Merge onto WV-43 S/Mon-Fayette Expy S via the ramp on the **left** toward **I-68**.
 - a. Then 0.94 miles - 1.42 total miles
5. Merge onto I-68 W toward **I-79/Morgantown**.
 - a. Then 2.83 miles - 4.25 total miles
6. Take EXIT 7 toward **WV-705/Airport/Pierpont Rd**.
 - a. Then 0.36 miles - 4.62 total miles
7. Turn **right** onto Cheat Rd/County Hwy-857. Continue to follow County Hwy-857.
 - a. *If you reach I-68 W, you've gone about 0.3 miles too far*
 - b. Then 1.62 miles - 6.23 total miles
8. Stay **straight** to go onto Mileground Rd/US-119 S.
 - a. Then 0.72 miles - 6.96 total miles
9. Enter next roundabout and take the 2nd exit onto WV-705.
 - a. Then 1.71 miles - 8.67 total miles
10. Turn **left** onto Willowdale Rd.
 - a. *If you are on Chestnut Ridge Rd and reach Maple Dr, you've gone a little too far*
 - b. Then 0.14 miles - 8.81 total miles
11. Take the 1st **right** onto Stadium Dr.
 - a. *If you reach Willow Ln, you've gone a little too far*
 - b. Then 0.20 miles - 9.01 total miles
12. 1 Medical Center Dr, Morgantown, WV 26505, 1 MEDICAL CENTER DR.