



Cascadilla Boat Club

Safety Information

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Coaches

<u>Name</u>	<u>Position</u>	<u>Contact</u>
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Andrew Mullen	Assistant Coach	asm278@cornell.edu
Madison Averett	Assistant Coach	ma1260@me.com
Crista Shopis	Modified Coach	cshopis@yahoo.com
Kendall Carpenter	Modified Coach	kendall.m.carpenter@gmail.com

Board Members

<u>Board Member</u>	<u>Position</u>	<u>Contact</u>
Kevin Brew	President	kbrew@kevinbrewsales.com
Martin van der Heide	Vice President	
Beth LaLonde	Secretary	
John Tausel	Treasurer	
Elizabeth Denison	Board Member	
Elizabeth Ellis	Board Member	
Pam Hanna	Board Member	
Emily Rockett	Board Member	
Dan Robinson	Board Member	

Introduction

- The first priority of every coach, rower and crew is the safety of all persons on the water and on land!
- The second priority of every coach, rower and crew is the safety and maintenance of all rowing equipment!

CBC is active year-round, with programs beginning and ending at various points during the year. Each season presents its own safety concerns. Participants should read this document thoroughly to familiarize themselves with how to stay safe while active with CBC.

Waivers Everyone who participates with CBC **MUST** sign the USRowing online-waiver. Parents/legal guardians must sign the waiver for participants under 18-years old.

<https://rosters.usrowing.org/>

Club Code: TCW9S

Participants will not be allowed on the water, aside from in launches, until the online-waiver is signed.

Swim Test Everyone who participates with CBC **MUST** must have a valid swim-test form (Appendix 3) on file with CBC. Swim tests should be completed wearing at minimum a t-shirt and gym shorts, and **MUST** include:

- Treading water for 10'
- Swimming 50 yards
- Putting on a Type I PFD while in the water (Scholastic only)

Participants who do not have a valid swim-test form on file are required to wear a PFD while on the water.

Registration Everyone who participates with CBC, aside from guests, **MUST** register for their respective programming. Anyone not registered by the corresponding deadline will not be permitted to participate. See <http://cascadillaboatclub.org/index.php/registration> for information or contact the CBC Registrar at cascadilla.registrar@gmail.com.

Health Form Scholastic rowers are required to annually file a health form with CBC (Appendix 3). Other participants are exempt from this requirement, but by signing the USRowing waiver acknowledge they are “qualified, in good health and proper physical condition to participate”.

Basic Safety

Rowing is an outdoor water sport where participants strenuously exert themselves. Drowning, cardiac events, collisions and bad weather are life-threatening possibilities which can occur in our sport. CBC participants should exercise sensible caution given the nature of our sport, and be prepared so that EACH PARTICIPANT knows what to do in an emergency.

Participants must:

- Follow all applicable boating laws and regulations, including relevant statutes of NY State and the USCG.
- Follow all CBC rules, especially temporary or seasonal policies.
- Follow all instructions of CBC coaching staff concerning the safety of rowers and equipment, regardless of the program in which you are enrolled or whether you are using private equipment.

In addition, participants should:

- Wear clothing appropriate to the conditions.
- Notify a coach or the CBC Registrar of any injuries, illnesses or medical conditions that may impact one's rowing.
- Be sure all necessary medications, such as inhalers, are accessible whenever they would be needed. CBC coaches are **NOT** able to carry, distribute or administer medicines.

Equipment Safety

From shoes to bowballs, rowing equipment is designed to keep participants safe. Keeping the equipment in good working order is a primary safety concern.

Participants should check all equipment before launching:

- Nuts and bolts present and tight?
- Hull is free from cracks and leaks?
- Shoe velcro, quick release strap and heel ties functional?

In the event that participants become aware of damage to equipment, they should:

- Cease using the damaged equipment and return to the dock. Notify a coach if one is present and follow their instructions.
- Return the damaged equipment to its proper storage space and place a "Do Not Row" tag in an obvious location on the item.
- Record the damage in the repair logbook.
- Notify the the CBC equipment manager of the damage as soon as possible.

Additional Safety for Blind Boats and Uncoached Blind/Coxed Boats

All boats must exercise caution while rowing on the inlet. Boats without a coach nearby must be particularly attentive. Be mindful that other craft, including other rowing shells, may not follow the rowing traffic pattern or navigate in a predictable way.

Rowers and cox'ns of uncoached boats must:

- Assume responsibility for the equipment they use, and keeping it, themselves and others safe.
- Use the logbook to sign out before launching and sign in after docking. The logbook is located beneath the window by the sliding door in the Scullers' bay.
- Pass a Captain's Test (Appendix 3) before rowing, without a coach, any CBC non-Tubby 1x's or 2x-'s, or before bowing ANY 4x
- Follow the Inlet traffic pattern at all times (Appendix 1)
- Be cognizant of conditions. Some CBC policies are active or inactive depending on wind speed, water temperature and/or air temperature.

