

# HEXHAM ROWING CLUB EMERGENCY ACTION PLAN

POTENTIALLY LIFE-THREATENING INCIDENTS	
<b>1. CAPSIZE, ROWER IN THE WATER</b>	
<p><b><u>ACTION</u></b></p> <p>Release feet from shoes            Stay with the boat and await assistance            If separated from boat swim back to boat or, with the current, to safe section of shore, whichever is nearer, treading water if necessary.            Get on top of the upturned boat and out of the water if possible.            In crew boats, if possible right the boat and get back in, one person at a time, other crew members holding the boat stable.            Other boats in vicinity to stop, attend and assist, particular priority to any crew in the water and separated from the boat.            Buddy rescue if practicable (carry a person in the water to safety, lying along the bow or stern of the rescuing boat)            Other boats to raise alarm, go for help.            Those on the bank to obtain throw lines and space blankets.            Telephone            Enter report in incident book</p>	<p><b><u>Preventitive Measures</u></b></p> <p>Club to check shoe restraints regularly in all boat.            All members to check shoe restraints and be familiar with fastenings before each outing.            Don't boat in bad weather or when it is forecast to deteriorate.            Regular capsized drills and swim tests for all members who use boats.            Maintain strength and fitness            All members to receive coaching to reasonable competency level            Keep a good look out at all times            Consider taking a mobile phone on outings            Beginners must remain within allocated zone with other boats/coach present.            Single scullers engaged in lone outings should inform someone (club or family member) when they boat and deboat.            Last person to lock up clubhouse to check that all have returned</p>
<b>2. SERIOUS INJURY/ILLNESS ON THE WATER</b>	
<p>Raise alarm with other boats if available, to go for help.            Use mobile phone if assistance required and crew member has mobile in boat.            In a crew boat, other members to reassure casualty, provide support, make as safe and warm as possible and attempt to row to safety.            Alert club members on the bank or members of public to phone emergency services.            Enter report in Incident book</p>	<p>Don't boat in bad weather or when it is forecast to deteriorate.            Don't boat if you feel unwell, have an injury made worse by rowing, a cold or similar debilitating virus or infection.            Do warm-up exercise before boating.            Maintain strength and fitness            Have proper coaching and to good competency level.            Consider taking mobile phone on outings.            Keep a good look out at all times.            Club to encourage members to do first aider training, regularly updated.</p>

# HEXHAM ROWING CLUB EMERGENCY ACTION PLAN

MINOR INCIDENTS – NON-LIFE THREATENING	
<b>1. MINOR INJURY/ILLNESS</b>	
<p><b><u>ACTION</u></b></p> <p>Raise alarm with other boat users, members on the bank.            Use mobile phone if assistance required and crew member has mobile in boat            Crew member to receive first aid from crew if possible.            Return to clubhouse under own steam .            Use first aid kit at clubhouse, cleanse any wounds carefully and arrange to travel to hospital casualty dept or see own Dr if necessary.            Enter report in Incident book</p>	<p><b><u>PREVENTION MEASURES</u></b></p> <p>Avoid boating in bad weather or when it is forecast to deteriorate.            Don't boat if you feel unwell, have an injury made worse by rowing, a cold or similar virus or infection.            Make sure you have regular tetanus injections.            Consider taking mobile phone on outings            Do warm-up exercise before boating.            Keep a good look out at all times            Beginners must remain within allocated zone with other boats/coach.            Last person to lock up clubhouse to check all have returned            Club to encourage members to do first aider training, regularly updated and first aiders to be insured and supported by the club.</p>
<b>2. COLLISION AND/OR DAMAGE TO BOAT</b>	
<p>Raise alarm with other boats if available, to go for help.            Use mobile phone if assistance required and crew member has mobile phone in boat.            Alert club members on the bank.            Row back to boat house if possible or with assistance from other club members.            Report in Incident book</p>	<p>Club to check boats, equipment and blades regularly. All members to check boat fittings especially shoe restraints, nuts and bolts, bowball, gates and blades, steering etc before each outing.            Don't boat in bad weather, when there is a lot of floating debris. Take particular care steering near the weir or close to railway sleeper, floating debris and near other boats.            All rowers and coxes to be familiar with circulation pattern on the river.            Regular capsize drills and swim tests for all members who use boats.            Have proper coaching and competency level            Keep a good look out at all times            Beginners must remain within allocated zone with other boats/coach present.            Be familiar with your boat, how it behaves when turning, in wind or high stream including how to boat and land safely.</p>