

EMERGENCY ACTION PLAN FOR CAPSIZED ROWING SHELLS

IMPORTANT INFORMATION

IN AN EMERGENCY:

Note: Calm judgement must be used in assessing whether a situation is an emergency, or is likely to develop into an emergency.

- If unable to wade ashore, rowers should **STAY WITH THE CAPSIZED HULL** and attempt to swim it to shore. The hull is inherently buoyant - it is your **LIFE RAFT**.
- If the water is cold, rowers should get as much of their body out of the water as soon as possible by draping themselves over the upturned hull, if necessary turning over the hull for this purpose.
- Rowers should "buddy-up"; two holding on to each other until rescued to provide mutual warmth and support and to help ensure all are accounted for.
- **DO NOT ATTEMPT TO RESCUE FROM ANOTHER ROWING SCULL** - tests show that you'll probably also tip over and then there is no one to get help.
- **IN AN MEDICAL EMERGENCY, IMMEDIATELY**
 - Use a cell phone to dial for emergency assistance 911; OR if no cell phone available
 - row back to the dock (or the nearest location where a safe landing can be made), get to a telephone, and make a 911 call, indicating the closest access location from the list above.
- Get back to the dock as quickly as possible, get out the coach boat, fuel and engine, and take it back to the site of emergency as quickly as possible.

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.
- Always row with at least one other boat, or with the coach/safety boat.
- Always have your cell phone with you if there is no coach boat, so that you can call 911 for help. Keep it in a zip-loc bag - then it won't sink!