

Emergency Response Plan

Incidents in and around the Clubhouse and Boathouse:

Medical emergencies sustained at the club are likely to be due to slips, trips and falls or an athlete having breathing difficulty during exercise. In either event, a member who has received First Aid training should provide initial support to the injured person.

General guidance for these events includes:

Cuts and grazes: most cuts and grazes are minor and can be treated. Cleaning them thoroughly, stopping the bleeding and covering them with a suitable plaster or dressing is generally all that is needed. You should not give the patient any form of pain relief, as some people can have an allergic reaction to certain medicines. The patient should seek their own pain relief.

Injuries to soft tissue and joints are to be assessed by a medical professional. First Aid should be given including ice (available in the club freezer) to reduce swelling.

Breathing difficulty sustained during exercise: it is recommended that members do not undertake high intensity ergo sessions whilst at the club on their own. Where this is being done, members should have a mobile phone so they can call for assistance if needed. There are many reasons why you might develop trouble breathing during exercise including having recently begun an exercise program, exercise-induced asthma or a hiatal hernia. If shortness of breath is experienced during exercise, the athlete must stop immediately and seek medical advice through 999 or 111. This may also mean contacting your GP as soon as possible for a thorough chest examination.

Incidents on the water:

All crews are advised to ensure they carry a mobile phone when on the water. In an emergency call 999 (or 112).

In the event of a capsized:

- ❖ If out of your depth & unable to stand, hold onto the capsized hull as a buoyancy aid & attempt to swim it to the bank.
- ❖ If the water is cold, use the three key principles:
 - Get free of the boat
 - Get as much of your body out of the water as soon as possible
 - Get to the bank and off the water (by lying astride the boat and paddling).
- ❖ Other boats in the vicinity should fetch help.

DO NOT ATTEMPT TO RESCUE FROM ANOTHER ROWING SCULL - you are likely to tip over, putting more people in the water with no one to get help.

❖ Coach or supervising adults with a throw line can use that line to attach to the stricken boat and bring it to the bank.

In the event of a collapse:

If a sculler, support getting them to the bank as quickly as possible. If in a crew boat, they may get to the bank or the clubhouse, whichever is closer or more practical.

Call 999 for help.

Monitor breathing and place in recovery position or begin CPR as needed.

In the event of objects being thrown from the bank:

Manoeuvre quickly away from the area where objects being thrown. If needed go back to the clubhouse.

Check for any injuries and treat with first aid as soon as possible.

Cut the length of rowing course to avoid the area of danger.

Report to the police by calling 999.

Check boats for any damage and report.

In The Event of a Serious Incident

❖ IN A MEDICAL EMERGENCY, INCLUDING A CREW MEMBER BEING TAKEN SERIOUSLY ILL OR BECOMING UNRESPONSIVE, IMMEDIATELY:

- Raise the Alarm with other boats or people on the bank.
- Use a mobile phone to dial for emergency assistance 999, use What3words to describe location e.g.

Club access: burst.rushed.bulb;

Wharf Road: belt.pilots.direct;

Meadgate Road (near Dobbs Weir) master.sweat.penny;

King's weir: fantastic.flows.spicy;

OR if no mobile phone available row to the club and use a mobile or the landline in the clubhouse. Call 999 and indicate the closest access location (marked on the river map on the safety notice board).

Area Map:

