

EMERGENCY ACTION PLAN

Version 2.5 04/07/2023

1 Summoning the Emergency Services

In case of serious emergency, **phone 999** without delay. (This includes potential cases of hypothermia or loss of consciousness after an accident.)
Consider delegating someone to wait at the access point for services to arrive.

2 Use the What3Words App (QR codes ↘) to indicate sites along the river when contacting the services (SEE MAP →). Falcon Boat Club's postal address is:
The Falcon Boathouse, Meadow Lane, Oxford OX4 4BJ
(What3Words ref: **bossy.quite.event**)

What3Words

<https://what3words.com/>



Medical Emergency on the Water

- Raise the alarm immediately, asking another crew or bystander to call 999, if necessary.
- Determine the nearest and most accessible site to aim for (see map →) and communicate that to the Emergency Services (What3Words—see above).
- (Not much first aid can be provided on the water.)

In the event of a rowing capsiz

- Stay with the boat (it is your main buoyancy aid) and swim it (either righted or still upside down) to the nearest point where you can review the situation.
- If it is cold, keep as much of your body out of the water as you can (straddle or drape yourself over the hull).
- If there is more than one person in the water, stay together and account for everyone.
- Call on other crews, coaches or launches to support any rescue and recovery.

In the event of FIRE at the boat house

Upon discovering a fire or suspecting one is imminent (e.g. smoke from an unknown source), press the nearest fire alarm and evacuate the building, directing people to the car park on Meadow Lane. Call 999 and contact the fire brigade. **Do not attempt to address the fire yourself** if that might endanger yourself or any others. Account for all evacuees and inform the fire brigade of this on their arrival. Fire extinguishers are located as follows: **A.** On the ground floor: River end bays 1 and 3, back of bay 2. **B.** On the first floor.

First Aid and Defibrillators

- There is a First Aid kit box hanging on the board just inside the side entrance to bay 1, and in the gym in bay 4 in the Falcon boathouse. (Most boathouses should include one, if they are open.)
- If you believe someone is having a heart attack, call 999 for an ambulance and inform the operator that there are Automated External Defibrillators (AEDs) nearby. They will provide codes for access.
- AEDs are located at (at least) four points on the Isis: See map for details ⚡ →

Cardiac Massage

- If there is no effort at breathing, do not try and check for a pulse, but commence cardiac massage (30 per minute) and artificial respiration (2 per minute).
- Apply the defibrillator pads and follow the instructions from the AED.

Important locations along the river:

Emergency Access Points
Defibrillators (AEDs) ⚡



University College Boathouse

(**places.square.fine**)
via Abingdon Rd access next to hotel
(**peanut.lowest.prefer**)
Defibrillator on front wall
(**pest.common.oven**)



Longbridges Boathouses

(**glee.raced.slick**)
via the gate on Donnington Bridge Rd
(**vision.item.smart**)

