



EMERGENCY ACTION PLAN

EMERGENCY CONTACT INFORMATION

DIAL 999 or 112 FOR ALL EMERGENCIES



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.

BOATHOUSE ADDRESS

Sergeant's Lane,
Irishtown,
Greenan,
Clonmel,
Co. Tipperary
E91 D592

AFTER dialling 999 and within a reasonable timeframe, please contact a representative of the Clonmel Rowing Club on this list. Should the individual not answer the phone, please proceed down the list to the next contact.

Chairperson: Andrew Burke. 086 812 1648

Captain: Alan Prendergast – 086 162 1640

Secretary: Ruth Maher – 087 248 3245

Safety Advisor: Sandra Wall 085 7150127

AVAILABLE EQUIPMENT

First Aid Supplies:

- Located in the committee room of the club house, to the right under the kitchen counter.
- There is first aid kit in each launch.

Defibrillator:

- Located in the committee room of the club house, to the right on the wall.
- There is first aid kit in each launch.

Coach boats should always carry:

1. Mobile phone in dry bag.
2. Rescue Bag (First aid bag, blankets, knife, throw line, whistle) & Paddle.
3. Tow line.
4. Sound signalling 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.

South Tipperary General Hospital, Western Road, Clonmel.

ON WATER EMERGENCY SITUATION

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

1. Stay with the boat, use it as a flotation device.
2. Make a lot of noise so that you get attention from everyone to come help (*Continuous blast on the whistle*).
3. Approach flipped boat from upwind, taking all water and weather conditions into consideration on approach.
4. Turn off the engine, gather as many athletes as possible into the coach boat and take them to shore/slip or nearest dry land.
5. Taking athletes to shore is an option if others in the water are in danger; otherwise take athletes to club.
6. 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.
7. Parents or emergency contacts should be called so that athletes are looked after.
8. 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:

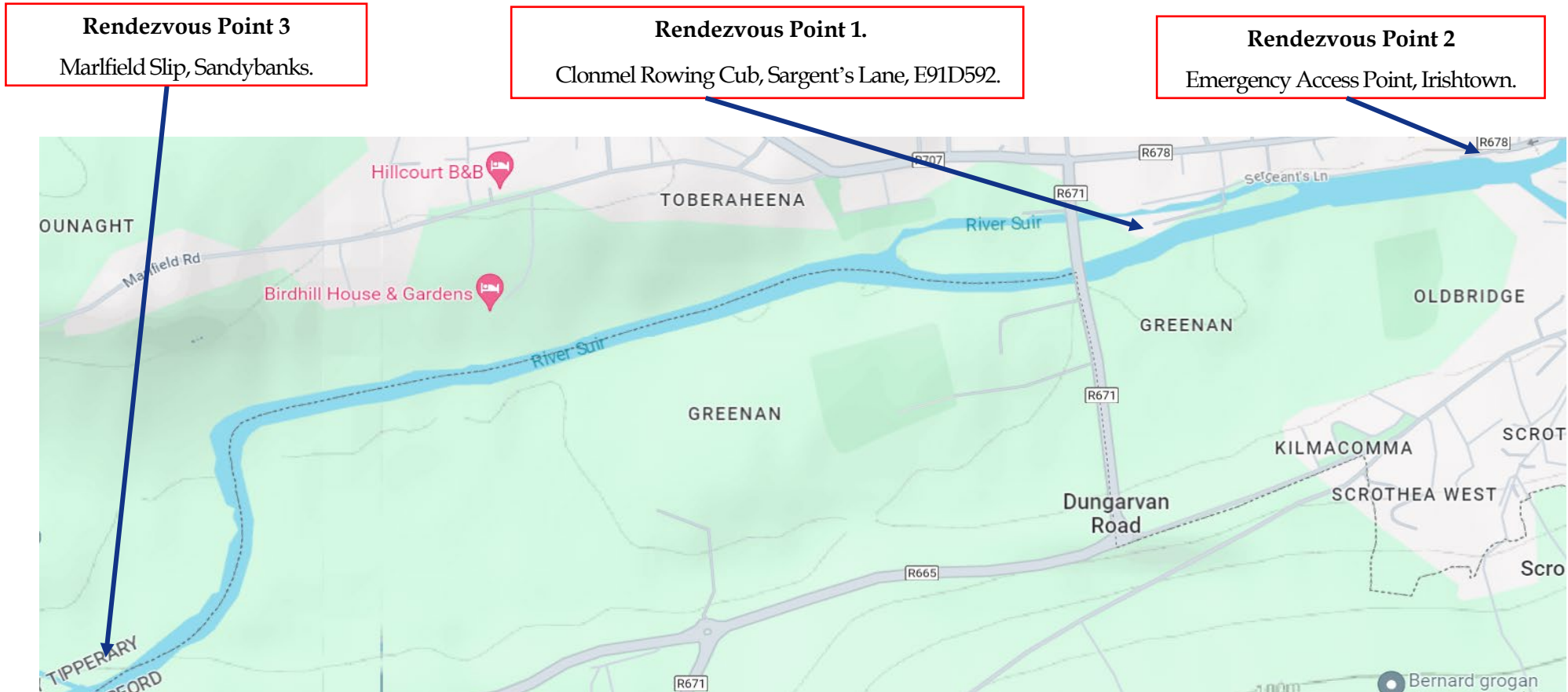
1. Motor should be off where it is safe to do so.
2. If athlete is strong enough to climb in on their own, they can do so from the side at the stern as it is lowest in the water. You should be on the opposite of the boat to counterbalance the weight distribution.
3. If an athlete needs assistance, then towards the bow of the craft is a good place to do this as the weight of the motor will help to counterbalance the weight distribution on the craft.
4. When you have a guest coach with you have them help the athletes out of the water and use yourself to balance the weight in the boat to keep from tipping over.

DURING ALL ON WATER EMERGENCIES:

DO YOUR BEST TO GET THE INJURED TO THE CLUB



Emergency services rendezvous points.



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



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 an EMS that is also a coach.

1. CHECKS FOR DANGER TO SELF AND OTHERS.
2. Assesses Airway Breathing & circulation (ABC's) of the individual(s) and decides if advanced medical help is required.
3. 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.
4. Directs CALL PERSON to call 999 if required.
5. Performs any first aid that is required based on level of training.
6. 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.

1. Calls 9991 for emergency if directed by the CHARGE PERSON.
2. Provides all information including facility location, nature of injury, what, if any, first aid has been provided.
3. Stay on the phone with the 999 operator.
4. Stays with CHARGE PERSON and injured to update 999 operator about change in condition and until EMS has arrived.
5. Calls emergency contact person of the injured individual(s).
6. Calls Boat Clubs first representative on the list above until a person is contacted.

CONTROL PERSON

Mature responsible person that can control a crowd.

1. Controls the crowd including concerned athletes, coaches and spectators.
2. Recruits help at the scene if needed.
3. Assists the CHARGE PERSON as needed.

COURSE PERSON

Mature responsible person that can move quickly and efficiently.

1. Ensures the gate is unlocked so that EMS can access the club grounds.
2. Go up to Irishtown entrance, to direct EMS to the club house to speed attendance on scene. Inform the emergency dispatcher if you are taking this course of action.