

LWRC ATHLETE EMERGENCY PROCEDURES

Lake Washington Rowing Club has identified three levels of emergency requiring action.

- ⇒ **At ALL times, no matter how small the incident, everyone needs to remain silent and await directions from either the coach or the coxswain.**
- ⇒ **If there is neither a coach nor coxswain (like a 2x flipping) the bow person remains in charge.**
- ⇒ **Coaches will have in their Launch:** a paddle, a water pump, life jackets and a dry bag.
Dry bags contain: a wool blanket, an emergency blanket, an air horn, a first aid kit, and instant heat warming pads.

LEVEL I – BAND AID

1. The situation gets managed from the first aid supplies.
 - a. If you require a Band-Aid please let the coach know, as there are first aid kits in the launches and the boathouse.
 - b. If blood gets on the equipment, report that to the coach right away. The coach will instruct you to clean it up with Rubbing Alcohol.
- ⇒ LWRC does not keep any aspirin or pain reliever on its' premise to give to members and program/class participants.

LEVEL II – UNPLANNED IMMERSION

In ALL of the following Scenarios, if there are unfavorable conditions (very cold), than no matter what, try to get as much of your body out of the water as you can.

1. Reentering a Single (1x) is taught and practiced before being allowed to row in a 1x (This club rule excludes a Wherry).
 2. Double (2x) rowing shells protocol:
 - a) If one person falls out of the double, that person can follow the steps below for reentry, or wait for the coach.
 - b) If both people fall in the water, the bow person is in charge. If the boat has not rolled over, than 1 at a time, try to get into the boat (while the other person steadies it) or again wait for the coach.
 - c) If the boat has rolled over, climb on top of the hull and wait for the coach.
 3. Reentering a 4+, 4x or 8+: If you find yourself thrown out of the boat, and are not hurt, remain calm and take a few deep breaths.
 - a) You may try to climb back into your seat station from behind your rigger (or in sweep- choose the side that has no rigger). Those in the boat will hold the oars steady and lean towards the opposite side than that of which you are re-entering the boat.
 - b) If you are unable to reenter the boat, hold onto the boat, and wait for the coach to come to you:
 - ✓ The coach will approach the person(s) in the water slowly (and NOT from behind) and will cut the engine off when they are 3-5 feet away.
 - ✓ Using the ladder, climb into the launch 1 at a time. Do NOT overload the launch.
 - ✓ If you have to be left in the water, the coach will give you a life jacket to put on.
- ⇒ If athlete reenters and conditions are favorable, continue rowing.
- ⇒ When conditions are unfavorable return to the dock.

LEVEL II-b - UNFORTUNATE MOTORCRAFT/LARGE WAKE OR WEATHER CONTACT

1. If a large wake is approaching the boat, either the Coxswain or the bow seat of coxless boats will direct the rowers to row the boat so it becomes parallel with the wake.
 - a. If damage occurs, flag down the coach immediately.
 - i. If Coxswain has a cell phone/radio, they may call Harbor Patrol with the Vessel Information: registration #, boat name, description of the boat....
2. If the weather makes a sudden change, causing the water to become extremely choppy, and the water is coming over the gunnels on every stroke, the boat should start rowing with only ½ of its rowers and/or with a smaller stroke (i.e. half slide).
 - a. 8+: Row by 4x/ 4+-: row by pairs/ 2x: take turns rowing/ 1x: shorten the length of the stroke.
 - b. For as long as possible, row the boat into the wind (headwind) or with the wind ((tailwind). This keeps the bow of the boat perpendicular (into) the whitecaps.
 - c. Always try to row on the leeward side (the side sheltered from the wind) of the lake.
3. If the weather takes a turn as far as lightening or large hail: Crews should immediately start rowing back to the dock; or if the situation is extremely immediate, boats should be rowed to the nearest dock on shore that allows the rowers to **safely** climb out.
 - a. In this situation, the coaches will follow the rowers to shore, and start the Emergency Action Plan.
 - b. Junior rowers are NOT allowed to receive a ride back to the boathouse from anyone but a coach or Emergency Response Team (police, fire....)

LEVEL III – ASSISTANCE REQUIRED

1. **If a rower becomes injured in the boat:**
 - a. The coach's attention needs to be drawn immediately. Either the coxswain or the bow seat in uncoxed boats is the one in charge.
 - b. The coach will then proceed with the Emergency Action Plan by calling Harbor Patrol/ 911. If the coxswain has a cell phone/radio and the coach is not right their, they can start the Emergency Action Plan by calling Harbor Patrol.
2. **If a rower becomes injured and thrown in the water:**
 - a) The coach's attention needs to be drawn immediately. Either the coxswain or the bow seat in uncoxed boats is the one in charge.
 - b) Fellow rowers should try to safely reach out and grab the rower in the water and hold their head out of the water until the coach or Emergency Personnel arrive.
 - c) The coach will then proceed with the Emergency Action Plan while attending to the injured rower.

⇒ If the temperatures are cold and athlete(s) show no sign of hypothermia, then once on land, wet rowers should take a warm shower (NOT hot). There are extra blankets by the launch supplies. ←

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For Non-Emergencies
Seattle Police Harbor Patrol
206-684-4071

Your Harbor Patrol is here for your marine houseboat & watercraft safety. Staffed by experienced Police Officers our duties are Law Enforcement, Dive Rescue / Recovery, Fire Support, Special Events, Boat Safety Inspections, Homeland Defense.