

SAFETY PLAN
RowOn Beach Sprint Championships
August 19-20, 2023

The event will abide by the safety rules and guidelines as set out by [Transport Canada](#), and by Rowing Canada Aviron's [Rules of Racing](#). The event will be sanctioned by Rowing Canada Aviron.

ALL PARTICIPANTS: All safety boat drivers, race umpires, coaches and participants should familiarize themselves with the Safety Plan. It is recommended that all volunteers and staff have taken a first aid/CPR training course.

BOAT DRIVERS: Boat drivers are responsible for carrying a valid Pleasure Craft Operators Card and have a basic understanding of how to operate the boat they are driving. Boat drivers must make sure they have enough gas, that they wear the engine kill switch and that their boat carries a paddle or oars, bailer, sound signal, and enough PFDs for the largest crew. It is strongly recommended boat drivers always wear their PFD on the water.

RADIOS: Boat drivers and coaches are responsible for keeping lookout up and down the course and listening for official notices on the radios. Each safety boat will carry a radio. Radios are to be used for official communication only.

ROWING BOATS: All rowing boats – solos and doubles – are self-bailing, built according to the coastal rowing rules set out by World Rowing (the international rowing governing organization). During practice, all boats will be equipped with PFDs and tow lines.

In case of emergency, call 911.

Event address (to be provided to 911): Woodbine Beach, Ashbridges Bay Park (1675 Lakeshore Blvd E, Toronto, ON)

First Aid: During racing, a staffed medical tent is located on the beach, just beside the start/finish area.

Safety Briefing:

Please be aware of the following possible hazards:

- Exposed Rocks – Risk of damage to hull when landing between rocks.
- Marine Traffic – Please be mindful and familiarize yourself with traffic flow in the area.
- Leisure craft – The course will be patrolled, but please keep a good look out and take action to avoid collision.
- Paddlers and swimmers – The course will be patrolled, but please keep a watchful eye out. Call out if necessary.

- Please wear suitable footwear to protect your feet from shells and any debris.
- Do not feed the seagulls, and do not go near sick or dead birds on the beach. Please report any dead birds to the closest official.
- Cold water – Please bring suitable clothing for standing around on the beach, getting in and out of the water either as a rower and/or boat handler. Water shoes are advisable.
- Sun – Please use sunscreen, long sleeves, and a hat to protect you from the sun. Personal beach tents or umbrellas are advised, as the event shelters are limited.

On-Water Rescue Procedure:

Lifeguards will be on the beach monitoring the shoreline. During practice times and racing, safety boats are positioned to watch for boats that have tipped or need assistance.

ROWERS: Should you capsize and/or require assistance, please wave to get the attention of the on-water safety boats. Stay with your boat if safe to do so. Do not attempt to swim to shore. Please note that, once help is provided, the crew is no longer eligible to continue racing, so confirm with the safety boat that you want and need assistance.

SAFETY BOATS: When the safety boat gets to the victim, approach from downwind to avoid drifting over them, put the engine in neutral, and then turn off engine once you can reach the victim. Never leave the engine on with people in the water near your boat.

Determine if everyone is OK and that all the crew is present. If the victim is conscious and there is no risk or signs of head/neck injury, bring the victim into your boat, and then proceed to secure their boat and equipment. If the victim is unconscious or has a possible head/neck injury, radio for another safety boat to bring a lifeguard to perform the in-water rescue.

Once victim(s) are in the safety boat, head for shore. Use radios to communicate to medical personnel on shore and have them prepared to assess and assist the victim, as needed, upon return to shore.

IMPORTANT NOTE: Once the victim is on shore, it is your responsibility to make sure they connect with their coach or other responsible adult. Do not leave them alone until you have handed them off to a coach or other responsible adult who is known to them. If this is not possible, decide appropriate action.

Water Evacuation:

In the event of needing to evacuate the water, crews should follow the safety/umpire boat instructions for clearing the course.

Crews returning to the beach must make every effort to keep their boat under control in an upright position with the crew members in contact with the boat until reaching the beach. In the event the boat capsizes while returning to the beach, the crew is responsible to ensure that all crew members and equipment are safe.

- During course closure, boats will be allowed to beach wherever appropriate to ensure quick egress from the water to shelter.
- The Race Umpire and/or Safety Boats will monitor crews back to the beach launching/finish area and then move to safety, once the last crew is back to the beach.
- The Chief Umpire will monitor all crews on the water and beach area, and will communicate with Safety Boats, Race Umpire, and coaches to ensure all crews are accounted for.

All available coaches must be on the beach to assist the athletes to land safely and quickly.

Postponement or Cancellation of Practice Sessions or Racing:

The Chief Umpire or Regatta Chair have the right and ability to postpone or cancel practice sessions or racing at any time prior to or during the event if the weather or water conditions are deemed unsafe. Conditions that will trigger a cancellation include:

1. High winds (> 15 knots or gusting over 20 knots)
2. Low visibility caused by fog or heavy rain
3. Electrical Thunderstorm
4. Closure due to poor water quality

Safety Officer: Lynda Dundas, 416-949-5915

Toronto Police Dept. Non-Emergency: 416-808-2222 Emergency: 911	Canadian Coast Guard Auxillary 8 Unwin Ave. Toronto 416-463-7283
Toronto Fire and Emergency Services Non-Emergency: 416-338-9250 Emergency: 911	Marine Search and Rescue Toronto 416-862-SAFE