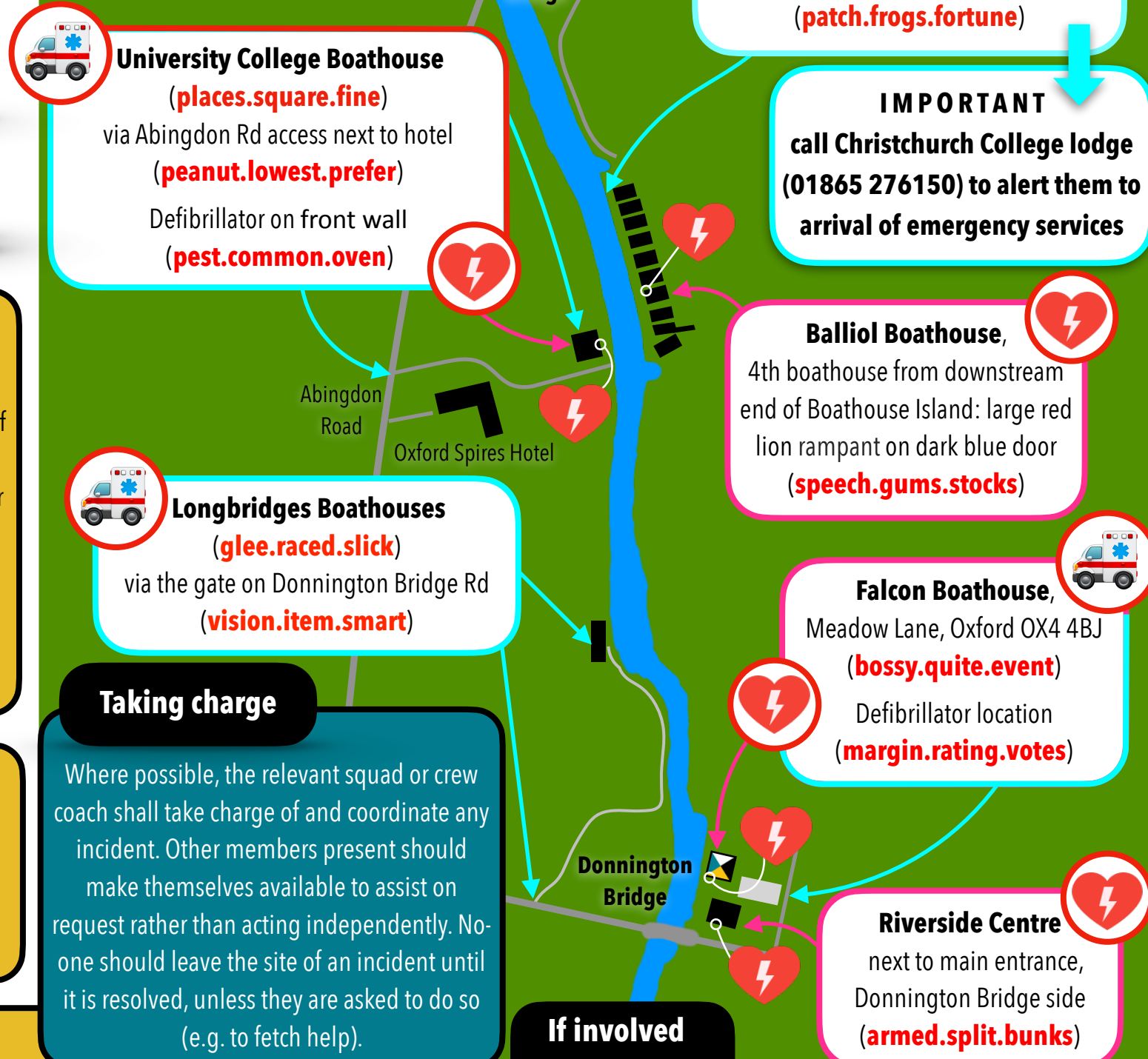
Taking charge

Where possible, the relevant squad or crew coach shall take charge of and coordinate any incident. Other members present should make themselves available to assist on request rather than acting independently. No-one should leave the site of an incident until it is resolved, unless they are asked to do so (e.g. to fetch help).

If involved in an incident:

Report it to:

- 1) Canoeing: <https://www.britishcanoeing.org.uk/guidance-resources/safety-1/incident-reporting>
- 2) Rowing: <https://incidentreporting.britishrowing.org/>



(**scrap.wiring.mixed**)
for **Christchurch Meadows** via St Aldates to Boat House Island:
upstream docks are most accessible.
(**patch.frogs.fortune**)

IMPORTANT
call **Christchurch College lodge** (01865 276150) to alert them to arrival of emergency services

Balliol Boathouse,
4th boathouse from downstream end of Boathouse Island: large red lion rampant on dark blue door
(**speech.gums.stocks**)

Falcon Boathouse,
Meadow Lane, Oxford OX4 4BJ
(**bossy.quite.event**)
Defibrillator location
(**margin.rating.votes**)

Riverside Centre
next to main entrance, Donnington Bridge side
(**armed.split.bunks**)