



## **OUA CHAMPIONSHIPS REGATTA FIRST AID PLAN**

### **First Aid Advisor**

Hilary Blackwood  
[hblackwood99@cogeco.ca](mailto:hblackwood99@cogeco.ca)  
Phone #: 289-455-1853

Hilary will be supported by a team of 2-4 trained volunteers throughout the regatta.

### **Primary First Aid Location**

The primary First Aid location is in the Medical Building, located beside the boathouses, between the St. Catharines Rowing Club boat house and the Henley Island Helpers. The Medical building is clearly marked.

The First Aid Location will be available to athletes, participants, coaches, and spectators from the time boats are allowed on the water each day until 30 minutes after the last boat is off the water.

### **First Aid Equipment**

At the Primary First Aid Location, the following equipment will be available:

- WSIB Standard Contents First Aid Kit
- Automated External Defibrillator (AED)
- Ice
- Stretcher
- Blankets
- Chairs
- Phone for external communication
- Radio for internal event communication
- Incident Reports

**Reporting**

Every time someone attends the First Aid location for assistance of any kind, an incident report will be completed. Incident Reports will be submitted to the Regatta Chair at the end of the day of the event.

**Victim Care**

Whoever initiates initial contact with someone needing First Aid should remain with the victim whenever possible. If the victim has been pulled out of the water, the safety boat team is responsible to ensure the victim receives First Aid care by either using a radio to call First Aid to meet them at dock or by escorting the victim to the Primary First Aid Location. Under no circumstances will the victim be left alone. If an individual brings themselves alone to the First Aid location every effort will be made to locate a coach, guardian, or responsible adult to be with them.

**Concussion Management**

Please review Row Ontario's Concussion Management Policy, the most up-to-date version of which is available on Row Ontario's website: [Concussion Management - Row Ontario](#)