

# EMERGENCY ACTION PLAN

## RCA National Beach Sprint Selection Trial- 2025

### Rissers Beach, Nova Scotia

**Host** - Row Nova Scotia (RNS) and Rowing Canada Aviron (RCA)

**Address** - 5366 Hwy 331, Crescent Beach, NS B4V 6P2

**Date** - 18th to 20th of July 2025

### FIRST AID PROVIDERS—

Erin Samchyk from Sports Physiotherapy; and Surf Life Saving Nova Scotia will be onsite (Land and water) to provide First Aid for any incident that occurs between 8 a.m. and 5 p.m. each day of the Regatta.

**Hospital** - South Shore Regional Hospital, 90 Glen Allan Drive Bridgewater, Nova Scotia

### Event Personnel

Regatta Chair: Rob Richards

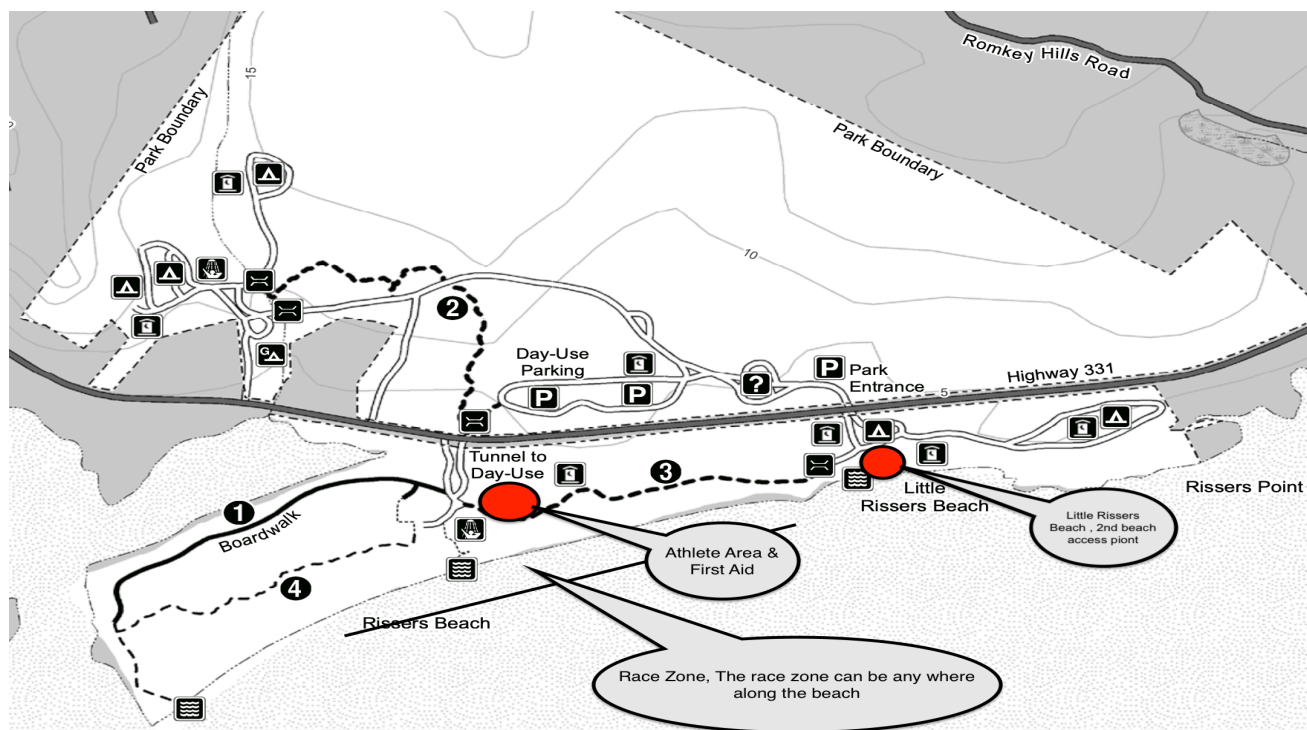
Chief Umpire: Linda Read

Safety Officer: Erin Samchyk

Venue Contact: Alisha Kelly

RowNS Representative: Iain Carew

## Venue Map



## FIRST AID PROCEDURES

### First Aid and Medical Services Locations

- The **Event Medical Officer** will be stationed at the **Start/Finish Line** during all on-water activities. They will provide both general first aid and physiotherapy services.
- **SLSNS Lifeguard** personnel will be positioned at the edge of the water, just outside the race course.
- **Safety Boat #1**, managed by SLSNS, will be stationed at the turning buoy located near the course. It will have two lifeguards onboard and will serve as the primary rescue team, prioritizing athlete safety.
- **Safety Boat #2**, operated by event staff, will be positioned on the opposite side of the course. Its role is to assist **Safety Boat #1** and ensure the safe return of equipment.

During field-of-play activities, RNS Umpires are in control of safety situations that might arise.

The Chief Umpire will liaise with the Regatta Chair for communication with coaches and visiting club representatives in the event of issues that impact the event.

In the event of an incident that requires medical attention. Follow the process of escalation.

Land base:

1. Assess the incident and or accident.
2. If safe, assist.
3. Notify the Chief Umpire of the incident or medical team that MEDICAL ASSISTANCE IS REQUIRE.
4. At that time the Chief Umpire or Medical team will coordinate the following
  - a. On water Rescue
  - b. On-site treatment is conducted by the event Safety Officer and or SLSNS. With no further escalation required
  - c. Escalation is required and 911 is called. The Event Safety Officer will instruct SLSNS staff to call 911.
  - d. Ambulance is directed to:
    - i. RISSERS BEACH - MEDICAL TREATMENT IS REQUIRED
    - ii. 5366 Hwy 331, Crescent Beach, NS B4V 6P2
    - iii. Give the location of the person.
    - iv. Staff will be posted at the main entrance to direct the Ambulance
