

Devil's Elbow Rowing Club Emergency Response Plan

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 to inform other members of the situation.
- Use a mobile phone to dial for emergency assistance 999; OR if no mobile phone available row or use the launch to get 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 from the list below:

If the incident is at the club:

Trent Valley Sailing Club

Trent Lane, (off Meadow Lane) Long Eaton, Nottingham NG10 2FY

(The vehicles will have to come past the farm and over the hump back bridge over the canal. It is important that they know that this is the correct way!)

Tel: 07980 696665

Grid ref: SK49382 30852

W3W: promoting.catchers.wishes

AED AVAILABLE

If the incident is at Trent Lock:

The Trent Lock Pub

Trent Lock, Lock Lane Long Eaton, NG102FY

Tel: 0115 972 5159

Grid ref: SK48992 31215

W3W: plank.stable.quiz

If the incident is at Sawley Lock:

Sawley Lock House

NG10 3AD Sawley, Nottingham, United Kingdom

Tel: 07585 504969

Grid ref: SK 47752 30828

W3W: portable.zoom.hologram

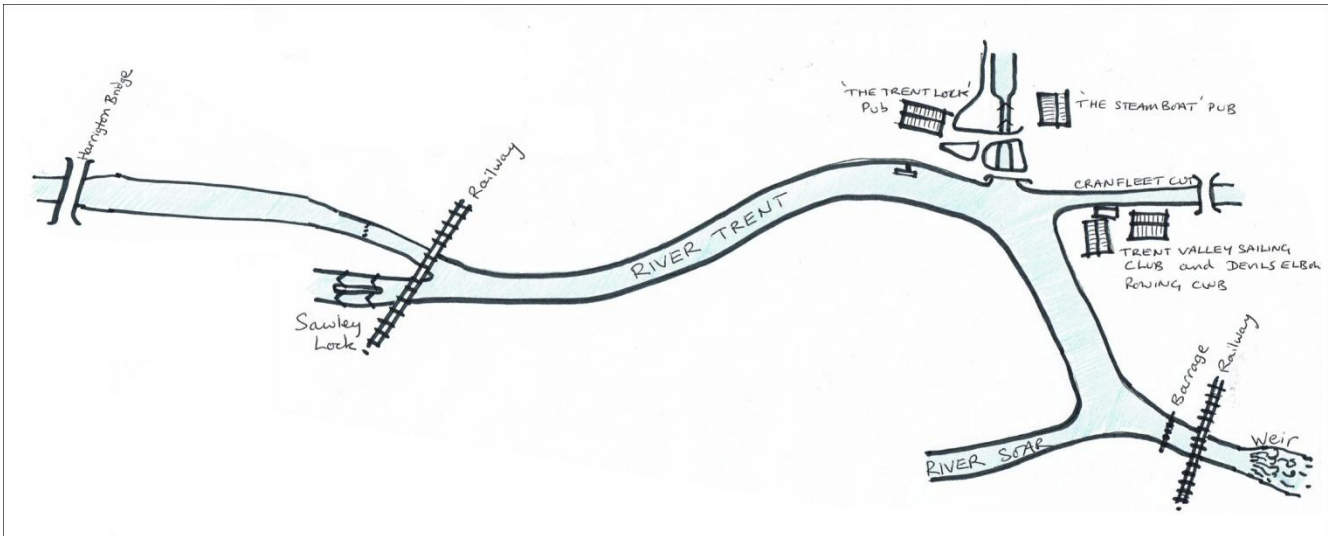
IMPORTANT

Be aware that the postcode for the rowing club and the postcode for Trent Lock are the same and you will need to specify the specific address of either the sailing club or Trent Lock using the grid reference if appropriate to get a vehicle to come to the correct location.

REMEMBER:

Report any incident or condition that could give rise to an emergency to Club Officer or coach. Any member can report incidents and near misses to British Rowing.

Map of The rowing club and the surrounding area



In the event of a capsiz

The main principles are:

Get free from danger

Get out of the water

Get off the water

- If out of your depth and unable to wade ashore, hold onto the capsized hull as a buoyancy aid and 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.
- As a priority other boats in the vicinity should fetch help or a launch if one is available.
- Shout "Man Overboard" as soon as anyone falls overboard.
- A crew member should then keep pointing at the Man Overboard until help comes
- Extreme care should be taken if attempting to rescue from another rowing or sculling boat - you are likely to tip over, putting more people in the water with no one to get help.

[British Rowing offer capsiz](#) and recovery courses: find out more at BR website.

