

RYDE ROWING CLUB. EMERGENCY ACTION PLAN

INTRODUCTION.

Ryde Rowing Club is committed to the safety of its members and its guests whilst they are engaged in club related activities.

All members have both a duty of care to others and personal responsibility for ensuring that their actions, both on and off the water, are conducted in a way that does not compromise the safety of themselves or others.

This Emergency Action Plan has been written to provide a concise guidance to dealing with these incidents.

Where possible, the relevant squad coach, crew coach or co-ordinator shall 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 clubhouse or boathouse, a British Rowing Incident Report should be submitted on-line and the Clubs Rowing Safety Adviser contacted.

Copies of the Clubs safety Policies and Risk Assessments are available at the Ryde Clubhouse and Folly Boathouse and on the Clubs Web Site at - www.ryderowingclub.co.uk

Members are expected to familiarise themselves with all aspects of these policies.

Directing people to the Club.

There may be situations when an external party such as a Doctor or Ambulance may need to be called to the club.

Ryde Rowing Club has two locations where activity could be taking place – their main Clubhouse in Appley Park, Ryde and the River Medina Boathouse near to the Folly Inn in East Cowes.

The main Clubhouse in Ryde address is –

Ryde Rowing Club Appley Lane, Ryde PO33 1ND, UK.
Behind Appley Café, opposite Ryde Inshore Rescue HQ.
Latitude: 50.727856 | **Longitude:** -1.143568
Telephone: 01983 562127

The Medina Boathouse at the Folly address is –

RRC Boathouse, SARO Site, Folly Lane, Newport PO31 6NB (Inn), UK
Turn right at bottom of Folly Lane – away from Folly Inn – through security gate.

Latitude: 50.733421 | Longitude: -1.280761

Telephone – Folly Security – 01983 293132.

Folly Inn - 01983 297171

Incidents in the Club House

Medical emergencies sustained at the club are likely to be minor on most occasions.

Medical emergencies sustained at the club are likely to be either cuts or burns sustained in the boathouse, minor burns in the kitchen 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.

Minor Burns: to treat superficial (minor) burns in the first instance you should seek to cool the skin with running cool or tepid water for at least 10 minutes, ideally within 20 minutes of the injury happening. This will prevent the burn getting worse. Do not use ice, iced water, creams, or greasy substances (such as butter) to soothe the burn. Remove any clothes or jewellery from around the burn, unless they are sticking to it.

Cover the burn using strips of cling film, rather than wrapping it around a limb. A clean plastic bag is suitable to use for burns on your hand. Do not interfere with the burn, or break any blisters. If the burn is very painful, or seems to be getting worse, call NHS 111, or visit your GP for advice.

If you are in any doubt whether you need further medical assistance, call (9)999 and ask for an ambulance. Deep, or large burns, or burns to the face, hands, or across joints, must always be checked by a doctor and may require hospital treatment.

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. This will mean contacting your GP as soon as possible for a thorough chest examination.

Incidents on the Water.

Emergency on the Water.

In the event of capsize, collision, ill-health or equipment failure, the first priority is to rescue people from the water.

If the Safety Launch is on the water -

Most scheduled club sessions have the support of the safety launch, and this should be used in the first instance to rescue casualties from the water as follows:

- Launch driver to assess the situation and prioritise rescue from the water – the launch can hold approximately 11 people as a floating platform.
- If more than one rescue trip is necessary, ensure adequate buoyancy is available for those waiting for launch to return.
- Ensure other lake users are aware of incident – it may be necessary to request a crew to perform a ‘buddy rescue’ (see below) if the launch is full.
- When all casualties are on dry-land, retrieve boats and blades. If possible, retrieve the equipment at the same time as casualties to remove the hazard, but not at the expense of the welfare of the casualties.

If there is no Safety Launch on the water –

If the launch is not out and there is a casualty in the water who cannot reach the pontoon or bank, the following procedures apply:

- Perform a ‘buddy rescue’ only from 4+/-/x. <https://www.youtube.com/watch?v=scYMNv-unQ&list=PLqGYFRMKy8vLkO86Ek15kUdphJQkt2Z5Y&index=48>
- Only experienced crew in 2x should attempt a ‘buddy rescue’, but preferably call for a larger boat. Do NOT use a 1x or 2- to perform a ‘buddy rescue’.
- If the casualty cannot get onto the canvas of the rescue boat, carefully position the rescue boat next to the casualty and tow them to the pontoon.

Collision or Incident with other vessels.