Even with coaches present, blind boat rowers and cox'ns should pay extra attention to following the traffic pattern and avoiding obstacles such as submerged debris and other craft.

Challenging Rowing Conditions

Participants should be familiar with the types of conditions they may encounter while rowing on Cayuga and the Inlet, and **should not row when conditions are unsafe**. Unsafe conditions may include, among others, strong winds, electrical storms, cold weather, cold water temperatures, low visibility due to fog or time of day.

Incident Weather Participants should be mindful that weather changes can happen quickly and without much visible warning due to the hills on the western side of Cayuga.

After seeing lightning or hearing thunder, participants MUST wait 30 minutes before launching.

Participants already on the water when inclement weather arises should aim to get off the water as quickly as possible. Returning to the CBC boathouse may be an option, as is waiting out the weather on the nearest shore.

In the event of bad weather, participants on the Inlet may use the Ithaca College or Cornell docks to get off the water.

High Winds Winds over 8mph from the NW, N, or NE can cause rough conditions on the lake, at the mouth of the Inlet, at the mouth of Fall Creek and around the lighthouses. Particularly, waves and chop may make safely passing around the lighthouse into the Inlet impossible.

Club equipment may not be rowed uncoached when there are NW, N or NE winds in excess of 12mph.

Participants should not row when windy conditions prevent their controlling and safe handling of equipment during launching, rowing or docking.

In the event that high winds produce unsafe conditions, participants on the Inlet may use the Ithaca College or Cornell docks in lieu of attempting to return to the CBC boathouse.

Low-Visibility Conditions Rowing shells have a low profile, so participants must take extra care during times of low visibility to be sure they can be seen on the water.

Participants must:

- While rowing club equipment, use club provided red/green bow lights and white stern lights when rowing before sunrise and after sunset.
- Use some method of lighting while rowing private equipment before sunrise and after sunset.
- While rowing club equipment, use club provided red/green bow lights and white stern lights when fog reduces visibility below 500m.
- Use some method of lighting while rowing private equipment when fog reduces visibility below 500m.

Restrict rowing to the Inlet, in sight of the shoreline, when fog reduces visibility below 100m.

Cold Weather/Cold Water Rowing

Late fall and early spring rowing require extra care from participants. Cold temperatures and windy conditions during both time frames can lead to an uncomfortable amount of exposure to the elements for participants (Appendix 4). In addition, the water in Cayuga remains very cold well into the season (Appendix 5).

A participant's entry into cold water is an EMERGENCY. Participants should familiarize themselves with the phrase **1-10-1**:

- 1 minute of cold shock response
- 10 minutes of effective use of fingers, arms legs
- 1 hour until hypothermic unconsciousness

In cold weather/cold water related situations, 911 should be called in ANY situation where the victim's condition is in doubt.

See Appendix 6 for further information regarding cold shock response and hypothermia.

50°F Water Rule When the water temperature is below 50°F, CBC singles and pairs may **NOT** go out without a coaching launch regardless of the air temperature.

Hot Weather Rowing

Participants rowing in excessively hot or humid weather should take extra caution to stay hydrated and avoid heat injury.

Heat Exhaustion Symptoms include headache, nausea, cook skin, chills, excessive sweating, pale color, and rapid pulse. Treatment involves removing the victim from the elements, re-hydrating and cooling.

Heat Stroke/Sunstroke Heat stroke is an EMERGENCY. **Call 911 immediately.** Symptoms include odd behavior, unconsciousness, lack of sweat, flushed skin, and rapid pulse. Treat by removing from the elements, fanning and wetting the skin, and removing excess clothing until medical help arrives.

Incident Reports

At coached practices where a collision, damage to equipment and/or an injury to a participant occurs, the lead coach on duty will file incident reports.

In uncoached situations, involved participants will need to file reports. Contact the head coach at cbheadcoach@gmail.com or CBC Registrar at cascadilla.registrar@gmail.com for assistance.

Assume any amount of damage, type of collision or degree of injury will require an incident report. If a participant considers an incident to be “minor”, contact the head coach or a board member to determine whether a report needs to be filed. Depending on the situation, one or both of the below reports may need to be completed:

Injury Incident Reporting Form (Appendix 8)

Boating Incident Reporting Form (Appendix 8)

APPENDIX 1: INLET TRAFFIC PATTERN

NOTE: This is the agreed upon traffic pattern for rowing shells. Launches, canoes, kayaks, personal craft and other vessels SHOULD NOT be assumed to be following this pattern. Assume even rowing shells will deviate from this pattern. Practice “defensive rowing” and check your course often.

