



## **MKRC Emergency Action Plan**

This Emergency Action Plan is an addendum to the Safety Policy and gives instructions on how to respond in case of an emergency. The Club Safety Policy can be found on the website or located here at [http://mkrowing.org/images/pdfs/MKRC\\_Safety\\_Policy\\_Nov\\_15.pdf](http://mkrowing.org/images/pdfs/MKRC_Safety_Policy_Nov_15.pdf) and members are expected to familiarise themselves with all aspects of the policy.

### **Emergency On Water**

In the event of capsize, collision, ill-health or equipment failure, the first priority is to rescue people from the water.

#### **If the Safety Launch is on the water**

Most scheduled club sessions have the support of the safety launch, and this should be used in the first instance to rescue casualties from the water as follows:

- Launch driver to assess the situation and prioritise rescue from the water – the launch can hold approximately 11 people as a floating platform.
- If more than one rescue trip is necessary, ensure adequate buoyancy is available for those waiting for launch to return.
- Ensure other lake users are aware of incident – it may be necessary to request a crew to perform a 'buddy rescue' (see below) if the launch is full.
- When all casualties are on dry-land, retrieve boats and blades. If possible, retrieve the equipment at the same time as casualties to remove the hazard, but not at the expense of the welfare of the casualties.

#### **If there is no Safety Launch on the water**

If the launch is not out and there is a casualty in the water who cannot reach the pontoon or bank, the following procedures apply:

- Perform a 'buddy rescue' only from 8+, 4+/-/x.  
<https://www.youtube.com/watch?v=scYMNv-u-nQ&list=PLqGYFRMKy8vLkO86Ek15kUdphJQkt2Z5Y&index=48>
- Only experienced crew in 2x should attempt a 'buddy rescue', but preferably call for a larger boat. Do NOT use a 1x or 2- to perform a 'buddy rescue'.
- If the casualty cannot get onto the canvas of the rescue boat, carefully position the rescue boat next to the casualty and tow them to the pontoon.

## **Serious Incident**

In the event of a serious incident or medical emergency, including a crew member being taken seriously ill or becoming unresponsive, immediately contact the emergency services on 999. Direct them to:

Milton Keynes Rowing Club  
Off Monellan Grove  
Caldecotte  
Milton Keynes  
MK7 8BH

***N.B. Send someone to the top of the driveway to meet emergency vehicles.***

A&E services are located at Milton Keynes Hospital, Standing Way, Eaglestone, MK6 5LD. There is a Walk-In Centre on the hospital site.

A copy of emergency contacts nominated by club members can be found in the club locker with the green padlock, located in the main club room. This list also shows existing medical conditions and allergies. This information should be given to paramedics.

## **Emergency First Aid**

A list of members qualified to give emergency first aid is displayed on the main club noticeboard and safety noticeboard, and one of these people should be requested to give assistance in the first instance.

## **Hypothermia**

Hypothermia can range from mild through moderate to severe, and severe hypothermia requires urgent medical treatment in hospital. Hypothermia is defined as occurring when the body temperature drops below 35°C, but mild hypothermia can start at higher body temperatures. As the body temperature decreases further, shivering will stop completely, the heart rate will slow, and a person will gradually lose consciousness. The person may not appear to have a pulse or be breathing. Emergency assistance should be sought immediately.

Things to do for hypothermia:

- Move the person indoors, or somewhere warm, as soon as possible.
- Gently remove any wet clothing and dry the person.
- Wrap them in blankets, towels or any clothing you might have, protecting their head and torso first.
- Shared body heat can help with hypothermia. Hug them gently if it is appropriate.
- Increase activity if possible, but not to the point where sweating occurs.
- Give the person warm drinks (not alcohol) to help warm them up.

- Handle anyone with hypothermia gently.

Things you should NOT do:

- Do NOT warm the person using a hot shower or bath.
- Do NOT apply direct heat to the arms and legs.
- Do NOT give the person alcohol.
- Do NOT rub the person's skin as this can cause the blood vessels to widen and decrease the body's ability to retain heat.

This information is taken from the British Rowing Row Safe Guide, and Cold Water and Hypothermia Guide and can be accessed here:

<http://www.britishrowing.org/sites/default/files/rowsafe/1-8-ColdWaterImmersion%26Hypothermia-v1.pdf>

<http://www.britishrowing.org/knowledge/online-learning/safety/cold-water-and-hypothermia/>