If you are involved in an incident, including a near miss any other vessels the incident should be reported as soon as you arrive back at the boathouse. Try to get the name of the vessel so that it can be traced. Safety related incidents, including collisions, capsizes, injuries and boat damage should be reported to the relevant Harbour/River authority as well as reported to British Rowing using the clubs Accident Reporting process.

Capsize or swamping.

- Remain calm! Coastal boats can and do capsize or fill with water and it is important to stay calm and know that following a few basic rules will help keep you safe.
- All RRC boats have buoyancy tanks and, even if swamped, will not sink. The crew must stay with the boat and can use it for buoyancy. Staying with the boat creates a much bigger target for people to see and you can be rescued, if necessary, much easier.
- If out of your depth & unable to wade ashore, hold onto the capsized hull as a buoyancy aid & attempt to swim it to shore.
- If the water is cold, get as much of your body out of the water as soon as possible, draping yourself over the upturned hull (if necessary turning over the hull for this purpose).
- 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.

- If possible, "buddy-up"; holding 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. 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.

Injury or medical emergency

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

- Raise the Alarm with a coach or with other boats if available.
- Use a mobile phone or two way radio to dial for emergency assistance (9)999; OR if no phone is available
- Row to the nearest location where a safe landing can be made, get to a telephone, and make a 999 call, indicating the closest access location.

First aid and defibrillator.

There are well-stocked first aid kits in the Ryde Clubhouse – one in the boathouse and one in the upstairs disabled toilet and one in the boathouse at then Folly and in the Minibus. At Ryde there is an AED (automated external defibrillator) located on the wall by the front door of the Ryde Inshore Rescue HQ just across the road from the Ryde Clubhouse and Appley Café.in the gym; 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.

Hypothermia (Cold-water emersion)

The symptoms of hypothermia depend on how cold the environment is and how long you are exposed for. Severe hypothermia needs urgent medical treatment in hospital. Shivering is a good guide to how severe the condition is. If the person can stop shivering on their own, the hypothermia is mild, but if they cannot stop shivering, it is moderate to severe.

Mild cases: in mild cases, symptoms include:

- feeling cold,
- shivering,
- low energy,
- discomfort at higher temperatures than normal, or
- Cold, pale skin.

Moderate cases: the symptoms of moderate hypothermia include:

- violent, uncontrollable shivering,
- being unable to think or pay attention,
- confusion (some people don't realise they are affected),
- loss of judgment and reasoning,
- difficulty moving around or stumbling (weakness),
- feeling afraid,
- memory loss,
- fumbling hands and loss of coordination,
- drowsiness,
- slurred speech,
- listlessness and indifference.

- Slow, shallow breathing and a weak pulse.

Severe cases: the symptoms of severe hypothermia include:

- loss of control of hands, feet, and limbs,
- uncontrollable shivering that suddenly stops,
- unconsciousness,
- shallow or no breathing,
- weak, irregular or no pulse,
- stiff muscles, and
- Dilated pupils.

Although hypothermia is defined as occurring when the body temperature drops below 35°C (95°F), mild hypothermia can start at higher body temperatures.

As the body temperature decreases further, shivering will stop completely. The heart rate will slow and a person will gradually lose consciousness. When unconscious, a person will not appear to have a pulse or be breathing. Emergency assistance should be sought immediately and CPR provided while the person is warmed. CPR is an emergency procedure, consisting of 30 chest compression followed by 2 rescue breaths.

How to treat hypothermia

As hypothermia can be a life-threatening condition, seek medical attention as soon as possible.

Hypothermia is treated by preventing further heat being lost and by gently warming the patient.

If you are treating someone with mild hypothermia, or waiting for medical treatment to arrive, follow the advice below to prevent further loss of heat.

Things to do for hypothermia:

- Move the person indoors, or somewhere warm, as soon as possible.
- Once sheltered, gently remove any wet clothing and dry the person
- Wrap them in blankets, towels, coats (whatever you have), protecting the head and torso first
- Your own body heat can help someone with hypothermia. Hug them gently
- Increase activity if possible, but not to the point where sweating occurs, as that cools the skin down again
- If possible, give the person warm drinks (but not alcohol) or high energy foods, such as chocolate, to help warm them up
- Once body temperature has increased, keep the person warm and dry

It is important to handle anyone that has hypothermia very gently and carefully.

