



ST. CATHARINES ROWING CLUB



EMERGENCY ACTION PLAN (E.A.P)

DIAL 9-1-1 FOR ALL EMERGENCIES

ADDRESS for EMS

Medical Services
Henley Island Drive, Henley Island
St. Catharines, Ontario

Immediately after calling EMS, contact a representative of the St. Catharines Rowing Club using the list below, starting with the Club Captain. If the individual does not answer, proceed down the list to the next contact.

Position	Name	Phone #
Club Captain	Aaron Thompson	905-328-1013
VP Rowing	Janet Lancaster	905-988-8436
Club President	David Derry	905-941-0710
VP Finance	Brian Fisher	905-328-9077

ON-SITE AVAILABLE MEDICAL EQUIPMENT

FIRST AID SUPPLIES:

- located in Bay 11 workshop Parts Room on the far wall, attached to the cage door
- on RACE DAYS ONLY located in the Medical Building, south of Bay 1

DEFIBRILLATOR:

- located at the Control Commission booth, on the north side of the outside wall. (In place until winter freeze up.)
- on REGATTA DAYS an AED is located in safety boat at finish line

NON-EMERGENCY MEDICAL CARE: TRANSPORT OF INJURED PERSONS

No matter how insignificant an injury may appear, driving an injured person off-site to a medical clinic carries MEDICAL RISK to the injured person(s) and LIABILITY to the driver. For situations of NON-EMERGENCY MEDICAL INCIDENTS, have an immediate family member or legal guardian transport an injured person to a medical clinic. If not available, call an ambulance for transport to a hospital.

Prompt Doc Urgent Care Clinic 532 Lake Street St. Catharines L2N 4H4 905-646-0015 Monday – Friday 9:00 a.m. to 4:00 p.m. Saturday & Sunday 8:00 a.m. to 12 noon Holidays – call ahead for availability	St. Catharines General Hospital 1200 Fourth Avenue St. Catharines L2S 0A9 905-378-4647 Emergency Room open 24/7
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ON-WATER EMERGENCY SITUATION

In an emergency situation, such as a flipped boat in cold water:

- Athletes stay with the boat. Use it as a flotation device
- Make a lot of noise to get the attention from everyone to come help
- Launch drivers, upon arrival, **turn off launch motor**, use the ladder attached to the bow of the launch to get as many athletes as safely as possible into the launch
- Take the athletes to: shore/dock/nearest dry land or even a pylon
- Taking athletes to the finish line dock, or pylon or shore is an option *if* other athletes still in the water are in danger. Otherwise, take athletes to the main dock
- If hypothermia is a concern, athletes should find dry clothing and remove wet clothing
- Call parents or emergency contacts so that athletes are looked after
- DO NOT concern yourself with the shell or oars until all the athletes are safe

DURING ALL ON-WATER EMERGENCIES, LAUNCH DRIVERS SHOULD DO THEIR BEST TO GET ATHLETES TO THE MAIN HENLEY ISLAND DOCK

SEVERE WEATHER CONDITIONS & COURSE EVACUATIONS

IN THE CASE OF A SUDDEN SQUALL OR ELECTRICAL STORM, CREWS ARE TO HEAD TO THE NEAREST SAFE HAVEN AS SHOWN ON THE COURSE MAP LOCATED ON THE MOTOR SHED.

DURING A MASS EVACUATION OFF THE WATER, EVERYONE MUST ASSEMBLE AT BAYS 9 AND 10 (MUSTER STATION) AND REMAIN THERE UNTIL YOUR COACH AND/OR THE CHARGE PERSON DETERMINES THAT EVERYONE IS OFF THE WATER, ACCOUNTED FOR AND SAFE.

E.A.P. ROLES AND RESPONSIBILITIES

There are four key persons who take charge and exert control to ensure the safety of everyone:

CHARGE PERSON

- Is the lead coach of the crew/athlete involved, until a more qualified first aider arrives (based on level of training/certification). Could be an EMS if that person is also a coach.
- Checks for dangers to self and others.
- Assesses the “ABC” of the person(s) in danger and decides if advanced medical help is required ABC = **A**irway → **B**reathing → **C**irculation
- Ensures the injured person(s) 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 the **CALL PERSON** to call 9-1-1 if required
- Performs any first aid that is required – based on their level of training
- Waits with the injured person until EMS arrives and stays with the injured person during transport to hospital if a family member or emergency contact is not yet on-site

CALL PERSON

- Is a mature, responsible person that is nearby with a cell phone
- Calls 911 – as directed by the **CHARGE PERSON**
- Provides the 911 operator with information regarding: facility location, nature of the injury, and what, if any, first aid has been provided
- Stays on the phone with the 911 operator
- Remains with the **CHARGE PERSON** and injured person to update the 911 operator with any changes in the condition of the injured person and until EMS has arrived
- Calls the emergency contact(s) of the injured person(s)
- Calls the St. Catharines Rowing Club representative on the contact list on page 1 of the EAP

CONTROL PERSON

- Is a mature, responsible person who can control a crowd
- Controls the crowd including athletes, coaches, 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 access gate is unlocked so that EMS can access the compound
- If no key is available to unlock a gate, directs EMS to park at the entrance between the two boathouses
- Situates themselves at the Henley Island Bridge to direct EMS to the parking lot and compound

Approved by the Board of Directors February 13, 2024

To be reviewed by the Board annually.