

Nelson Sprints Regatta 2018 Emergency Action Plan

Rowers are advised of the following safe procedures in case of emergency:

- If weather and/or water conditions become dangerous crews should proceed to the nearest safe haven on the shoreline that offers the best protection from the elements. Examples of safe havens will be identified on the Regatta Safety Pattern map.
- If extreme weather conditions appear to be developing (ie: lightning, hail, gale-force winds), crews should proceed to the nearest safe haven. Crews should remove the shell from the water, place it upside down (on the riggers) out of the wind if possible, and await rescue.
- If a shell becomes swamped but remains afloat with rowers substantially out of the water, crew members should remain seated at the top of their slides and await rescue. Rowers should not attempt to row a swamped shell.
- If a shell capsizes, swamps or submerges, all crew members must stay with the shell. If a rescue boat is not in the immediate vicinity, the shell should be rolled upside down (with the wind) to increase buoyancy by trapping as much air as possible. Oars should remain in the oarlocks to increase buoyancy.

Safety boat operators are advised of the following procedures in case of emergency:

- As soon as you become aware that a shell or athlete may be in distress or may need assistance, proceed to the scene as quickly as possible. If you see that a shell has capsized, swamped or submerged alert other safety boats in the area and the regatta chair on your communication device.
- **A safety boat driver shall approach the scene of an accident from the leeward side, into the wind, to prevent the launch from being pushed onto the disabled shell or people in the water.**
- Establish verbal contact with those in the water as soon as possible so that they can be talked through the rescue quickly. Tell them what is going to happen so they know what is going on.
- Keep talking to them in a calm and reassuring tone throughout the rescue. Ask for frequent feedback on their condition.
- Distribute PFDs to the athletes in the water.
- Ask if anyone is injured or in distress.
- Rescue those in greatest distress or at greatest risk first.
- **Make sure your engine is in neutral or shut off! Do not attempt to bring people into the safety boat near the engine.**
- The maximum legal capacity of the safety boat shall not be exceeded at any time, including during a rescue. As many trips as needed will be taken to move to safety all those involved in the accident as quickly and safely as possible.

- If the safety boat reaches its maximum capacity before all athletes have been removed from the water, and back up assistance has not yet arrived at the scene, explain calmly to the athletes still in the water that you will return very soon for them and remind them to stay with the shell.
- Proceed to the nearest shore and allow rescued athletes to disembark. Give them directions to the nearest assistance, as appropriate. Then return to the accident scene to give aid as required.
- Once all athletes have been rescued and are safe, co-ordinate with other coaches and/or safety boat drivers to recover the shell, oars and any other articles at the scene.

The 1st Aid Officer and Regatta Chair will perform the following:

- 1st aid officer will make an assessment of the athlete's condition and treat them accordingly.
- In the event that further emergency medical attention is advised 911 will be called.
- **Ambulance should be instructed to come down streetcar tracks (entry behind the Rose Garden Cafe) to tennis courts, as this is the closest access point.**
- Address of nearest hospital: Kootenay Lake Hospital, 3 View St. will be posted at the NRC boathouse along with a map of directions to Kootenay Lake Hospital from Lakeside Park. This information will also be available at the 1st Aid station.
- All emergencies will be recorded in an Incident Report and a copy will be sent to RCA.