



## FIRST AID PLAN

**Regatta Name:** Beast of the East Erg 2K

**Dates:** February 8, 2026

**Group Name:** Row Nova Scotia

**Ages:** 14-70

### **FACILITY INFORMATION**

**Facility Name:** Halifax Grammar School

**Facility Address:** 945 Tower Road, Halifax, NS

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

From the Angus L. Macdonald Bridge, head south on Barrington Street toward downtown Halifax. Continue on Barrington Street for approximately 4 km. Turn right onto Tower Road and continue for approximately 700 m. Halifax Grammar School will be on your left. On-site parking and event signage will be available upon arrival.

### **KEY CONTACT INFORMATION FOR LOCATION**

**Safety Advisor:** Rob Richards

**Safety Advisor Contact Information:** [technicaldirector@rowns.ca](mailto:technicaldirector@rowns.ca), 1-604-347-6461

**In case of emergency, who is the alternate person who would make the 911 call?:** Linda Lee – Chief Umpire – 902-477-5256

### **FIRST AID PROCEDURES**

No.	Procedure
1	Accident/injury occurs.
2	Ensure area around accident is safe and no immediate danger is presented.
2a	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.