

Capital Rowing Club Regatta Safety Plan

Regatta Safety

This Safety Plan has been formalized to enable Capital Rowing Club (CRC) to conduct a safe regatta. This plan utilizes the CRC safety plan and partnership with the DC Harbor Patrol and DC Emergency Medical Support for emergency assistance.

Regatta Safety Advisor

CRC Regatta Director has appointed a qualified individual as the Regatta Safety Officer for this event.

Regatta Referees

The CRC Regatta Director has determined that the Robert E. Day Capital Sprints Regatta will be operated under the rules of USRowing and have arranged for the referees of the event to be USRowing certified. The Regatta Referees will be employing US Rowing's modified procedures for this event.

Expectations of Competitors

It is required that all regatta competitors complete and have on file a valid USRowing waiver. It is expected that all competitors be familiar with USRowing Safety Guidelines and have complied with the USRowing Safety Checklist for Athletes and Shells. Safety checks will be made of shells before being allowed down the ramp to the dock for all competitive events.

Safety Coverage

A Safety Officer will be on site for the entirety of the event. Collaborating with Regatta Director and Head Referee will review regatta operations and can at anytime stop practice or regatta if deemed unsafe. Onsite emergency First Aid will be provided in the small tent. If a higher level of care is required, the District of Columbia Emergency Medical Support (DC EMS) will be notified by calling 911. Each launch will be equipped with first aid equipment, life jackets and a safety plan. There will be a large map of the course posted at the small tent. The basic safety plan will be briefed at the morning Coxswains' Meeting.

Accidents and Emergencies

Accidents, injuries, and other life-threatening events must be reported to any staff member of the regatta immediately to alert DC EMS and prepare an area for their arrival.

Distribution of Safety Plan

All volunteers and referees will be advised of this safety plan as well as specific emergency plans. This information will be found at the Registration/Medal desk next to the timing tent.

Emergency Plan Highlights

Hazardous Weather Events

Regatta staff is monitoring the weather, using a variety of sources including local Emergency Management and NOAA Weather. In the event of threatening weather, Regatta staff will be briefed on possible situations, and take the appropriate actions:

- Low severity weather conditions – Issue warnings and increase monitoring.
- Intermediate severity weather conditions – Issue instructions to tie down loose equipment. Monitoring becomes continuous.

High severity weather conditions – Regatta shutdown. Launching stops, crews on the way to or at the start will be turned around. A race in progress or ready to start will proceed. On-water personnel will direct

boats to docks. All rowers will follow the instructions of the Dockmasters to land and immediately clear the docks, then follow instructions for seeking shelter.

High Heat Index Operation

If the calculated Heat Index is expected to reach or exceed 100 degrees Fahrenheit (F) during the regatta, additional protective actions will be taken, including:

- Briefings of all participants before competition begins.
- Meetings with all officials on plans and procedures to follow to get affected persons to medical care quickly
- Safety launches will be equipped with water and towels for cooling affected persons. Should the calculated Heat Index be expected to reach or exceed 110 degrees F, additional First Aid support will be requested.

Regatta staff will be monitoring the return docks, providing updates to the Regatta Director and Chief Referee on the number of heat-related incidents. Delaying or stopping competition will be considered if significant numbers or participants are affected.

Multiple Casualty Incident

In the event of an accident involving multiple casualties, Regatta staff will immediately terminate regatta operations and clear the incident area and docks, making room for our professional emergency responders to take action. Local Emergency Management will be established, and additional resources will be requested, if appropriate.

Lost Child/Missing Person

Should a lost child or missing person event occur, immediately notify the Regatta staff at the Registration/Awards Desk. An announcement will be made over the public address system. Should a lost child, or any person in need of assistance be found, bring that child/person to the Registration/Awards Desk, and ask that the Safety Officer be notified.

On-Land Medical Emergency

In the event of an on-land emergency (Accident/Illness), immediately notify any staff person. The Safety Officer will provide the appropriate care. If a higher level of care is required, they will notify DC EMS.