Emergency Procedures for Avon High School Rowing Program.

Venue:
Batterson Park, Batterson Park Rd, Farmington, CT
And on the water at Batterson Park Pond

Personnel;
Present: Coaches Eric Rosow and Susan Passmoor
On call: 911 and emergency channel on marine radio, Athletic Director Avon High School – Jeff Sunblade

Prior to season start the necessary police departments will be informed of the location, time and use, as well as number of students and coaches involved. These include the Police/Rescue Departments of City of Hartford, Farmington, New Britain and Avon.

Emergency Equipment:
In the boathouse:

- Emergency cards with medical and contact information
- First Aid Kit good for 60 students.
- Ice.
- Marine radio with dock master.

In each launch

- 1 Kippy Liddle Kit per crew shell or its equivalent content (11 life preservers, space blankets, emergency horn, First Aid Kit, high intensity flashlight, rescue throwbag). There will be a maximum of two shells per coach/launch.
- 1 oar
- bailer
- anchor
- marine radio
- cell phone of coach.
- tool kit for minor boat fixes
- water

Communication:
Access to 911:

- Marine radio in each launch and at boathouse gives access to channel 16 emergency channel
- Cell phone with each coach and dock master

Batterson Park Contact:

- Soo Passmoor - 305-0118 (cell)
- Eric Rosow - 883-5482 (cell)

School Contact:

- Jeff Sunblade 404-4747

Role of First on Scene:

1. Assess situation immediately and determine appropriate action.

2. In any doubt call EMS and provide clear directions to incident location. Be sure gates are opened and an adult is there to meet them.

Different Emergency Scenarios and appropriate actions:

On the water:

1 Under no circumstances should a rower in the water leave his floating boat, even if a swamped boat is within a swimmable distance from the shore. Do not leave your floatation, even if you consider yourself a strong swimmer.

2. Coxswain should give the command "Weigh enough, hold water!" Don't ask questions; just respond immediately by stopping all forward body movement. Square the blades in the water to bring the boat to a halt.

3. Use these distress signals to communicate to other boats: wave the arms or a shirt above your head or raise one oar in the air.

4. **Man Overboard** - immediately command "Weigh enough, hold water" The stroke removes oar from the oarlock to give to the person in the water. Person in the water should lie across the oar and remain close to the shell. The launch picks up the person and determines if the rower returns to the shell. Another rower may be required to enter the water to assist with first aid.

5 **Rower Injured –** Immediately command ”Weigh enough!" Signal Launch if first aid is needed.

6. **Shell Damaged** but afloat and not taking water- Immediate command “Weigh enough!" Make adjustments or signal launch for assistance.

7. **Shell Swamped** - Immediate command “Weigh enough!" A shell is swamped when the interior water reaches the gunwales. If rowers stay in the boat, the flotational ends may cause the boat to break apart.

a) Coxswain directs rowers to untie, and by seat number rowers should carefully, but quickly, slip overboard.

b) If the boat is taking on excessive water, signal launch and unload rowers by pairs - starting in the middle of the boat - as soon as possible in order to avoid damage to the boat. Pairs should form "buddies" and keep watch on each other. The Cox should buddy with the stern pair.

c) If rescue is not imminent, take the following steps:
1) Remove oars or place them parallel to the shell. A11 persons should move to the two ends of the shell (it is dangerous to roll a shell when near riggers);
2) Then roll; the boat to form a more stable floatation platform so rowers can either lay on top of the hull or buddies can hold onto each other across the hull;
3) Remember that body heat loss occurs 25 times faster in water. Do not attempt to roll the boat if rescue is on the way.

d) A launch can shuttle rowers to the nearest shore. Be careful not to overload launch.

e) When the boat has been brought to shore, remove the oars. If the ends or the shell have filled with water, they must be drained before the boat can be removed from the water. Remove the shell carefully to avoid injury or damage. A boat full or water is very heavy, so try bailing first, then roll it slowly and remove it from the water.

8. Singles should be rowed with a "buddy" boat or launch. The rescue boat will stabilize the re-entry Entering the shell directly from the water may cause splashboard damage. Swim the boat to shore, lying in the stern, using the shell as a paddleboard. In very cold weather you can abandon your shell and lie on the stern deck of your buddy's boat to be taken to shore. The loss of muscle control can occur very quickly and dramatically in cold water. The stern deck rescue may be your only option.

