

**CLYDESDALE AMATEUR ROWING CLUB
EMERGENCY ACTION PLAN**



Emergency Club Contacts

First Aiders

Miki Lee Dale	Becky Toal	Nicky Cowan
Claire Munro	Naomi Dallas	Ciara Rogers
Lynne O'Hare	Steph Smith	Ken Diamond

First Aid Equipment is located on top of the cupboards in the kitchen and in the launch box

Boat man

Mike Colgan

Water Safety Advisor

Ellie Upstill-Goddard

Emergency Services: 999

Glasgow Humane Society: 0141 4294292

Recommendations

- Never go out rowing alone, especially when temperatures are below 8°C
- Always row with another boat or coach or safety launch on the water
- Do not do any high intensity exercise alone in the gym
- Always have a mobile phone with you if you are without a coach so emergency contacts can be called in the event of an emergency

Incidents in The Boathouse

- Medical emergencies sustained at the club are likely to be either cuts or burns sustained in the kitchen, or an athlete having breathing difficulty during exercise. In either event, a present member who has First Aid training should provide initial support

- **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 athlete any pain relief, as some people can have an allergic reaction to certain medicines.

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 in any doubt whether you need further medical assistance, call 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

- Club members should not undertake high intensity erg or exercise 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 and always let someone know where they are and what they are doing.
- If shortness of breath is experienced by any athlete during exercise they should stop the activity immediately and seek medical advice, either from a GP or if more serious, from hospital.

Safety on the Water

Collisions

- If you are involved in a collision or near miss on the water, this should be reported as soon as you arrive back to the club. The incident log book must be filled out and the Safety Advisor should be informed of the incident so that they can report it to Scottish Rowing. If there is any damage to the boat this should be reported to the Boat man.

Capsize

- If out of your depth and unable to safely reach the river bank, hold onto the capsized hull as a buoyancy aid and try to swim it to shore.
- If the water is cold, get as much of your body out of the water as soon as possible, lying over the upturned hull (if necessary turning over the hull for this purpose).

- If in a crew boat try to "buddy-up"; holding on to each other until rescued. This can provide warmth and helps to ensure all crew members 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 BOAT.**

Environmental Conditions

- The Clyde is susceptible to high winds and high and fast river conditions
- No rower should boat in potentially dangerous conditions as this endangers equipment and more importantly, endangers life
- In the absence of the Water Safety Advisor, coaches should make sensible and informed decisions about the safety of the water
- No rower should be forced on the water if they are not comfortable with the conditions
- If there is any doubt about the safety of the water, rowers **SHOULD NOT BOAT**
- In the event of lightening rowers should be prepared to return safely to the boat house and either wait till the storm passes, or abandon the session. In these incidents the 30-30 rule should be observed*

If it takes less than 30 seconds to hear thunder after seeing the flash, lightning is near enough to pose a threat; after the storm ends, wait 30 minutes before resuming rowing activities

Emergency Situation

- **IN A MEDICAL EMERGENCY, INCLUDING A CREW MEMBER BEING TAKEN SERIOUSLY ILL OR BECOMING UNRESPONSIVE, IMMEDIATELY:**
- Raise the Alarm with a launch or with Glasgow Humane Society
- Use a mobile phone to dial for emergency assistance 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 nearest pick up location

Serious Illness Associated With Rowing

Hypothermia

- The severity and symptoms of hypothermia depend on both the severity of environmental conditions and how long an individual has been exposed to them.
- Serious Hypothermia requires urgent medical attention and the condition should not be taken lightly. If an individual is able to stop shivering on their own the hypothermia is mild. If they cannot stop shivering on their own this is a moderate to severe case.

Mild Hypothermia

- Shivering,
- Feeling cold,
- Low energy,
- Discomfort at higher temperatures than normal, or

- Cold, pale skin.

Moderate Hypothermia

- 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,
- Fumbling hands and loss of coordination,
- Memory loss,
- Slurred speech
- Drowsiness,
- Slow, shallow breathing and a weak pulse.

Severe Hypothermia

- Loss of control of hands, feet, and limbs,
- Uncontrollable shivering that suddenly stops,
- Shallow or no breathing,
- Unconsciousness,
- Weak, irregular or no pulse,
- Stiff muscles
- Dilated pupils

Treating Hypothermia

- Move the person indoors, or somewhere warm, as soon as possible
- Once in a warmer environment, remove wet clothes and garments
- 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 (**NO 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.

DO NOT

- DO NOT 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;
- DO NOT 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
- DO NOT give alcohol, as this will decrease the body's ability to retain heat
- DO NOT rub or massage the person's skin, as decrease the body's ability to retain heat. In severe cases of hypothermia there is also a risk of heart attack

Near Drowning

- Use a throw line. All coaches on the bank should be equipped with a throw line.
- Throw a rope with a buoyant object attached
- 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. Cold water may render the victim too hypothermic to grasp objects within their reach or to hold while being pulled to safety
- **Call Glasgow Humane Society for emergency assistance**
- **Contact a Club First Aider if they are at or near the club**
- **Call the Emergency Services**

Dry Drowning/ Cold Water Shock

- When a rower falls into the water, the shock of the cold water hitting your throat and can send it into spasm. This causes not only water, but air getting into your lungs.
- If you capsize, try to keep your mouth shut and pinch your nose and avoid jumping into the water feet first.
- Once in the water keep your back to any waves or currents so that no water gets into your mouth.
- If you suspect someone of suffering cold water shock, ensure they are focusing on their breathing and that they remain calm and do not panic.

DO NOT

- Panic!
- Try to swim hard and fast

DO

- Remain calm
- Float for around 60 – 90 seconds, keeping hold of the boat if you can, lean back slightly and tilt your head up slightly, keeping your airways clear (giving to time to regain control of your breathing)
- Once calm and in control, try to swim to the bank or try to get help