

**SAFETY PLAN**  
**Row Ontario Cup**  
**September 14, 2024**

The event will abide by the safety rules and guidelines set out by Transport Canada, Rowing Canada Aviron, and Row Ontario. The event will be sanctioned by Rowing Canada Aviron and Row Ontario.

**ALL PARTICIPANTS:** All safety boat drivers, race umpires, coaches and participants should familiarize themselves with the Safety Plan. Coaches and participants must attend the coach/participant meeting before the event where the Safety Plan is reviewed. 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.

**In case of emergency, call 911.**

**Event Location:**   **Ottawa Rowing Club**  
                              **10 Lady Grey Drive**  
                              **Ottawa, ON**

**First Aid:** A staffed medical tent is located on the shore, outside of the Ottawa RC boat bays.

**Safety Briefing:**

Please be aware of the following possible hazards:

- 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.
- 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.

**Disclosure of Medical Conditions:**

Any athlete, with a medical condition that could result in a medical emergency while rowing, is asked to disclose this information to the Chief Umpire prior to racing. This information will be held in confidence and only shared with the Race Umpire following the athlete's race(s). This will ensure the Umpire is able to monitor and respond appropriately should the athlete experience a medical emergency or distress on the water.

**On-Water Rescue Procedure:**

**ROWERS:** If you tip, do not leave your boat or swim to shore. If you are able to get back in your boat independently, in a timely fashion, you may choose to continue the race. If you need assistance, flip your boat over and cling to it until help arrives. Hold your oar in the air, blade up, as a signal of distress. Allow rescue drivers to help you and keep you safe. At the discretion of the Umpire, you will be allowed continue the race, as long as your doing so will not interfere with subsequent races or impact the race schedule.

**SAFETY BOATS:** Safety boats are positioned to watch for boats that have tipped or need assistance.

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.

**Safety Officer:** Zak Lewis, 902-995-0776

<b>Ottawa Police</b> Non-Emergency: 613-236-1222	<b>Ottawa Fire Services</b> Non-Emergency: 613-580-2860
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