



## 2021 HEAD OF THE NICOMEKL REGATTA

### FIRST AID PLAN

**REGATTA ADDRESS:** 3136 McBride Avenue, Crescent Beach, Surrey

**CONTACT PHONE NUMBER:**

**President and Regatta Chair:** Ms. Helen Healey cell 604-836-4632

**FIRST AID TENT:**

The Nicomekl Regatta will have a First Aid Tent located in front of the beach and beside the Regatta Registration Tent. Certified first aid attendants from the St. Johns Ambulance Brigade will be present for health emergencies.

**EMERGENCY CONTACT INFORMATION:** 9-1-1 for all emergencies

**NEAREST HOSPITALS:**

Peace Arch Hospital  
15521 Russell Avenue  
White Rock, V3V 1Z2  
604 531 5512

Surrey Memorial Hospital  
13750 96 Avenue  
Surrey, V4B 5M2  
604 581 2211

**NEAREST PHARMACY:**

Safeway Pharmacy, 12825 16<sup>th</sup> Avenue, Surrey  
604 531 9694

**NON-EMERGENCY MEDICAL CARE**

Mercy Medical Clinic  
2332 160<sup>th</sup> Street  
Real Canadian Superstore  
Saturday: Please first call 778 358 5323

**Responsibilities:**

<b>FIRST AID ATTENDANT</b>
<ul style="list-style-type: none"><li>• Most qualified person available with training in first aid;</li><li>• Provide first aid equipment and be familiar with the use of it;</li><li>• Assess and treat injured person/rower until medical personnel arrive;</li></ul>
<b>SAFETY OFFICER</b>
<ul style="list-style-type: none"><li>• Ensure provision of fully charged cell phones to use for emergency purposes;</li><li>• Ensure available list of emergency telephone numbers;</li><li>• Provide best, clear route and directions to Blackie Spit for ambulance crew;</li><li>• Communicate with First Aid Attendant and Regatta Chair;<ul style="list-style-type: none"><li>• Complete documentation of incident;</li></ul></li></ul>
<b>REGATTA CHAIR</b>
<ul style="list-style-type: none"><li>• Ensure proper room for injured person/rower, first aid attendant and ambulance crew;</li><li>• Ensure umpires, safety boat crew, coaches and rowers are aware of the first aid and emergency action plans;</li><li>• Report any safety health concerns to the Chief Umpire;</li><li>• Have list of rowing clubs coaches and inform appropriate coach of rowers injury and status;</li></ul>

In case of an emergency please refer to 'Head of the Nicomekl Regatta Emergency Action Plan'.