Traffic Flow

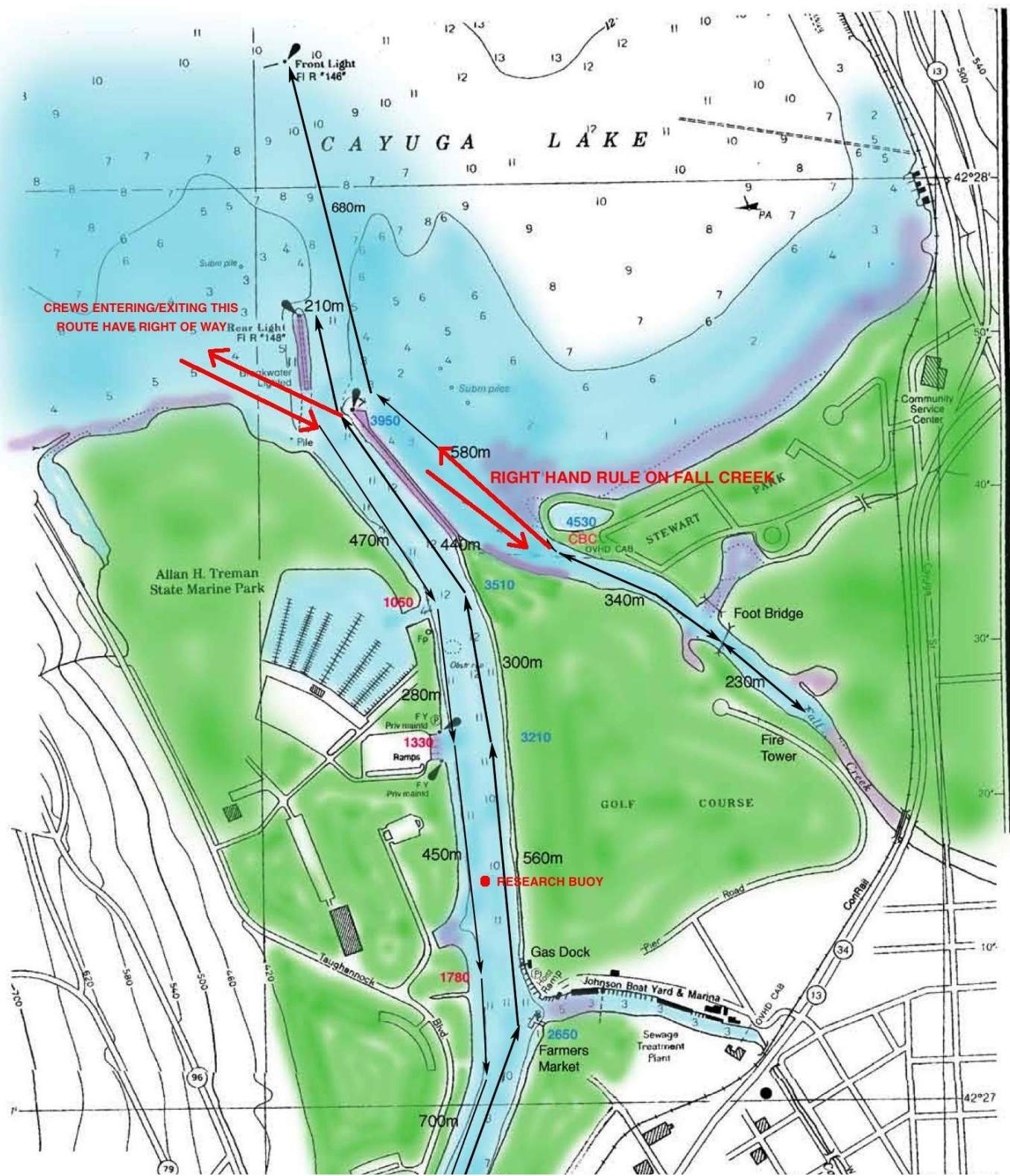
1. Right hand rule on the Inlet and Cayuga. Stay along the shore and don't drift into the middle of the Inlet.
2. When turning, always yield to crews/launches that are continuing straight.
3. Crews should be accompanied by a coaching launch. Unaccompanied small boats (1x, 2x, 2-) are at the discretion of the head coach and must adhere to Inlet traffic patterns at all times.
4. When not limited by weather, avoid excessive turning and use the entire length of the Inlet.
5. Novice crews or other slower moving crews are discouraged from rowing down into the lower Inlet, which is narrow and often crowded by faster moving crews.