    - v. Staff are to ensure pathways are clear

## **911 SHOULD BE CALLED IN AN EMERGENCY**

### **ON-WATER EMERGENCY/SAFETY SITUATION**

Boat incident - Flip or collision:

- Athletes to stay with the boat and wait for assistance from safety boats
- Safety boat is to approach from the down-wind side (into the wind)
- Safety boat **must kill engine when approaching athlete(s) in water**
- Gather athletes into the safety boat and (if needed) wrap them in blankets and PFD
- Return athletes to the Beach
- Escort athlete(s) to First Aid if required
- Leave the rowing shell for another safety boat to retrieve

Medical Emergency On-Water

- The nearest safety boat will respond to the athlete in distress
- The nature of the emergency will be established and details will be relayed to the Chief Umpire and First Aid. **911 should be called as necessary.**
- If the athlete is able to be moved to the safety boat, they will immediately be transported to the beach, where they will be met by First Aid. If unable to be moved, the shell should be escorted by the safety boat(s) to the beach immediately.

### **Mass Evacuation:**

In the event of the following:

- Storms & storm surges.
- Thunder & Lightning.
- Waves over 1.5 meters.
- A shark spotted within 1000 meters of the race area.

- Obstructions within the race area.
- Evacuation order issued by Nova Scotia Parks or Surf Life Saving Nova Scotia

The following action will be taken

- Safety and Umpire boats to escort ALL boats to the beach or safe haven
- Overturned boats – athletes to be returned to the beach (as above)
- ALL athlete's names to be taken by the control commission when they return to the beach (with or without their boat) so that there is a record that all persons are off the water.
- Coaches must verify that all athletes on their teams are accounted for and inform the LOC of their team's status in a timely fashion.
- If athlete(s) are taken to a safe haven, safety personnel or umpire personnel will communicate the location and names of athletes to the control commission to ensure all athletes are accounted for.
- Teams are to follow all instructions as issued by the LOC.

### **In the event of an Incident**

In the event of an incident that affects the event. The Chief umpire will take the following action:

1. Continue as planned.
2. Cancellation of the event.
3. Cancellation of parts of the event.
4. Postpone the event to a maximum of 6 hours. If the postponement goes over 6 hours the event will be canceled for that day.

On-Site Phone Numbers:

Regatta Chair: Rob Richards - 604-437-6461

Chief Umpire: Linda Lee - 902-483-8256

Safety Officer: Erin Samchyk - 782-414-3746