Possible serious incidents associated with rowing

The following gives guidance for recognizing and treating possible serious incidence associated with rowing. Always seek help from a qualified medical professional. Never put your own life at risk.

In The Event of a Serious Incident/Cardiac Arrest

- IN A MEDICAL EMERGENCY, INCLUDING A CREW MEMBER BEING TAKEN SERIOUSLY ILL OR BECOMING UNRESPONSIVE, IMMEDIATELY: -
- Use a mobile phone to dial 999 (or 112 from a mobile) for emergency assistance.
- Club location is: Trent Valley Sailing Club, Trent Lane, Long Eaton, NG10 2FY.
W3W promoting.catchers.wishes OSGR: E449285 N331071
- Raise the alarm with the launch and/or with other boats if available.
- If you come across someone who is not breathing or breathing erratically, the most important thing is to dial 999/112 and start CPR to keep the blood flowing around the body. **An AED machine is available at the club**

- Capsize

The following guidelines should be followed if a capsize occurs: -

- STAY with the boat – use it as your buoyancy and wait for help to arrive.
- 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 and try to attract attention immediately.
- If you have to stay in the water, retain warmth by keeping arms and knees tucked into the body.
- Stay calm and breathe deeply.
- 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 capsize too, putting more people in the water with no one to get help.
- Crews in distress should use their radio to summon help.

Cold Water Immersion

Cold water immersion is the result of entering cold water from a capsize or fall from the bank etc. It should not be underestimated – IT CAN KILL as breathing and circulation are immediately affected before hypothermia sets in. The effects of the cold water mean that even healthy individuals, who are good swimmers, can still drown within a short period of time, often only a few feet from the bank.

Any of the following may occur after immersion: -

- Cold shock response (the effects of this will pass, so stay calm!! Float to survive.).
- Dry drowning.
- Cold incapacitation and swim failure.
- Circum-rescue collapse after immersion.

Adopt the “1 minute, 1 degree rule” so you know and can plan a rescue time. A winter water temperature of 4°C means you have 4 minutes of useful time to get out of the water.

Hypothermia (cold)

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

Treating 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 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 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.

Hyperthermia (hot)

This section is to be updated.

In the meantime please refer to:

<https://www.britishrowing.org/wp-content/uploads/2019/04/Row-Safe-April-2019-online.pdf>

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.
- We strongly advise that you do not attempt a swimming rescue as this could result in your own life being put at risk.

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 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 compressions followed by 2 rescue breaths) until help arrives or the person revives.

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.

Stay safe while rowing!

STRONG RECOMMENDATIONS:

- Wear the right clothes for the conditions, layers, hat, hi-viz jacket.
- Avoid clothes with pockets.

- Do not go out rowing alone, ever, when the water temperature is below 10°C. Hypothermia is deadly quick at lower temperatures.
- If you go out in a single make sure someone knows where you are and when you are expected back.
- Always row with at least one other boat, or with the coach/safety boat.
- Always check the boat before you get out onto the water.
- All crews are advised to ensure they carry a mobile phone when on the water. Keep it in a zip-loc bag - then it won't sink!
- Always bring a change of clothes.

First aid points at the club

There are first aid kits in the following locations:

- Upstairs in the kitchen area off the club room.
- In the green first aid bag on the shelves in the boathouse.

Note: When the safety launch is out this bag should be onboard along with the throw line.

In the event of a fire

Evacuate the building and assemble outside. Call 999 immediately. A fire in either of these buildings should not be taken lightly

Both the clubhouse and the boathouse have fire extinguishers located as follows:

- In the boathouse at each end near the doors
- mens changing room
- womens changing room
- upstairs in the club room
- in the kitchens

Outside there are also buckets of sand hanging under the raised clubhouse.

The fire extinguishers are maintained by Trent Valley Sailing Club if there is anything that a member thinks should be brought to their attention contact your current club liaison Clare Sedgwick: email: .

Keys are kept in the back room of the men changing rooms.

TVSC phone numbers are on a poster in the men's changing room and in the kitchen.

Your club first aiders are:

Michelle Greenwood

Jim Hawkins

Max Kavanagh

Murray Parker

Local hospitals with Accident and Emergency Departments:

Nottingham: [Queens Medical Center](#) open 24 hours

5.9 miles from NG102FY

Derby Road

Nottingham

Nottinghamshire

NG7 2UH

Tel: 0115 924 9924

Derby: [Royal Derby Hospital](#) Open 24 hours

10.4 miles from NG102FY

Royal Derby Hospital

Derby

Derbyshire

DE22 3NE

Tel: 01332 783111 Emergency Department

Date checked: 29/11/17

Checked by: Jeremy Greenwood