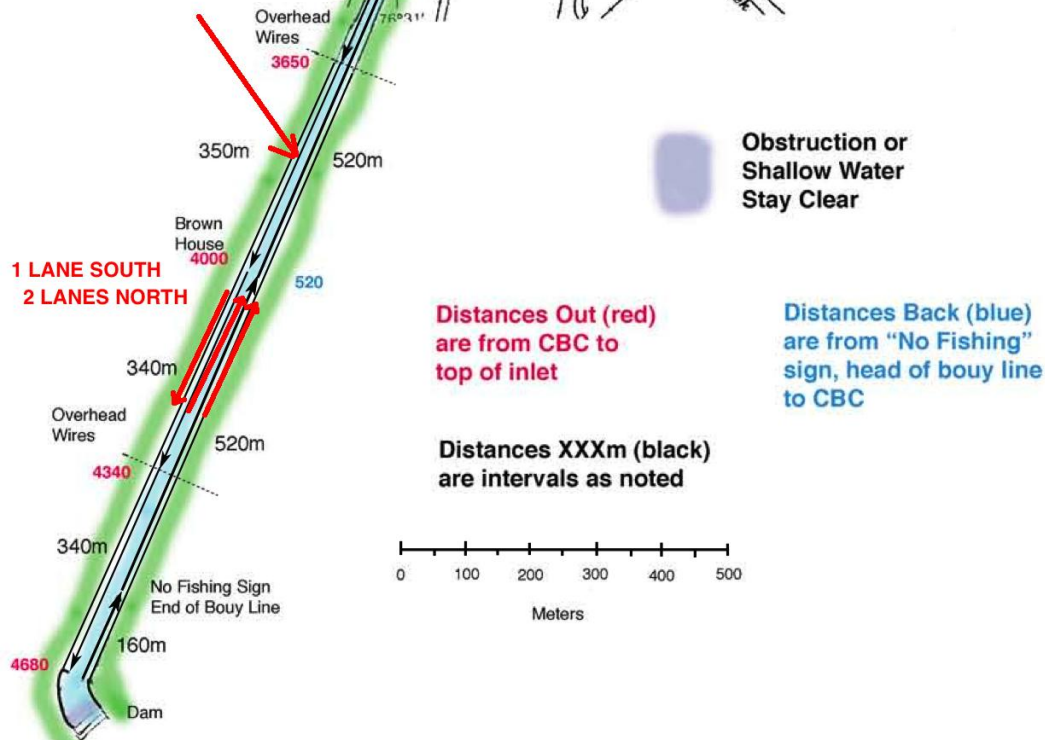
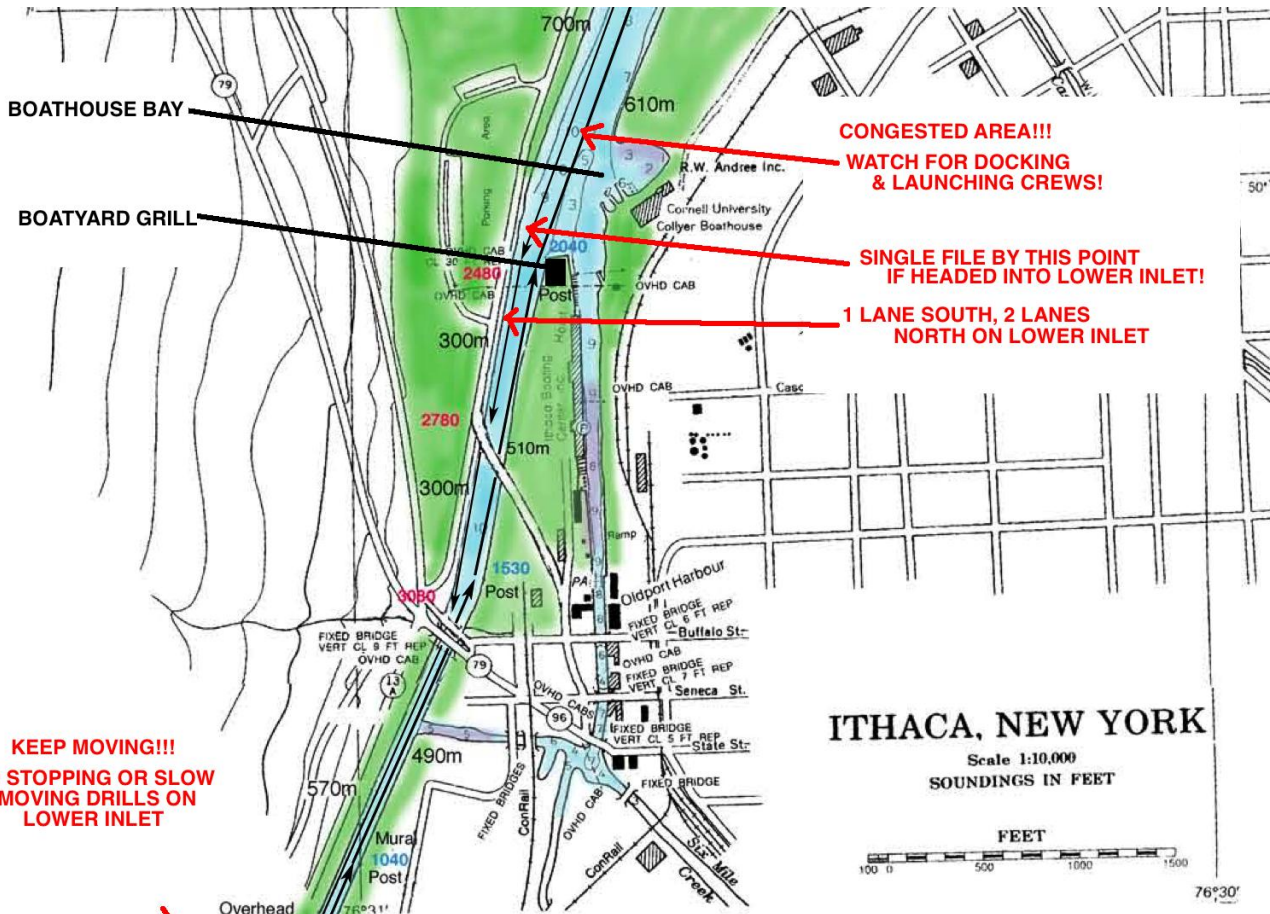
High Traffic

