



DRC Emergency Action Plan

The DRC Emergency Action Plan is an addendum to the DRC Club Safety Plan, it details how to respond in the case of an emergency. The Club Safety Plan, Risk Assessment and River Plan are accessible through the website at <https://derbyrowingclub.co.uk/safety-and-welfare/> and on the Club's Safety Notice Board at the bottom of the Stairs. Members are expected to familiarise themselves with all aspects of Club Safety,

Club Address

In the event of a serious incident or medical emergency, immediately call for help, contact the emergency services on 999 and direct them to:

**Derby Rowing Club
Darley Grove
Darley Abbey
DE1 3AY**

**Emergency Services are familiar with
What3Words Locations. The entrance to the club
house is:
length.epic.cats**

If possible, send someone to the top of the drive to meet Emergency Vehicles

A&E services are located at Royal Derby Hospital, Uttoxeter Road, Derby, DE22 3NE

If you come across someone who is not breathing or breathing erratically, the most important thing is to dial 999 and start CPR to keep blood flowing around the body. The club has an Automated External Defibrillator (AED) on the outside wall facing the car park. The ambulance service will give you an access code in order to open the AED. Do not stop CPR to fetch, if possible, get someone else to fetch it.

Capsize

If out of your depth & unable to wade ashore, stay with the boat and use it to keep afloat

- If the water is cold, get as much of your body out of the water as soon as possible, draping yourself over the upturned hull (if necessary, turning over the hull for this purpose).
- If you have to stay in the water, retain warmth by keeping arms and knees tucked into the body
- Stay calm and breathe deeply
- If possible, "buddy-up"; holding on to each other until rescued to provide mutual warmth and support and to help ensure all are accounted for.

- Other boats in the vicinity should fetch help or a launch if one is available. ONLY ATTEMPT A BUDDY RESCUE IN A QUAD, FOUR or 8+ AND IF SAFE TO DO SO (i.e. an experienced crew) - you are likely to tip over if inexperience and will require rescuing yourself.

Cold Water Immersion

Cold water immersion is the result of entering cold water from a capsized or fall from the bank etc. It should not be underestimated – **IT CAN KILL** as breathing and circulation are immediately affected before hypothermia sets in. The effects of the cold water mean that even healthy individuals, who are good swimmers, can still drown within a short period of time, often only a few feet from the bank.

Any of the following may occur after immersion: -

- Cold shock response (the effects of this will pass, so stay calm!!).
- Dry drowning.
- Cold incapacitation and swim failure.
- Circum-rescue collapse after immersion.

Hypothermia

The symptoms of hypothermia depend on how cold the environment is and how long you are exposed for. Severe hypothermia needs urgent medical treatment in hospital. Shivering is a good guide to how severe the condition is. If the person can stop shivering on their own, the hypothermia is mild, but if they cannot stop shivering, it is moderate to severe.

Although hypothermia is defined as occurring when the body temperature drops below 35°C (95°F), mild hypothermia can start at higher body temperatures.

Treating hypothermia

As hypothermia can be a life-threatening condition, seek medical attention as soon as possible. Hypothermia is treated by preventing further heat being lost and by gently warming the patient. If you are treating someone with mild hypothermia, or waiting for medical treatment to arrive, follow the advice below to prevent further loss of heat.

Things to do for hypothermia: -

- Move the person indoors, or somewhere warm, as soon as possible.
- Once sheltered, gently remove any wet clothing and dry the person.
- Wrap them in blankets, towels, coats (whatever you have), protecting the head and torso first.
- Your own body heat can help someone with hypothermia. Hug them gently.
- Increase activity, if possible, but not to the point where sweating occurs, as that cools the skin down again.
- If possible, give the person warm drinks (but not alcohol) or high energy foods, such as chocolate, to help warm them up.
- Once body temperature has increased, keep the person warm and dry.

It is important to handle anyone that has hypothermia very gently and carefully.