9. **Shell Capsized -** Immediate command "Untie!" This rarely happens except in small boats. Be sure that all rowers and Cox are accounted for. Stay in the boat until assistance arrives!

10. **Shell Broken and sinking** -Immediate command "Untie!" Get out or the boat and follow the same procedures as for a swamped shell. Do not leave floating boat. Hold onto your oar and use it as a floatation device if boat sinks.

1L **Another Boat in Distress** - if a distress signal is seen and insufficient assistance is nearer that craft, maneuver your shell to the distressed boat. Attempt to summons other launches or stable boats with distress signal. Assist in any way that does not jeopardize the lives in your boat.

12. Shells should stay "within hail" distance of their safety launch. That launch has been outfitted to provide assistance to rowers and/or their shell in the event that it is needed. Most frequently, the toolbox and coach's expertise are available for small equipment adjustments or breakdowns, which allows the shell to continue rowing after a short stop. If more serious needs arise, the launch and expert are there for rapid transportation.

Emergencies Treatments for Identifiable Symptoms

There should be a quick reference booklet for treating/controlling serious symptoms until the EMS arrives. The following are those most likely to be encountered in the sport of rowing.

Hyperthermia occurs when there is an increase in body temperature, usually when the air temperature is above 76 degrees, and the victim is exposed to sun and heat in combination with a decrease in fluids. It may occur when

a) sweat cannot easily evaporate;
b) the body is being heated by the environment;
c) Water loss from sweat and respiration is not replaced and dehydration occurs.

Two serious conditions may result:

Heat Exhaustion Symptoms: throbbing headache, nausea, cool skin, chills, sweaty, pale, rapid pulse.

Action - drink water, shade from sun, treat for shock.

Heat stroke is life-threatening condition, **Symptoms**: behavior changes, unconsciousness, hot but not sweaty, flushed warm skin and rapid pounding pulse.
Action - douse with cool I water, shade from sun, fan, ensure that the airway is open, always get medical assistance as soon as possible.

To avoid these problems in hot and humid weather:

a) Maintain a high fluid level. Drink water before leaving dock and frequently while on the water. Take an individual plastic water bottle for easy access.

b) Avoid sunburn by using a sunscreen on exposed skin, with a sweatband or hat to keep the lotion out of the eyes.

c) Wear lightweight clothing.

d) Plan activity level consistent with the degree of heat and humidity.

e) Remain in the shade when off the water.

Hypothermia occurs when a victim is subjected to cold temperatures, cold water, ice or snow. There is a potential danger for hypothermia when the water temperature is below 80 degrees and very dangerous when below 50 degrees. **Symptoms:** feel cold, turn bluish and shiver first, followed by numbness, apathy, lethargy, disorientation and loss of mental capacity.

Action if cold and shivering:

a) Get out of the water quickly, even on top of a capsized boat. Heat loss is 25 times greater when in the water.

b) Huddle with others.

c) Drown-proofing (dead man's float) is not an acceptable survival technique. Keep as much of the body as possible out of the water.

d) Move to shelter quickly, remove wet clothing and rewarm body. In mild hypothermic conditions, rewarm in a shower, tub or with warm blankets.

e) Do not give any liquids to drink; treat for shock.

f) Continue to rewarm and always obtain medical assistance as soon as possible.

Action if cold and shivering has stopped:

a) Treat as above but DO NOT REWARM EXTRENIITIES! If victim is no longer shivering, the torso must be rewarmed first to avoid circulating cold blood to the heart. This can kill. Wrap the victim in a blanket and apply heat to underarms and groin area; wrap again in a separate blanket. Wrap each arm and leg separately to prevent rewarming. Hot packs should not be placed directly on the victim. A thick

layer should be used to protect the victim's skin from this heat source. If hot packs are not available, place the victim in a sleeping bag with a warm person.

b) Administer artificial respiration and CPR if necessary. Always obtain medical assistance as soon as possible.

Cold Water Emersion - be aware that in very cold water, people have survived as long as one hour underwater. Recover a victim immediately and even though there may be no signs of life, begin CPR efforts until medical assistance is obtained.