1. Do not turn in front of another crew.
2. Move quickly through the lighthouse pinch point (see map). Crews coming off the lake into the Inlet have the right of way.
3. When heading south into the lower Inlet, crews should get into single file on the right well before passing the Boatyard Grill to allow crews heading north in the “race lanes” to come up side-by-side. Remember; one lane south, two lanes north on the lower Inlet race course.
4. In lower Inlet, in both directions, keep your crews moving!
5. Beware of crews moving up on you from behind. Edge to the right to allow for passing on the left where there is space.

Other

1. Beware of low-draft vessels, i.e. the dinner-cruise boats, which use the middle of the Inlet throughout. Always yield well in advance of larger vessels with restricted maneuverability.
2. Sail boats under sail have right of way, however, sail boats under sail are not permitted south of the white lighthouse.
3. Beware of small limited visibility boats such as kayaks, canoes, and paddleboards. They will range from highly experienced paddlers with safety knowledge to complete novices who may create a hazard.
4. Be a good steward for CBC and be patient and polite with other boaters.





APPENDIX 2: CBC EMERGENCY ACTION PLAN

EMS: Call 911

CBC Coaches' Radio: Channel 5

Marine Emergency Radio: Channel 16

CBC Head Coach Adam Cottrell: 828 429 7770

DIRECTIONS TO THE CBC BOATHOUSE:

From the south, take Rt 13 N. Take the Stewart Park/Auburn exit. Turn left onto E Shore Dr, pass under the bridge and take a left again toward on Gibbs Dr toward Rt 13 S. Turn right into the park just before the on ramp to Rt 13S. Cross the railroad tracks and turn left. Follow the park road to the 1-way loop. The boathouse is the large building in the northwestern-most tip of the park.

From the north, take Rt 13 S. Take the Stewart Park/Auburn exit. Enter the park straight ahead. Cross the railroad tracks and turn left. Follow the park road to the 1-way loop. The boathouse is the large building in the northwestern-most tip of the park.

General preventative measures to be taken at coached practices:

1. At least one CPR/First Aid certified coach on duty
2. At least one First Aid Kit per launch. (Or, a First Aid Kit readily available for land practices)
3. Cell phone with each coach
4. At least 1 radio per launch. (Or, radios as needed for land practices)
5. Binder of emergency and medical information secured in filing cabinet.

RESPONSE TO AN EMERGENCY SITUATION

1. A person arriving on an emergency situation should:
 - o Take control of the scene and Call 911
 - o Summon the head coach or most senior CPR/First Aid qualified coach if possible (hereafter THE COACH)
 - o Assist THE COACH as appropriate
2. Once notified, any additional coaches/participants should assist THE COACH with
 - o Calling for outside help (911 or Channel 16)
 - o Retrieving first aid kit or other needed supplies
 - o Guiding EMTs to the incident site
 - o Crowd control
3. CALL 911 if one of the following scenarios exist:
 - o Injured party is unconscious
 - o Injured party is in extreme pain and cannot administer their own aid
 - o Injured party is panic-stricken and cannot administer their own aid.
4. If CPR or first aid is needed, it is preferable that a certified staff member should administer the aid. If blood is present then the following precautions should be taken:

- Rubber gloves should be worn
 - Eye guards should be used
 - Contaminated materials must be properly disposed of in accordance with OSHA standards.
5. Once outside help has arrived, bring them up to date on the situation and let them take over as soon as possible.
 6. Fill out an incident report immediately. Have any witnesses give their respective information and statements.

RESPONSE TO NON LIFE-THREATENING SITUATIONS

For injuries such as cuts, sprains, bruises, etc., the injured party will typically be able to administer their own aid.

1. Summon the head coach or most senior CPR/First Aid qualified coach if possible
2. Evaluate the situation and determine if the injured party needs assistance beyond their own. DO NOT offer assistance unless the injured party asks for it or it is obvious that they need help.
3. DO NOT examine the injury or injured person and DO NOT try to diagnose the degree of the injury.
4. Assistance for such injuries may include the distribution of bandages, ice packs, etc, but DO NOT EVER distribute medicines, including aspirin, ibuprofen, etc.
5. Fill out an incident report immediately. Have any witnesses give their respective information and statements.

