



# **EMERGENCY ACTION PLAN**

NIAGARA FALLS ROWING CLUB  
Emergency Action Plan

**Emergency Contact Information**

DIAL 9-1-1 FOR ALL EMERGENCIES

**Boathouse Address**

6040 Chippawa Parkway  
Niagara Falls, Ontario  
905-708-8066

After dialing 9-1-1 and within a reasonable timeframe, please contact representatives of the Niagara Falls Rowing Club on the list.

Board Chair	Jacob Verbraeken	905-650-5110
Head Coach	Wernher Verbraeken	905-359-1425
Rowing Committee	Jim Hyman	905-933-9926
Past President	Tony Arcuri	905-708-8066

**First Aid Supplies**

The first aid kit is located at the locker area in the front of the boathouse.

**Non-Emergency Medical Care**

No matter how insignificant the injury may seem, driving someone off-site (ie to a hospital or medical clinic) carries a great medical risk to the injured and a great legal risk to the driver. Please call an ambulance or have an immediate family member/legal guardian drive instead.

Greater Niagara General Hospital  
5546 Portage Rd.  
Niagara Falls, Ontario  
L2G 5X8  
905-358-0171

## **On Water Emergency Situation**

What to do in an emergency such as flipped or swamped boats, collisions or accidents.

- Stay with the boat and use it as a floatation device
- Make a lot of noise so that you get attention from others to come and help
- Turn off coach boat engines and gather as many athletes as possible into the coach boat. Take the athletes back to the boathouse dock if possible.
- If necessary, take the athletes to any safe haven such as shore, other public or private docks.
- If hypothermia is a concern, athletes should remove clothing and find dry warm clothes.
- Parents or emergency contacts should be called so that athletes are looked after
- Do not concern yourself with the shell and oars until all athletes are safely looked after

## **Getting Athletes in the Coach Boat**

How to help athletes get into the coach boat from the water safely

- Motor must be OFF
- If the athlete is strong enough to climb in on their own they can do so from the side at the stern as it is the lowest in the water. Coach should be on the opposite side of the boat to balance the weight distribution.
- If the athlete needs assistance, then the athlete should be helped in from the bow as the weight of the motor will help balance the weight distribution.
- Generally, those in the boat should use their weight as a counter balance to keep the boat level and steady.

## **Mass Evacuation**

During a mass evacuation of the water, everyone should stay at the boathouse until instructed by your coach or the person in charge, to ensure we have a record that everyone is off the water safely.