Things you should NOT do: -

- Don't warm up an elderly person using a bath, as this may send cold blood from the body's surfaces to the heart or brain too suddenly, causing a stroke or heart attack.
- Don't apply direct heat (hot water or a heating pad, for example) to the arms and legs, as this forces cold blood back to the major organs, making the condition worse
- Don't give the person alcohol to drink, as this will decrease the body's ability to retain heat.
- Don't rub or massage the person's skin, as this can cause the blood vessels to widen and decrease the body's ability to retain heat. In severe cases of hypothermia there is also a risk of heart attack.

STRONG RECOMMENDATIONS

- Do not go out alone in cold (hypothermia is deadly quick at lower temperatures) or poor conditions – always have a rowing buddy.
- Spin after the last rower has gone past so you're always in the sight of someone else.
- No rowing in the dark without supervision.
- Carry a mobile phone in a tethered waterproof bag/container.

Unsupervised rowers should plan their rescue before going afloat and be confident it will work. Other considerations include: -

- Do you need to wear a life jacket?
- How are you going to summon help?

Near-Drowning

The goal is to safely rescue the victim and begin first aid.

In a near-drowning emergency, the sooner the rescue and first aid begins, the greater the victim's chance of survival. Do not endanger yourself in rescuing the victim during this process.

Rescue options to reach the drowning victim in the water:

- Use a Throw Line
- Throw a rope with a buoyant object
- Use a long stick
- Bring a boat alongside the victim and tow the victim to shore. Do not haul the victim into the boat because it may cause the boat to capsize, and both of you will be in the water. Cold water may render the victim too hypothermic to grasp objects within their reach or to hold while being pulled to safety
- As a last resort, you can attempt a swimming rescue if you are sufficiently trained in water rescue. Do not attempt a rescue beyond your capabilities. Otherwise, you may harm yourself

- For a swimming rescue, approach the person from behind while trying to calm the victim as you move closer. A panicked victim can pull you down

- Grab a piece of clothing or cup a hand or arm under the victim's chin and pull the person face up to shore while providing special care to ensure a straight head-neck-back alignment especially if you think the person has spine injuries.

First aid for a near-drowning victim

Dial 999 for an ambulance, they will go through what to do and if they feel necessary to give you the code to access the defibrillator located on the wall in the car park.

The focus of the first aid for a near-drowning victim in the water is to get oxygen into the lungs without aggravating any suspected neck injury.

If the victim's breathing has stopped, give 5 mouth-to-mouth rescue breaths as soon as you safely can. This could mean starting the breathing process in the water.

Once on shore, reassess the victim's breathing and circulation (heartbeat and pulse). If there is breathing and circulation without suspected spine injury, place the person in recovery position to keep the airway clear and to allow the swallowed water to drain. If there is no breathing, begin CPR. Continue CPR (30 chest compression followed by 2 rescue breaths) until help arrives or the person revives.

Keep the person warm by removing wet clothing and covering with warm blankets to prevent hypothermia.

Remain with the recovering person until emergency medical personnel have arrived.

STRONG RECOMMENDATIONS:

- Do not go out rowing alone, ever, when the water temperature is below 10 degrees C. Hypothermia is deadly quick at lower temperatures.
- Always row with at least one other boat, or with the coach/safety boat.
- Always have your mobile phone with you if there is no coach boat, so that you can call 999 for help. Keep it in a zip-loc bag - then it won't sink!

Concussion

If someone is suspected of having concussion following an impact to their head, then an ambulance must be called immediately. Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. But it is not designed to diagnose concussion.

A copy of which can be found here:

<https://www.britishrowing.org/wp-content/uploads/2018/10/Safety-Alert-Concussion.pdf>

Key Locations & Telephone Numbers

All crews are advised to ensure they carry a mobile phone or a two-way radio in which they can reach their coach to raise the alarm if needed when on the water.

In an emergency call 999 or 112.

Club Address:

Derby Rowing Club, Darley Grove, Derby, DE1 3AY

Nearest Accident and Emergency:

Royal Derby Hospital, A&E Department, Uttoxeter Road, Derby, DE22 3NE

01332 340131

Non-Emergency Care:

Derby Urgent Care Centre, Osmaston Road, Derby, DE1 2GD (no emergencies)