# First Aid Plan

**Regatta Name**: Atlantic Rowing Championships  **Dates:** October 4th, 2025

**Group Name:** Row Nova Scotia **Ages:** 14-65+

**FACILITY INFORMATION**

**Facility Name**: Lake Banook

**Facility Address**: 20 Boathouse Lane Dartmouth, NS

**Directions to reach the facility from a major intersection**:

Head northeast on Angus L. MacDonald Bridge, turn right onto Wyse Road, turn left onto Windmill Road for 450m, turn left onto Ochterloney Street for 750m, turn left onto Crichton Avenue for 250m, North Star Rowing Club is located on your right. From North Star Rowing Club, head 50m west and you have arrived at Lake Banook.

**First Aid Station**: Located at the base of the Judges Tower.

**KEY CONTACT INFORMATION FOR LOCATION**

**Safety Advisor:** Tyler Laidlaw

**Safety Advisor Contact Information:** tlaidlaw@sportnovascotia.ca; 902-579-6408

**In case of emergency, who is the alternate person who would make the 911 call?:** Julie-Ann Vincent – Chief Umpire - 902-222-7533

**FIRST AID PROCEDURES**

| **No.** | **Procedure** |
| --- | --- |
| **1** | Accident/injury occurs. |
| **2** | Ensure the area around the accident is safe and no immediate danger is presented. |
| **2a** | If on water, safety boats will bring the individual to shore where St. John Ambulance will attend to the individual. |
| **2b** | If on land, contact St. John Ambulance via radio to attend to the individual. |
| **3** | If necessary, call 911 services for assistance. |