FIRST AID PLAN 2026

Atlantic University Rowing Championships Regatta

Lake Banook
Dartmouth, Nova Scotia
October 24, 2026

Hosted by **Row Nova Scotia**

Purpose

The purpose of this First Aid Plan is to ensure that appropriate medical services and procedures are in place during the 2026 Atlantic University Rowing Championships Regatta. This document outlines how medical incidents will be managed and how medical services will be accessed during the event.

Medical Coverage

Medical services for the regatta will be provided by St. John Ambulance, who will be present on site for the duration of the event.

St. John Ambulance personnel will be stationed in a clearly identified **First Aid location near the Regatta Control area at North Star Rowing Club / Oakwood House**, allowing quick access to both the dock and boat staging areas.

Regatta Medical Coordinator

The designated regatta contact for medical services will be Tyler Laidlaw. Tyler Laidlaw will coordinate with St. John Ambulance personnel and regatta officials to ensure that medical assistance is provided quickly when required. **Tyler Laidlaw will be reachable by mobile phone (902-579-6408) and radio communication** during the event.

First Aid Equipment

St. John Ambulance personnel will provide first aid equipment appropriate for sporting events, including:

- standard first aid supplies
- ice packs • emergency blankets
- injury stabilization equipment

Additional safety equipment will also be available on regatta safety launches.

Medical Incident Response

In the event of a medical incident:

1. The nearest umpire, safety boat operator, or volunteer will notify Regatta Control immediately.

2. Regatta Control will contact **St. John Ambulance personnel and Tyler Laidlaw**.
3. St. John Ambulance personnel will attend the scene and provide medical assessment and treatment.
4. If required, **Emergency Medical Services (EMS) will be contacted by calling 911.**
5. Emergency responders will be directed to the regatta site using the designated emergency access route.

Water Incidents

If a medical incident occurs on the water:

1. Safety launches will assist the crew and bring the affected athlete to the nearest dock.
2. St. John Ambulance personnel will meet the crew at the dock and provide medical assessment and treatment.

Emergency Medical Services

If advanced medical treatment or transport is required, Emergency Medical Services (EMS) will be contacted immediately.

Nearest Hospital is:

Dartmouth General Hospital
325 Pleasant Street
Dartmouth, Nova Scotia.

Emergency vehicles can access the regatta site via Crichton Avenue / Oakwood House access routes.

Communication

Communication between regatta officials, safety launches, and medical personnel will be maintained through:

- two-way radios
- mobile phones
- coordination through Regatta Control

All medical incidents will be reported to the Chief Umpire, at Regatta Control.

Incident Reporting

Any injury or medical incident occurring during the regatta will be documented and reported according to Rowing Canada safety reporting procedures if required.