APPENDIX 3: FORMS (Health, Swim, Captain's Test)

PREPARTICIPATION PHYSICAL EVALUATION

HEALTH HISTORY FORM

(To be completed by the athlete and parent)

Name _____ Date of last physical exam _____
 Date of Birth _____ Age _____ Sex _____ Grade _____ Sports(s) _____

Medications and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy: Medicine Pollens Food Stinging Insect

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS		Yes	No	MEDICAL QUESTIONS		Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?				26. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____				27. Have you ever used an inhaler or taken asthma medicine?			
3. Have you ever spent the night in the hospital?				28. Is there anyone in your family who has asthma?			
4. Have you ever had surgery?				29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			
HEART HEALTH QUESTIONS ABOUT YOU				HEART HEALTH QUESTIONS ABOUT YOU			
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?				30. Do you have groin pain or a painful bulge or hernia in the groin area?			
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				31. Have you had infectious mononucleosis (mono) within the last month?			
7. Does your heart ever race or skip beats (irregular beats) during exercise?				32. Do you have any rashes, pressure sores, or other skin problems?			
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____				33. Have you had a herpes or MRSA skin infection?			
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)				34. Have you ever had a head injury or concussion?		**	
10. Do you get lightheaded or feel more short of breath than expected during exercise?				35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		**	
11. Have you ever had an unexplained seizure?				36. Do you have a history of seizure disorder?			
12. Do you get more tired or short of breath more quickly than your friends during exercise?				37. Do you have headaches with exercise?			
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY				HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		*		38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?			
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?				39. Have you ever been unable to move your arms or legs after being hit or falling?			
15. Does anyone in your family have a heart problem: pacemaker, or implanted defibrillator?				40. Have you ever become ill while exercising in the heat?			
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?				41. Do you get frequent muscle cramps when exercising?			
BONE AND JOINT QUESTIONS				BONE AND JOINT QUESTIONS			
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?				42. Do you or someone in your family have sickle cell trait or disease?			
18. Have you ever had any broken or fractured bones or dislocated joints?				43. Have you had any problems with your eyes, vision, ears or hearing?			
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?				44. Have you had any eye injuries?			
20. Have you ever had a stress fracture?				45. Do you wear glasses, contact lenses, or hearing aid? (please circle)			
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)				46. Do you wear protective eyewear, such as goggles or a face shield?			
22. Do you regularly use a brace, orthotics, or other assistive device?				47. Do you worry about your weight?			
23. Do you have a bone, muscle, or joint injury that bothers you?				48. Are you trying to or has anyone recommended that you gain or lose weight?			
24. Do any of your joints become painful, swollen, feel warm, or look red?				49. Are you on a special diet or do you avoid certain types of foods?			
25. Do you have any history of juvenile arthritis or connective tissue disease?				50. Have you ever had an eating disorder?			
				FEMALES ONLY			
				51. Do you have any concerns that you would like to discuss with a doctor?			
				52. Have you ever had a menstrual period?			
				53. How old were you when you had your first period?			
				54. How many periods have you had in the last 12 months?			
				Explain "yes" answers here			
				*If yes to #13, is your physician aware and recommending any limitations in activity?			
				**If yes to #34 or 35, was concussion evaluated, and is student cleared?			

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

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APPENDIX 3: FORMS (Health, Swim, Captain's Test)

Captain's Test

The Captain's Test will be administered by a coach, approved by the Head Coach, and assess whether cox'ns or scullers have the necessary skills to use available club equipment at their discretion. Until passing a Captain's Test, all participants must abide by the instruction of coaches as to what equipment they may row and where.

