

# 2022 NATIONAL ROWING CHAMPIONSHIPS QUAMICHAN LAKE, DUNCAN

## REGATTA FIRST AID PLAN

### First Aid Provider – RCA will have 2 layers of First aid support

- 1) St. John Ambulance – Duncan branch. Confirmed
- 2) RCA Practitioners through our Medical Lead and CMO

### Primary First Aid Location: Located in the Duncan Community Lodge

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.

### Secondary & EMERGENCY First Aid Location:

Secondary: outside of boathouse.

Emergency: An additional **EMERGENCY** first aid point will be set up on the Maple Bay RC pontoon - close to the finish line. All URGENT “**on-water**” cases will be brought there to meet a Paramedic Ambulance.

### First Aid Equipment

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

- Full medical kit as provided by St. John First Aid, plus
- 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

- *Supplementary First Aid Equipment is also located at the secondary location.*

### 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 each day of the event. The Regatta Chair will ensure any relevant incidents are reported as required to RCA on the form they provide.

### 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 (maintain airway breathing priority) by either using a radio to call First Aid to meet the boat at the 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 suitable adult to be with them.