

Ottawa Rowing Club

EMERGENCY ACTION PLAN

EMERGENCY CONTACT INFORMATION

EMERGENCY PHONE NUMBER FOR ALL EMERGENCIES 9-1-1

Emergency contact and medical information for each registered rower is available in the ORC office and on the Amilia Registration system.

<u>BOATHOUSE ADDRESS</u> Ottawa Rowing Club 10 Lady Grey Drive Boathouse Phone Number: 613 - 241- 1120	500m east of the Canadian Mint turn towards the river on Lady Grey Drive the entrance to the Mint's staff parking. In the Parking lot turn towards Parliament and approx. in 100m there is an entrance on the right side leading down to the shoreline, the Ottawa Rowing Club is at the shoreline.
---	--

EMERGENCY ACTION PLAN ROLES AND RESPONSIBILITIES

CHARGE PERSON

- ❖ The most qualified first-aiders on-site (based on certification and training)
 - Checks for dangers to self and others
 - Puts on gloves
 - Assesses ABCs of the individual(s) and decides if advanced medical help is required
 - Makes sure the participant is not moved until certain that no serious injury has occurred, or immobilizes the individuals in case of severe injury/condition
 - Directs the Call Person to call the paramedics if required
 - Performs any first aid that is required based on level of training
 - Waits with injured person until EMS arrives and injured person is transported to hospital
 - Fills out injury and incident report from which is available on ORC Website under "Safety Tab"

EMERGENCY ACTION PLAN (UPDATED APRIL 2023)

CALL PERSON

- ❖ Dials 911 for emergency as directed by the Charge Person
 - Provides dispatch with all the necessary information (i.e. facility location, natures of injury, what, if any, first aid has been provided)
 - Clears any traffic from the entrances/access road before the ambulance arrives
 - Waits at the driveway entrance to direct the ambulance when it arrives
 - Calls the emergency contact person listed on the injured person's emergency medical information once the paramedics have provided appropriate information to which hospital the individual is being transported
 - Call the first ORC representative in the Emergency Action Plan when time permits

CONTROL PERSON

- ❖ Controls the crowd including concerned rowers, parents, coaches, and teammates
 - Recruits help at the scene if needed
 - Helps the Charge person as needed/requested

AFTER dialing 911 for an emergency please contact the first ORC representatives on this list.

Head Coach
Club President
VP Administration
Club Registrar

Zak Lewis
Peter Thompson
Amelia Krelove
Julia Fournier

zak@ottawarowingclub.com
president@ottawarowingclub.com
vp.administration@ottawarowingclub.com
registrar@ottawarowingclub.com

AVAILABLE SAFETY EQUIPMENT

Emergency Phones:

1. Located on the wall between boat bay 1 and 2 on the lower level of the new boathouse.
2. Located along the back wall of the ORC office upstairs in the new boathouse.

First Aid Supplies:

First Aid Kits and blankets are located in the following locations:

EMERGENCY ACTION PLAN (UPDATED APRIL 2023)

- Between boat bays 1 and 2 at the front of the new boathouse.
- At the rear of the lower boat bay of the old boathouse.
- On the second level of the new boathouse right outside the office in First Aid Cabinet.
** note: each coach boat should be equipped with a blue safety container that includes an emergency blanket **
- **The Automated External Defibrillator (AED) is located between bays 1 and 2 of the new boathouse.**

Coach boat contains:

- Kill switch for motor
- Bag with 9 PFD's and 9 Emergency Mylar Blankets
- Ladder
- Bailer
- Paddle
- Safety Kit

Coach boat Safety Kit contains:

- Flashlight
- Throw line
- Wrench
- Emergency Blanket
- Horn or whistle
- Copy of Emergency Action Plan

NON-EMERGENCY MEDICAL CARE

No matter how significant the injury may seem, driving someone off-site (i.e. to the hospital or medical clinic) carries GREAT MEDICAL RISK to the injured and GREAT LEGAL RISK to the driver. Please call an Ambulance or have an immediate family member/legal guardian drive the incumbent instead.

NEAREST HOSPITAL

Civic Hospital, 1053 Carling Avenue