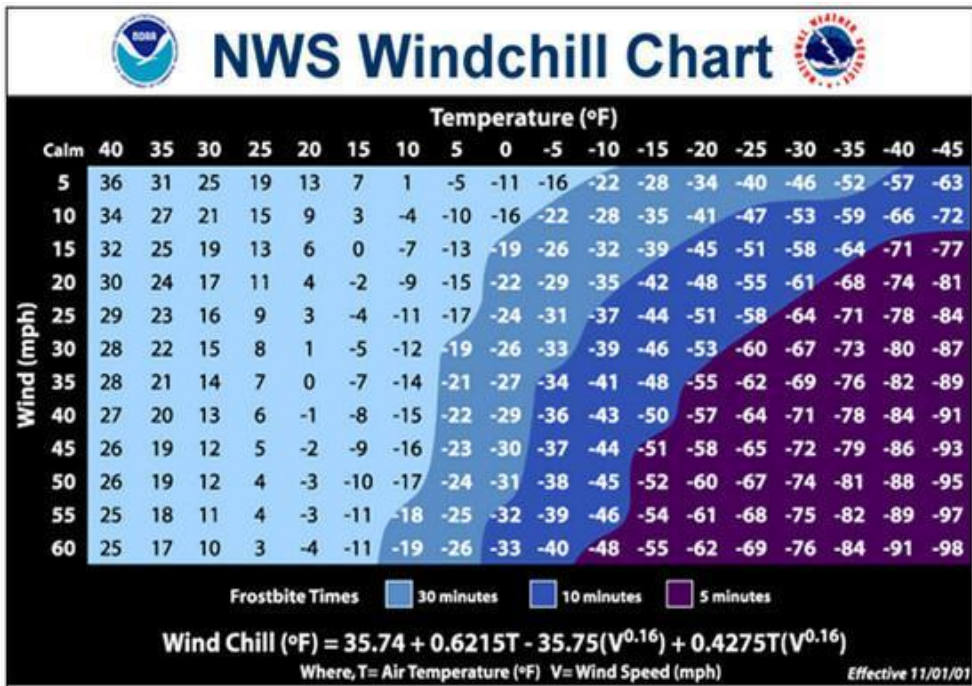
Topics of the Captain's Test

- Basic skills and proficiency -- Rowers may be approved to row certain types of shells but not others.
- Flip Test -- Can the rower exit and re-enter the shell in a prescribed amount of time.
- Inlet Row -- Assessment of how the rower performs in a long distance row from the CBC boathouse, throughout the Inlet, and back.
- Traffic Pattern -- Observations of how well the rower or cox'n follows the Inlet Traffic pattern will be continual.
- Written Test -- Rowers and cox'ns will be given a brief written exam testing the particulars of rowing on Cayuga Lake and the Inlet.

A Few Sample Questions from the Written Test (Note wording may change):

- How many south-bound lanes are on lower Inlet? What are their lane numbers? How many north-bound lanes are on the lower Inlet? What are their lane numbers?
- By what point, if ever, should boats align themselves in single file heading into the lower Inlet?
- Where, if ever, should slow-moving drill work be done on the Inlet?
- In a situation with a turning crew and an oncoming crew, who has the right of way? What are the recommendations and rules for turning around on the Inlet?
- Define "Boathouse Bay" and describe why the area requires extra caution. Who has right of way in this area?
- Order, by right of way: sailboat under way by sail, power boat, row boat, sailboat under way by motor
- When are lights required for rowing? What are those lights, where should they be placed?
- What wind speed & direction prevents the uncoached rowing of club equipment? What conditions restrict all rowing to the Inlet?
- When is the use of the IC or Cornell docks recommended?

