

EMERGENCY ACTION PLAN

EMERGENCY PHONE NUMBER 911

CONTACT INFORMATION

CHARGE PEOPLE

Bonnie Paterson 705-646-3607
Robin McBride 705-644-2240
Cindy Rusak 705-646-0059

BOARD MEMBERS

Bert Bongers (President) 705-644-0086
Karen Martin (Vice president) 705-644-1893

ADDRESS OF ROWING CLUB

240 Ecclestone Dr.
Bracebridge, Ont
P1L 1G4

ADDRESS OF NEAREST HOSPITAL

75 Anne Street
Bracebridge, Ont
P1L 2E4

SAFE HAVENS ON ROWING COURSE

Quality Inn
Annie Williams Park
Santa's Village dock and beach
Docks along river bank

COACHES

Cindy Rusak – 705- 646-0059 (crusak@gmail.com)
Bonnie Paterson – 705-646-3607
Karen Martin – 705-644-1893

SAFETY EQUIPMENT

First-Aid Kit – Located next to desk in boathouse

Fire Extinguisher – Near side door entrance to boathouse

Safety Equipment Checklist

Check before going on water:

Motorboat:

- Motor secured properly
- sufficient gas
- paddle
- bailing bucket
- life jackets (one for each person in the largest rowing shell, as well as enough for the persons in the coach boat)
- whistle
- tow-line
- ladder
- navigational lights (if rowing before sunrise or after sunset)
- boaters safety kit
- first aid kit (with silver emergency blankets)
- cell phone
- kill switch attached to operator

Rowing Shell:

- Bow ball
- heel-ties on shoes (fist length)
- riggers secure
- no damages on boat hull
- fin correctly fitted
- rudder and ropes in good condition
- vents are closed while on water and open while in boathouse

If Rowing Without a Coach Boat

Rowing shells must carry:

- PFD (one per person)
- whistle
- navigational lights (if rowing before sunrise or after sunset)

If rowing single without a coach boat, there must be at least two rowers and they must stay close together. **Never Row a Single Alone.**

Coaches Checklist:

- discourage rowing before sunrise and after sunset
- check weather conditions
- ensure all rowers are aware of safety procedures
- ensure that all inexperienced rowers, single scullers, and junior coxswains are adequately supervised
- rowers/coxswains are aware of capsize and accident procedures
- rowers should be able to swim to shore
- coaches should have CPR training
- rowers are dressed for weather conditions (heat, cold)

SIGN IN AND OUT OF LOGBOOK WHEN ROWING

Hazards

Be alert for:

- strong/swift currents (boats should not go past buoy markers at base of falls)
- shallow water
- deadheads
- docks (also be aware of dock foundations)
- weather conditions (fog, electrical storms, high wind)
- boat traffic
- swimmers

Cold Weather/Water

- dress warmly
- if water 15°C or lower, have safety boat or do not go on water

Hypothermia

Core body temperature below 35°C

Early Symptoms

Slurred speech, clumsiness, numbness, loss of strength, rapid shivering, semi-consciousness

Action

Call 911

- maintain airway
- transfer to warm place
- use blankets
- remove wet clothing (if you have blankets)
- begin to warm head/neck/torso while avoiding extremities
- avoid fluid intake

Advanced Symptoms

Appears death-like, unconscious, little-to-no breathing

Action

IMMEDIATE MEDICAL ASSISTANCE IS REQUIRED

- do not re-warm
- no cardiac compression
- maintain airway
- avoid moving
- gently monitor pulse to avoid triggering reflexes

Hot Weather

- wear protective clothing
- use sunblock with high SPF
- drink lots of water before/during/after exercise

Heat Cramps

Symptoms

Extreme sweating in worked muscles

Action

Massage for immediate relief

Heat Exhaustion

Early Symptoms

Cramps, tiredness, weakness, malaise, mild decreases in performance

Action

-rest

-hydrate

Advanced Symptoms

Lack of muscle coordination, impaired judgement, emotion changes

Action

-rest

-hydrate

-ice pack to body if temperature increases

Heat Stroke

Symptoms

Confusion, nausea, vomiting, seizures, loss of consciousness, skin may be dry and clammy despite high body temperature

Action

Call 911

-immerse person in water in horizontal position, stop when victim is conscious and alert, **Continuing treatment could be fatal if body**

temperature drops suddenly

In Case of Emergency

Be prepared to share the following information:

It is (name) calling at (time) , on (date) , from the Muskoka Rowing Club, located at 240 Ecclestone Drive, the first left after driving over the falls heading out of town. We have (nature of emergency) and (number of people) people involved.