

# SEATTLE ROW FOR THE CURE

## ATHLETE SAFETY AND SHELL RE-ENTRY PLAN

Seattle Row for the Cure (RFTC) has identified procedures in the event of an unplanned immersion, severe weather or unfortunate contact with a motor vessel or large wake.

**\*\*\*At ALL times, no matter how small the incident, everyone needs to remain silent and await directions from either the launch driver, race official or the coxswain.**

**\*\*\* If there is no coxswain (like a 2x flipping) the bow person remains in charge.**

## RACE DAY SAFETY PROTOCOL

### On Water Emergencies:

For all on-water emergencies the **closest safety or referee launch responding on scene will be in charge** and will have direct contact with Harbor Patrol, Safety Launches and all other regatta personnel. **In almost all circumstances due to the normally cold temperatures the athlete will be removed from the water** and taken to the nearest pull-out facility to be warmed up, checked out and released by EMTs. **YOU WILL NOT BE ALLOWED TO CONTINUE RACING.**

**\*\*\*If you overturn and wish to continue racing, re-enter your shell and row away before a launch reaches you. If that launch reaches you, you have been in the water too long. We will pick you up, take you to safety, and have an EMT look you over before releasing you. Should you wish to argue, the Seattle Harbor Patrol will be called and you can argue with them.\*\*\***

All launches are equipped with PFDs, safety blankets, cell phones and VHF radios. **ONLY THE HARBOR PATROL WILL CALL 911.** For all other situations, remain calm and follow the directions of the referee or safety launch driver in charge.

Along the course there are seven (7) emergency access areas for on-water emergencies. All launch drivers will have contact phone numbers for all seven locations along with copies of the RFTC Emergency Action Plan which includes the number for the Seattle Harbor Patrol. The Seattle Harbor Patrol will have multiple boats located throughout the race course.

### Land Emergency:

\*Alert the nearest on-water launch driver, referee, dock master, or regatta personnel. If life threatening, call 911. State the nature of the emergency and the number of people involved. Stay calm!

### Evaluation of Conditions:

If conditions turn on the morning of racing, it will be the decision of regatta officials whether to continue or not. Any and all decisions will be in consideration of athlete safety. Chief Referee Tiffany Knapp and Regatta Director Catherine Humblet will be the decision making team for any and all decisions regarding suspension of racing. Tiffany Knapp will coordinate referee input and coordinate any decisions with Catherine Humblet.

### Boat Landing and Emergency Access Areas, Lake Union & Lake Washington Shipping Canal:

SPD Harbor Patrol - 1717 N. Northlake Way - 206.684.4071 – (WEST of Gasworks Park)

Pocock Rowing Center - 3320 Furman Ave. E - 206.328.0778 – (Under University/Freeway Bridge)

Ivars Salmon House – 401 NE Northlake Way – 206.632.0767 – (North Lake Union)

College Club of Seattle – 11 E. Allison St. – 206.622-0624 – (Finish Line)

Lake Washington Rowing Club – 910 N. Northlake Way – 206.547.2668 – (Under Aurora Bridge, North Side)

Seattle Pacific University Shellhouse – 3307 3<sup>rd</sup> Avenue W – 206.281.2931 – (Ship Canal, Starting Line)

Seattle Rowing Center – 1116 W. Ewing St. – 206.216.2255 – (Ship Canal, West of Starting Line)

Lake Union Crew -2520 Westlake Ave N -206.860.4199 –(Northwest Lake Union)

Lake Union Park, Waterway 3 (South Lake Union, 100 yards south of Lake Union Air)

**Safety Launches**

Safety launches will be on the water beginning 30min before the first race starts. A referee launch will sweep the course following the last crew. Safety launches will remain on the water patrolling the lanes that crews use to return to their boathouse until the regatta dockmaster reports that all shells have returned safely. If there are boats still on the water 45min after the last boat finishes, the dockmaster will communicate name of the crew(s) to the launch drivers over the radio. If the safety launches can not locate the missing crew the regatta director will contact Harbor Patrol.

**Radio Communication**

All launch drivers and referees will have a radio with them. Regatta communication will be on radio channel 72.