

# Lea Rowing Club

## Emergency Action Plan

### In the event of a capsized

- 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.
- Other boats in the vicinity should fetch help.
- Coaches should be equipped with throw-lines to assist.

### In the event of a medical emergency (on or off the water)

(e.g. being taken seriously ill or becoming unresponsive)

- Raise the alarm immediately. Ask another person, boat, householder or person on the bank to dial 999 or 112 immediately.
- 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)
- If the athlete is unconscious, begin CPR.

### Emergency equipment

There are well-stocked **first aid kits** in the boathouse (back of main bay above washing machine), and in the gym.

An **AED (automated external defibrillator)** is located on the ground floor of the boathouse (back of main bay above sink), for use in case of cardiac arrest. You can use an AED with no training. The machine uses visual or voice prompts to guide you through each step.

**Throw lines** are stored on the ground floor of the boathouse (back of main bay and back of junior bay).

### Emergency telephone numbers and addresses

#### Emergency services

999 or 112

#### Nearest hospital

Homerton Hospital

Homerton Row

London E9 6SR

Tel: 020 8510 5555

(1.7 mi from club)

(Accident & emergency dept. open 24/7)

#### Boathouse address

Lea Rowing Club

Spring Hill

Clapton, London E5 9BL

Tel: 020 8806 8282 (office staffing varies)

Lat/long: 51°34'24.9"N 0°03'33.5"W

What3words: ///plots.loss.dollar

#### Nearest air ambulance landing site

Springhill Sports Ground (c.50m West of Lea RC)

Spring Hill

Clapton

London E5 9BL

Lat/long: 51°34'25.5"N 0°03'37.7"W

What3words: ///those.shack.ample