

EMERGENCY ACTION PLAN – RING ROWING CLUB



EMERGENCY ACTION PLAN

The actions taken in the first few minutes of any emergency can save life, reduce scale of injury, restrict damage.

As a club member it is important that you familiarise yourself with this document.

Row safe,
Train safe,
Stay safe.

Emergency Action Plan

THE FIRST ACTION IN ANY INCIDENT SHOULD BE TO RAISE THE ALARM AND CALL FOR ASSISTANCE

DIAL 999 or 112 FOR ALL EMERGENCIES

BOATHOUSE ADDRESS:

**RING ROWING CLUB
MIDDLE RING
CLONAKILTY
CO CORK**

P85 R680

Where possible, the relevant coach, or designated person ashore should take charge of any incident; other members present should make themselves available to assist on request rather than acting independently.

No-one should leave the site of an incident until it is resolved, unless they are asked to do so (e.g. to fetch help).

A report of any incident (including date, time, location and all those involved) shall be made using the logbook in the club and the appropriate online form.



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AVAILABLE EQUIPMENT

First Aid Supplies:

There are well-stocked first aid kit in the boathouse (Middle bay close to the Battery Unit) and the safety boat.

Defibrillator:

An AED (automated external defibrillator) is located on the wall outside the middle Bay. In case of possible heart failure, open the lid, turn it on and follow the instructions. The victim and rescuer must be dry and on a solid surface for the AED to be used.

Coach boats should carry at all times: Mobile phone in dry bag

- Rescue Bag (First aid bag, blankets, knife, throw line, whistle)
- Paddle
- Tow line
- Sound signalling device (whistle)

ON WATER EMERGENCY SITUATION

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

- **Stay with the boat:** use the boat as a buoyancy aid and swim towards the bank
- If the water is cold, get as much of your body out of the water as soon as possible, draping yourself over the hull; if you can, right the boat as this will make it much easier to move Make a lot of noise so that you get attention from everyone to come help (Continuous blast on the whistle)
- If there is more than one person in the water, stay together; hold on to each other until rescued to provide mutual warmth and support and to help ensure all are accounted for.
- Other boats in the vicinity should fetch help or a launch if one is available.
- If there is no safety boat in the vicinity, a coach or person on the bank should radio or telephone the club to summon the safety boat
- Approach flipped boat from upwind, taking all water and weather conditions into consideration as you approach.
- Turn off the engine, gather as many athletes as possible into the coach boat and take them to shore/slip or nearest dry land
- Taking athletes to shore is an option if others in the water are in danger; otherwise take athletes to the club
- If hypothermia is a concern, athletes should remove clothing and find dry warm clothes; the club house is a smart place to go as it has heat



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- 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

MEDICAL EMERGENCY ON THE WATER (E.G. A CREW MEMBER BEING TAKEN SERIOUSLY ILL OR BECOMING UNRESPONSIVE)

- Raise the alarm immediately; ask another boat, a householder or designated person ashore to call 112 (999).
- Row to the nearest location where a safe landing can be made and bring the victim ashore (very little first aid can be given in the boat)

DURING A MASS EVACUATION OF THE WATER EVERYONE SHOULD STAY AT THE BOATHOUSE UNTIL INSTRUCTED BY YOUR COACH AND OR THE PERSON IN CHARGE TO INSURE WE HAVE A RECORD EVERYONE IS OFF THE WATER

