

## **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. Boat drivers must make sure they have enough gas and that their boat carries a paddle or oars, bailer, sound signal, PFDs for 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:** is at the base of 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 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.

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

When 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 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 his 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. 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 oar in the air blade up as a signal of distress.

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: Zach Campbell, 905-414-7015