



NICOMEKL ROWING CLUB - 13723 Crescent Road, Surrey

EMERGENCY ACTION PLAN

ACCESS POINTS FOR EMERGENCY VEHICLES:

1. **Elgin Heritage Park – 604-543-670 13723 Crescent Road, Surrey**
2. **Crescent Beach Marina – 604-538-9666 12555 Crescent Beach Road, Surrey**
3. **Nico-Wynd Golf Course – 604-535-9511 3601 Nico-Wynd Drive, Surrey**
4. **Blackie's Spit Park McBride Avenue, Crescent Beach, Surrey**

IN AN EMERGENCY:

Note: Calm judgement must be used in assessing whether a situation is an emergency or is likely to develop into an emergency.

1. Rowers should **STAY WITH THE CAPSIZED HULL**. The hull is inherently buoyant – it is your life raft. Swim the shell to the nearest shore only if rescue is going to be delayed.
2. All rowers should don a PFD.
3. If the water is cold, rowers should get as much of their body out of the water as possible by draping themselves over the upturned hull – if necessary, turn over the hull for this purpose.
4. Rowers should “buddy-up”; two holding on to each other until rescued to provide mutual warmth and support and to help ensure all are accounted for.
 - ◆ **DO NOT ATTEMPT A RESCUE FROM ANOTHER ROWING SCULL** – tests show that you are likely to tip over and there will be no one to seek help.
5. Use your cell phone to **call 911** and provide them with your location or nearest access point.
6. If you can get back to the boathouse, access the emergency contact list (located in the green bin) and find the appropriate contact for the injured rower(s) to provide to Emergency Health Services (EHS).
7. A First Aid Kit is located in a box marked “FIRST AID” at the front right side of the boathouse near the sign-in table.

STRONG RECOMMENDATIONS:

1. If you are going out for a row without a safety boat, take a cellular phone in a waterproof bag with you.
2. Never go out rowing alone when the water temperature is below 10 degrees Celsius and the air temperature is below 5 degrees Celsius, or feels like three degrees or less due to wind chill. Hypothermia is deadly quick at lower temperatures.
3. Always row with at least one other boat, or with the coach/safety boat.