

Row Ontario WIFC North Course – Safety Plan

All safety boat drivers, coaches and race umpires should familiarize themselves with the Safety Plan. Coaches will attend the coaches meeting before the event, where the 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 Operators Permit and have a basic understanding of how to operate the boat they are driving. Safety Boat drivers should also have an understanding of how to perform a rescue. Boat drivers must ensure that they have enough gas, that they wear the engine kill cord, and that their boat carries a paddle or oars, bailer, sound signal, and enough PFDs for the largest crew. It is strongly recommended boat drivers always wear their PFD 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: Each safety boat will carry a radio. Radios are to be used for official communication only.

911 EMERGENCY: Refer to your EMERGENCY 911 information sheet

FIRST AID Locations: are in the basement of the main building of the WIFC and directly outside the main building.

LIGHTNING: All boats will leave the water immediately if lightning is seen. See Weather Action Plan.

HIGH WINDS AND POOR CONDITIONS: At the Chief Umpire's decision 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 onto 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.

ON WATER RESCUE PROCEDURE: Safety boats are positioned along the course and should be on the lookout for boats that have capsized or need assistance. The biggest hazard for someone in the water is other boats. **BE CAREFUL.**

When the safety boat is heading to a rescue, indicate to the umpires 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 it 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(s) 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. Crews will not be permitted to continue in the race and will have to return to the dock in the safety boat.

IMPORTANT NOTE: Once the victim and their boat are on shore it is **YOUR RESPONSIBILITY** to make sure they connect with their coach or other club representative. Do not leave the victim alone until you have handed them over to their coach or another club representative who is known to the athlete. If this is not possible, decide appropriate action.

ADVICE TO ROWERS: All RCA Rules of Racing rules apply. If you tip, do not leave your boat or swim to shore. If you are able to get back in your boat independently, in a timely fashion, you may choose to continue the race. If you need assistance, flip your boat over and cling to it until help arrives. Hold your oar in the air, blade up, as a signal of distress. Allow rescue drivers to help you and keep you safe. If you accept from a Safety or Umpire Boat, you will not be allowed to finish the race, as per the Rules of Racing.

It is not permitted to row down the centre of the course, unless in racing position, or directed to do so by the umpire. Await directions from the Starter or other Race Umpire as to how to return to the dock and to avoid interfering with races. OBEY the instruction of your coach and the regatta umpires and HAVE FUN!

Safety Officer: Fraser Mowat, 905-735-1700 ext. 4016

Niagara Regional Police Dept. 5-57 Lincoln Street Welland Ontario L3C-5H9 905-714-1680	Welland Fire and Emergency Services 636 King Street Welland Ontario L3B-3L1 905-735-9922
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