Things you should NOT do:

- Don't warm up an elderly person using a bath, as this may send cold blood from the body's surfaces to the heart or brain too suddenly, causing a stroke or heart attack;
- Don't apply direct heat (hot water or a heating pad, for example) to the arms and legs, as this forces cold blood back to the major organs, making the condition worse

- Don't take a hot shower to try to warm up quickly, as this will also make the condition worse
- Don't give the person alcohol to drink, as this will decrease the body's ability to retain heat
- Don't rub or massage the person's skin, as this can cause the blood vessels to widen and decrease the body's ability to retain heat. In severe cases of hypothermia there is also a risk of heart attack

Near-Drowning

The goal is to safely rescue the victim and begin first aid.

In a near-drowning emergency, the sooner the rescue and first aid begin, the greater the victim's chance of survival. Do not endanger yourself in rescuing the victim during this process.

Rescue options to reach the drowning victim in the water:

- Use a Throw Line
- Throw a rope with a buoyant object
- Use a long stick
- Bring a boat alongside the victim and tow the victim to shore. Do not haul the victim into the boat because it may cause the boat to capsize, and both of you will be in the water. Cold water may render the victim too hypothermic to grasp objects within their reach or to hold while being pulled to safety
- As a last resort, you can attempt a swimming rescue if you are sufficiently trained in water rescue. Do not attempt a rescue beyond your capabilities. Otherwise, you may harm yourself; - for a swimming rescue, approach the person from behind while trying to calm the victim as you move closer. A panicked victim can pull you down, - grab a piece of clothing or cup a hand or arm under the victim's chin and pull the person face up to shore

While providing special care to ensure a straight head-neck-back alignment especially if you think the person has spine injuries.

First aid for a near-drowning victim

- The focus of the first aid for a near-drowning victim in the water is to get oxygen into the lungs without aggravating any suspected neck injury.
- If the victim's breathing has stopped, give 5 mouth-to-mouth rescue breaths as soon as you safely can. This could mean starting the breathing process in the water.
- Once on shore, reassess the victim's breathing and circulation (heartbeat and pulse). If there is breathing and circulation without suspected spine injury, place the person in the recovery position (lying on the stomach, arms extended at the shoulder level and bent, head on the side with the leg on the same side drawn up at a right angle to the torso) to keep the airway clear and to allow the swallowed water to drain. If there is no breathing, begin CPR. Continue CPR (30 chest compression followed by 2 rescue breaths) until help arrives or the person revives. (Use the Defibrillator at the earliest opportunity) See Boat House.
- Keep the person warm by removing wet clothing and covering with warm blankets to prevent hypothermia.
- Remain with the recovering person until emergency medical personnel have arrived.

Emergency First Aid

A list of members qualified to give emergency first aid is displayed on the main clubhouse Safety noticeboard and the safety noticeboard in the Folly Boathouse - and one of these people should be requested to give assistance in the first instance.

A&E services are located at –

ACCIDENT & EMERGENCY.

St Mary's Hospital

Address: St. Mary's Hospital, Parkhurst Rd, Newport PO30 5TG

Phone: 01983 822099

STRONG RECOMMENDATIONS:

- Do not go out rowing alone, ever, when the water temperature is below 10 degrees C. Hypothermia is deadly quick at lower temperatures.
- Novices Scullers are banned from going afloat alone under any circumstances.
- Always row with at least one other boat, or with the coach / safety boat.
- Always have your mobile phone with you if there is no coach boat, so that you can call 999 for help. Keep it in a zip-lock bag – these are available in the Folly Boathouse – you must return them after use.
- At Ryde ensure there is a look out on the beach at all times with radio contact/mobile phone.

CONTACT NUMBERS.

In case of an emergency call (9)999 and inform the operator which service is required (Fire – Police – Ambulance - Coastguard) or 112. Dialling 112 (rather than 999) will automatically give the emergency services your location, whether you are using a mobile or fixed-line telephone.

British Rowing, 6 Lower Mall, London W6 9DJ. Telephone: 020 8237 6700

ACCIDENT & EMERGENCY. St Mary's Hospital. Address: St. Mary's Hospital, Parkhurst Rd, Newport PO30 5TG. Phone: 01983 822099.

Ryde Inshore Rescue Address: Headquarters & Inshore Rescue Centre, Appley Lane, Ryde PO33 1ND. Telephone: 01983 564564

Cowes Harbour Commission. Harbour Office, Town Quay, Cowes, Isle of Wight PO31 7AS
Telephone: 01983 293952. E Mail: chc@cowes.co.uk

Sources: British Rowing RowSafe; Weybridge Rowing Club Emergency Action Plan; Canford School Boat Club Emergency Action Plan; Walton Rowing Club Emergency Action Plan; MKRC Emergency Action Plan; Shanklin Sandown Rowing Club Emergency Action Plan.