



EMERGENCY ACTION PLAN

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.

Emergency Action Plan

EMERGENCY CONTACT INFORMATION DIAL **999** or **112** FOR ALL EMERGENCIES

St Michaels Rowing Club
O'Callaghan Strand,
Limerick City
V94 R2R4

AFTER dialling **112** and within a reasonable timeframe, please contact representatives of St. Michaels Rowing Club on this list. Should the individual not answer the phone, please proceed down the list to the next contact.

President: Declan Hartnett
Captain: Stuart McDonnell
Secretary: Dara O'Connor
Safety Advisor: James Ryan

AVAILABLE EQUIPMENT

First Aid Supplies:

- Located in the Committee room of the club house, to the left hanging on the wall

Defibrillator:

- Located on clubhouse wall inside at the main entrance gate to club. **Defibrillator LOCK CODE C159X**

Coach boats must carry at all times:

- Mobile phone in dry bag and radio
- Rescue Bag (First aid bag, blankets, knife, throw line, whistle)
- Paddle
- Tow line
- Sound signalling device (whistle or airhorn)



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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.

University Hospital Limerick

Saint Nessian's Road, Dooradoyle, Limerick, V94 F858
Phone: 061 301 111

ON WATER EMERGENCY SITUATION

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

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

- MOTOR MUST BE OFF
- 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



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- If athlete needs assistance, then the bow is a smart place to do this as the weight of the motor will help to counterbalance the weight distribution
- When you have a guest coach with you have them help athletes out of the water and use yourself to balance weight in the boat to keep you from tipping over

**DURING ALL ON WATER EMERGENCIES:
DO YOUR BEST TO GET THE INJURED TO THE CLUB**

Alternative emergency services rendezvous points

St Michaels rowing Club:
O'Callaghan strand Limerick City **V94 R2R4**

Clubhouse yard

Limerick City Slipway
O'Callaghan Strand **V94 R2R4**

Limerick City Slipway

St Michaels rowing Club:
O'Callaghan strand Limerick City **V94 R2R4**

Main Club Gateway

**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 EVERYONE IS
OFF THE WATER**

EMERGENCY ACTION PLAN

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 or Medical Doctor that is also a coach.
- CHECKS FOR DANGER TO SELF AND OTHERS
- Assesses ABC's of the individual(s) and decides if advanced medical help is required

- 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
- Directs CALL PERSON to call **112** if required
- Performs any first aid that is required based on level of training
- 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
- Calls **112** for emergency if directed by the CHARGE PERSON
- Provides all information including facility location, nature of injury, what, if any, first aid has been provided
- Stay on the phone with **112** operator
- Stays with CHARGE PERSON and injured to update **112** operator about change in condition and until EMS has arrived
- Calls emergency contact person of the injured individual(s)
- Calls Boat Clubs first representative on the list above until a person is contacted

CONTROL PERSON

- Mature responsible person that can control a crowd
- Controls the crowd including concerned athletes, coaches and spectators
- Recruits help at the scene if needed
- Assists the CHARGE PERSON as needed

COURSE PERSON

- Mature responsible person that can move quickly and efficiently
- Ensures the gate is unlocked so that EMS can access the club grounds.
- Go to **Main club gateway**, to direct EMS to the club house to speed attendance on scene. Inform the emergency dispatcher if you are taking this course of action.

