**Annex C: First Aid & Safety Plan**

First Aid & Safety Plan - Dominion Day Regatta

All safety boat drivers, coaches and race umpires and officials should familiarize themselves with the First Aid and Safety Plan. Coaches will attend the coaches meeting before the event (8:15 AM – grandstand) and are responsible for the safety of their athletes. All coaches are responsible for understanding our First Aid & Safety Plan prior to attending the regatta. 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 a Toronto Port Authority (TPA) Power Vessel 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 your boat carries a paddle or oars, bailer, sound signal, PFDs for the largest crew. Boat drivers must wear their PFD at all times 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.

**RADIOS:**

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

**911 EMERGENCY:**

Call 911, and specify your location—Toronto Island, Allan A. Lamport Regatta Course, on the water, or near the Grandstand or in the athletes’ areas near Franklin Gardens.

**FIRST AID KIT LOCATIONS:**

1. Control Commission

**FIRST AID TENT**:

MedixEMS, an Event Medical Service will provide two emergency first responders for the day. They will set up a tent in the athletes’ area, just east of the Finish Line. They will be equipped with fully stocked Trauma Kits, Oxygen and Resuscitation Equipment (Suction Units, Oral and Nasal Airway Devices) and Pulse Oximetry. They will have ice packs and bandages.

**LIGHTNING:**

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

**HIGH WINDS AND POOR CONDITIONS:**

At the Chief umpire’s/Official’s decision, the course may be shortened or the regatta may be delayed or called off due to high winds or poor conditions. Their 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/paddle and finish their race. They will thank you for your wisdom one day.

**ON WATER RESCUE PROCEDURE:**

Safety boats are positioned on either side of the course on 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 “victim” approach from downwind to avoid drifting over them. Put engine in neutral and then turn off when you can reach the victim. NEVER leave engine on with people in the water near your boat.

Determine if everyone is OK and that all the crew is present. Bring victim into your boat and then proceed to secure their boat and equipment. Head for shore. Take great care that the boat does not hit rocks. Return equipment to athlete.

**IMPORTANT NOTE:**

Once the victim and his boat are on shore it is YOUR RESPONSIBILITY to make sure they connect with their coach or other responsible adult. Do not leave the victim 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.

**ADVICE TO PADDLERS & ROWERS:**

All RCA Rules of Racing & all Canoe Kayak Canada Sprint Competition Rules apply. If you tip 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 need help hold your paddle/oar in the air blade up as a signal of distress, if you can. It is not permitted to paddle/row down the centre of the course. Please row/paddle on return lane to avoid interfering with races.

OBEY the instruction of your coach and the regatta umpires/officials and HAVE FUN!

Canoeing Safety Officer: Sue Cox; Rowing Safety Officer: Jeany Ellis