

ST.CATHARINES ROWING CLUB

Emergency Action Plan

EMERGENCY CONTACT INFORMATION

DIAL 9-1-1 FOR ALL EMERGENCIES

BOATHOUSE ADDRESS

70 HENLEY ISLAND DRIVE
ST.CATHARINES ONTARIO
L2N 4A9
905 646-0668

AFTER dialing 911 and within 24 hours, please contact representatives of the St.Catharines Rowing Club on this list. Should the individual not answer the phone, please proceed down the list to the next contact.

Head Coach/Manager	Mark Welsh	289 213-4495
VP – Rowing	Bob Schenck	905 327-0009
President	Michelle Kerr	905 650-7032
VP – Finance	Brian Fisher	905 328-9077
Brock University	Peter Somerwil	905-327-2797

AVAILABLE EQUIPMENT

Emergency Phone:

- Located in the doorway to the bathrooms between bays 2 and 3 of the main boathouse

First Aid Supplies:

- Located in the parts room of the workshop/bay 11 at the far wall attached to the cage door
- Located on the clerk's booth at the top of the ramp to the dock
- **RACE DAY ONLY**, located in the Medical Building, south of the main boathouse

Defibrillator:

- Located on the clerk's booth at the top of the ramp to the dock
- **RACE DAY ONLY**, located in the Medical Building, south of the main boathouse

Coach boats must carry at all times:

- Life jacket bag with PFD's for all members of the crew(s)
- Paddle
- Tow line
- Sound signaling device (whistle)

NON EMERGENCY MEDICAL CARE

No matter how insignificant the injury may seem, driving someone off-site (i.e. to a hospital or medical clinic) carries GREAT MEDICAL RISK to the injured and GREAT LEGAL RISK to the driver. Please call an ambulance or have an immediate family member/legal guardian drive instead.

St.Catharines General Hospital
1200 Fourth Avenue
St.Catharines, ON
L2S 0A9
Emergency Room Hours 24/7

Urgent Care Clinic
532 Lake Street
St.Catharines, ON
L2N 4H4
Monday – Friday 8:30am – 7:00pm
Weekends & Holidays 9:00am – 3:00pm

ON WATER EMERGENCY SITUATION

What to do in an emergency situation such as a flipped boat in cold water:

- Stay with the boat, use it as a flotation device
- Make a lot of noise so that you get attention from everyone to come help
- Turn off the engine, gather as many athletes as possible into the coach boat and take them to shore/dock or nearest dry land or even pylon
- Taking athletes to finish line dock, pylon, private dock or shore is an option if others in the water are in danger; otherwise take athletes to the dock
- If hypothermia is a concern athletes should remove clothing and find dry warm clothes; the workshop is a smart place to go as it has heat
- Parents or emergency contacts should be called so that athletes are looked after
- Do not concern yourself with the shell and oars until all athletes are safely looked after

GETTING ATHLETES IN THE COACH BOAT

How to help athletes get into the coach boat from the water without tipping the boat:

- **MOTOR MUST BE OFF**
- If athlete is strong enough to climb in on their own they can do so from the side at the stern as it is lowest in the water. You should be on the opposite of the boat to counter balance the weight distribution
- If athlete needs assistance then the bow is a smart place to do this as the weight of the motor will help to counter balance the weight distribution
- When you have a guest coach with you have them help athletes out of the water and use yourself to balance weight in the boat to keep you from tipping over

DURING ALL ON WATER EMERGENCIES:

DO YOUR BEST TO GET THE INJURED TO THE ISLAND DOCK

DURING A MASS EVACUATION OF THE WATER EVERYONE MUST GO TO THE BAY 9 & 10 MUSTER POINT UNTIL INSTRUCTED BY YOUR COACH AND OR THE CHARGE PERSON TO INSURE WE HAVE A RECORD EVERYONE IS OFF THE WATER

EMERGENCY ACTION PLAN

Roles & Responsibilities

CHARGE PERSON

- The lead coach with the crew/athlete until a more qualified first aider arrives (based on level of training/certification) Could also be a EMS that is also a coach
- CHECKS FOR DANGER TO SELF AND OTHERS
- Assesses ABC's of the individual(s) and decides if advanced medical help is required
- Ensures the injured is not moved until certain that no serious injury has occurred (as deemed by a medical professional), or immobilizes the individual in case of severe condition
- Directs CALL PERSON to call 9-1-1 if required
- Performs any first aid that is required based on level of training
- Waits with the injured person until EMS arrives and the injured person is transported to a hospital; traveling with the injured person if a family member is not yet on site

CALL PERSON

- Mature responsible person that is nearby with a cell phone
- Calls 9-1-1 for emergency if directed by the CHARGE PERSON
- Provides all information including facility location, nature of injury, what, if any, first aid has been provided
- Stay on the phone with 9-1-1 operator
- Stays with CHARGE PERSON and injured to update 9-1-1 operator about change in condition and until EMS has arrived
- Calls emergency contact person of the injured individual(s)
- Calls St.Catharines Rowing Club first representative on the list above until a person is contacted

CONTROL PERSON

- Mature responsible person that can control a crowd
- Controls the crowd including concerned athletes, coaches and spectators
- Recruits help at the scene if needed
- Assists the CHARGE PERSON as needed

COURSE PERSON

- Mature responsible person that can move quickly and efficiently
- Ensures the gate is unlocked so that EMS can access the compound (key to be found in the workshop parts room/bay 11)
- Go to the island bridge to direct EMS through the parking lot toward the compound