APPENDIX 4: TIME TO FROSTBITE/HYPOTHERMIA



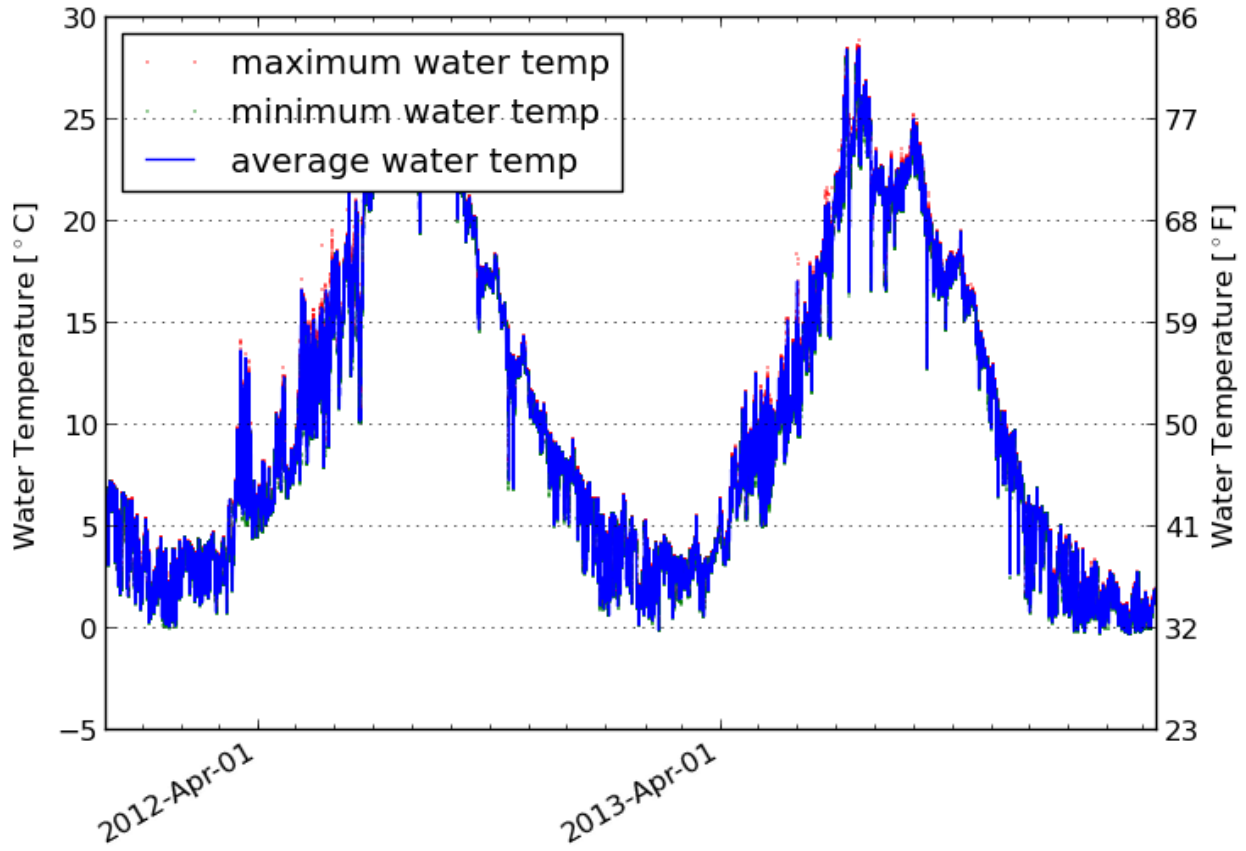
Source: NOAA

HYPOTHERMIA RATES

Water Temp	Loss of Dexterity (with no protective clothing)	Time to Exhaustion or Unconsciousness	Expected Survival Time
32.5 °F	Under 2 min.	Under 15 min.	Under 15 - 45 min.
32.5-40 °F	Under 3 min	15 to 30 min	30 to 90 min
40 - 50 °F	Under 5 min	30 to 60 min	1 to 3 hrs
50 - 60 °F	10 to 15 min	1 to 2 hrs	1 to 6 hrs
60 - 70 °F	30 to 40 min	2 to 7 hrs	2 to 40 hrs
70 - 80 °F	1 to 2 hrs	2 to 12 hrs	3 hrs to indefinite
> 80 °F	2 to 12 hrs.	Indefinite	Indefinite

Source: wakekayak.com

APPENDIX 5: YEARLY CAYUGA LAKE WATER TEMPERATURE



Source: cayugalake.cornell.edu

APPENDIX 6: COLD SHOCK RESPONSE AND HYPOTHERMIA INFO

Cold Shock Response Entering into water below 70°F initiates to varying degrees the body's "cold shock response". The physiological components of this response last for roughly one minute and are:

- Gasp reflex
- Hyperventilation
- Vasoconstriction

Each of these components carries a risk should a participant be immersed. The gasp reflex may lead to the inhalation of water. Hyperventilation, an increased rate of breathing, can lead to fainting. Vasoconstriction, the narrowing of blood vessels, is a mechanism to prevent heat loss from the skin and increases the effort the heart must make to pump blood.

Participants should be aware of these physiological responses and be mentally prepared to endure the components as they subside in the first minute of cold-water entry.

Further Information: www.coldwaterbootcamp.com

Hypothermia Hypothermia is the reduction of core body temperature to below 95°F. Symptoms include shivering, numbness, glassy stare, apathy, weakness, impaired judgment and loss of consciousness.

In cold water, loss of the effective use of the hands, arms and legs will happen significantly before a participant becomes hypothermic. Victims may need significant assistance getting out of the water.

For mild hypothermia:

- Get out of the water as much as possible.
- Move to shelter as quickly as possible.
- Gently remove wet clothing if sheltered.
- Use extra clothing, blankets or mylar blankets to rewarm.
- Continue to monitor for worsening condition.

For moderate to severe signs of hypothermia, such as the ceasing of shivering, **SEEK MEDICAL ATTENTION IMMEDIATELY**, handling the victim with great caution and rewarming him/her as much as possible until help arrives.

Further information: <http://www.mayoclinic.org/first-aid/first-aid-hypothermia/basics/art-20056624>

APPENDIX 7: SWAMPING ACTION PLAN

In the event a boat swamps, contact the head coach as soon as possible. Unless there is no assistance immediately available, the shell should stay right side up and athletes should stay in the boat.

The first coach on the scene is in charge until the head coach can take over. Should a boat swamp, the coach should:

1. Have rowers untie and stay with or in the boat!
2. Distribute and have athletes don life jackets.
3. Count heads.
4. Take athletes to nearest dry land. Make several trips if needed to avoid overloading the launch.
5. Call for help via cell, radio or other means.
6. Rescue athletes in the worst condition first, then take athletes from the middle of the boat. **Never leave an athlete alone, either on land or with the boat!**
7. Count heads again after the rescue is complete.
8. Tend to equipment once you ensure all athletes are safe.

These instructions are on printed yellow cards in the launches and throughout the boathouse.

APPENDIX 8: INCIDENT REPORTING FORMS

See pdf files for:

Boating Incident Reporting Form

Injury Incident Reporting Form