

The Central Ontario Rowing Association

2.0 CORA FIRST AID & SAFETY PLAN

All safety boat drivers, coaches and race umpires and officials shall familiarize themselves with the First Aid and Safety Plan. Coaches will attend the coaches meeting before the event where the First Aid & Safety Plan is reviewed and are responsible for the safety of their athletes. It is recommended that all volunteers and staff have taken a first aid/CPR training course.

Boat drivers are responsible for carrying a valid Pleasure Craft operator's permit and have a basic understanding of how to operate the boat they are driving. Make sure you have enough gas and that the boat carries a paddle or oars, bailer, sound signal, PFDs for the largest crew. Boat drivers are required to always wear their PFD and the kill cord while on the water.

Boat drivers and coaches are responsible for keeping lookout up and down the course and listening for official notices on the PA system and on the radios.

2.1 RADIOS:

Where possible each safety boat will carry a radio. Radios are to be used for official communication only.

2.2 911 EMERGENCY:

Call 911, and specify your location – on the water, or near the finish tower or near the athlete's area.

2.3 FIRST AID LOCATIONS:

- a) First Aid will be in the grass area near the office.
- b) First Aid tent at the Finish Tower

2.4 FIRST AID:

Both qualified medical stations will be fully equipped with Trauma Kits, AED's, ice packs and bandages.

2.5 LIGHTNING:

All boats will leave the water immediately if lightning is seen. Refer to Emergency Action Plan.

2.6 HIGH WINDS AND POOR CONDITIONS:

At the Chief umpire's decision, the course may be shortened, or the regatta may be delayed or called off due to high winds or poor conditions. This decision is final.

Coaches should take into consideration the ability of their athletes to cope with the prevailing weather and wind conditions. DO NOT send an athlete on the water if there is any doubt about their ability to line up, start, row and finish their race. They will thank you for your wisdom one day.

2.7 ON WATER RESCUE PROCEDURE:

Safety boats are positioned along the course and on the lookout for boats that have tipped or need assistance. The biggest hazard for someone in the water is other boats. BE CAREFUL.

When a safety boat is heading to a rescue raise your hand to indicate that you are "on the way" When you get to the athlete approach from downwind to avoid drifting over them. Put the engine in neutral

and then turn off when you reach the athlete. Confirm that the athlete(s) are okay and that all the crew is present. Bring athlete into your boat and then proceed to secure their boat and equipment. Head to shore. Take great care that the boat does not hit rocks. Return equipment to athlete.

2.8 IMPORTANT NOTICE:

Once the athlete(s) and their boat are on shore it is YOUR RESPONSIBILITY to make sure they connect with their coach or other responsible adult. Do not leave the athlete alone until you have handed them over to their coach or another responsible adult who is known to the athlete. If this is not possible, decide appropriate action.

2.9 ADVICE TO ROWERS:

All RCA Rules of Racing apply. If you tip and are not able to get back in, do not leave your boat or swim to shore. Allow rescue drivers to help you and keep you safe. If you tip, flip your boat over and cling to it until help arrives. If you can, hold oar in the air, blade up, as a signal of distress.

It is not permitted to row down the centre of the course. Please row in return lane to avoid interfering with races.

OBEY the instructions of your coach and the regatta umpires and have fun.