



Row Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6

FIRST AID PLAN

Regatta Name: Ice Breaker Regatta

Dates: May 30, 2026

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. Turn right onto Boathouse Lane, North Star Rowing Club is located on your right at 20 Boathouse Lane. 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: rowing@rowns.ca ; 902-579-6408

In case of emergency, who is the alternate person who would make the 911 call?: Mark Walsh – Regatta Chair – 902-401-1297

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.