

## **2024 Row Ontario Cup FIRST AID PLAN**

### **First Aid Provider**

- Certified First Aid individual will be stationed at the Medical Tent, with access to the water in event of on-water emergency.

### **Primary First Aid Location**

- The main location will be at the Medical Tent located outside the Ottawa RC Boat House.
- The Primary First Aid Location will be available to athletes, participants, and coaches from 7:00am until the last boat is off the water following the last race.

### **First Aid Equipment**

At both First Aid Locations, the following equipment will be available:

- WSIB Standard Contents First Aid Kit
- Automated External Defibrillator (AED)
- Ice
- Blankets
- Chairs
- Phone for external communication
- Radio for internal event communication
- Incident Report forms and writing implement (pen) to complete forms

### **Reporting**

Every time someone visits the First Aid location for assistance of any kind, an Incident Report will be completed. Incident Reports will be submitted to the Regatta Chair at the end of the day.

### **Victim Care**

The individual initiating contact with someone needing First Aid should remain with the victim, whenever possible. If the victim has been pulled out of the water, the safety boat team is responsible to ensure the victim receives First Aid care, either by using a radio to call First Aid to meet the safety boat and the victim at the dock or by escorting the victim to the Primary First Aid Location, where they are handed over to the First Aid provider. Under no circumstances will the victim be left alone. If an individual brings themselves alone to the First Aid location, every effort will be made to locate a coach, guardian, or a screened adult to be with them.

### **Non-Emergency Medical Care**

No matter how significant the injury may seem, driving someone off-site (i.e. to the hospital or medical clinic) carries GREAT MEDICAL RISK to the injured and GREAT LEGAL RISK to the driver. Please call an Ambulance or have an immediate family member/legal guardian drive the incumbent instead.

**Nearest Hospital:** Civic Hospital, 1053 Carling Avenue