

# **River Teign Rowing Club Sculling Section (Teign Scullers)**

## **Emergency Action Plan**

### **In the event of a capsize**

- **Stay with the boat:** use the boat as a buoyancy aid and swim towards the bank
- If the water is cold, get as much of your body out of the water as soon as possible, draping yourself over the hull; if you can, right the boat as this will make it much easier to move.
- If there is more than one person in the water, stay together; hold on to each other until rescued to provide mutual warmth and support and to help ensure all are accounted for.
- If there is a safety boat it should recover the rowers and secondarily the capsized boat. Other sculls present should not attempt a direct rescue as they may also capsize trying.
- If in any doubt about timely rescue you, rowers in other nearby sculls or any supervisors on the bank should contact the coastguard. It will probably be much easier for those not already in the water to do this. At Coombe Cellars use a mobile phone and ring 112. If at Gales Hill use a mobile phone and ring 112 or use your VHF radio on Channel 16 to summon assistance.

### **Medical emergency on the water (e.g. a crew member being taken seriously ill or becoming unresponsive)**

- Raise the alarm immediately; ask another boat, a householder or person on the bank to dial 112.
- Row to the nearest location where a safe landing can be made and bring the victim ashore (very little first aid can be given in the boat).

### **First aid, CPR and defibrillator**

- There's a well-stocked first aid kit in the hut at Coombe Cellars. It's immediately on your left when you open the door.
- In the event that the crew member is unresponsive, either through drowning or heart attack and you know how to do this then apply CPR.
- Note that there are AEDs (automated external defibrillators) at the Yacht Club and outside the Wild Goose Inn in Combeinteighhead and by SeaSports Southwest in New Quay Street (next to the Ship Inn) and at the Lifeboat Station near Gales Hill.

## **Treatment of hypothermia**

If a rower has capsized in winter they will quickly start to suffer from hypothermia.

If they have any of these: shivering, pale, cold and dry skin – their skin and lips may be blue, slurred speech, slow breathing, tiredness or confusion then they are likely hypothermic.

### **Do:**

- move the person indoors or somewhere sheltered as quickly as possible.
- remove any wet clothing, wrap them in a space blanket, blanket, sleeping bag or dry towel, making sure their head is covered. There is a space blanket in the first aid kit. Rowers are encouraged to bring dry clothing and a towel to outings.
- give them a warm non-alcoholic drink and some sugary food like chocolate if they're fully awake.
- keep them awake by talking to them until help arrives.
- make sure you or someone else stays with them.

### **Don't**

- do not use a hot bath, hot water bottle or heat lamp to warm them up
- do not rub their arms, legs, feet or hands
- do not give them alcohol to drink

## **Nearest treatment Centres**

- If someone needs treatment beyond immediate first aid or you have doubt as to the seriousness of the injury having given them first aid e.g. they need to be checked for fractures you should get the injured person to the nearest Urgent Care Centre or Accident and Emergency. If they are mobile it will probably be quicker to take them by car rather than by summoning an ambulance.
- Urgent Care centres can deal with cuts, grazes or wounds; sprain, strain, muscle or joint injuries; broken bones (fracture); skin complaints - such as bites or stings, unexplained rash or severe sunburn; minor infections, minor head injuries; eye problems such as a minor eye infection, scratches or something that is stuck in the eye.
- Go to A&E in the event of chest pains, respiratory problems or abdominal pains.
- The nearest Urgent Care Centre (Minor Injuries) unit is at Newton Abbot Community Hospital, Jetty Marsh Road, Newton Abbot, Devon, TQ12 2TS.
- The nearest Accident and Emergency is the Emergency Department (A&E) at Torbay Hospital, Lowes Bridge, Torquay TQ2 7AA.

### **Emergency telephone numbers**

- Dialling 112 (rather than 999), for the coastguard will automatically give the emergency services your location, whether you are using a mobile or fixed-line telephone.
- If you have a VHF radio (at Gales Hill) then use Channel 16 to speak to the coastguard.

### **Taking charge**

- Where possible, the relevant club coach, crew coach or person in charge of the outing shall take charge of any incident; other members present should make themselves available to assist on request rather than acting independently. No-one should leave the site of an incident until it is resolved, unless they are asked to do so (e.g. to fetch help).
- A report of any incident (including date, time, location and all those involved) shall be made to the sculling section safety officer who will then record it in the log book and in the BR Incident recording system and also review, with those involved, if any change in safety advice or improvement in adherence are required.

### **Missing Crews Procedure**

- The Outing Leader is responsible for checking that all crews have returned. After making all the checks, which might include sending experience crews out to search, then you should call the Coastguard on 112. If a crew's return is delayed they should use the boat's phone to inform the Outing Leader.

Marjorie Roome

RTRC Sculling Section Safety Officer

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