

EMERGENCY PROCEDURE

North West Junior Time Trial (hosted at Northwich Rowing Club)

In the event of any incident requiring the attendance of the Emergency Services the following procedure must be adopted:

1. Radio for the nearest safety boat to carry out a rescue if the incident is on the water, consideration should be given to an AED being located at the boat house, if needed this should be requested as soon as possible. For a life-threatening situation, a MAYDAY call must be made, otherwise a distress call of PAN PAN must be made, a PAN PAN may degrade to a MAYDAY.
2. Evacuate the area if the incident involves a fire, evacuation plans are in at the back of the clubhouse and upstairs in the boathouse.
3. Radio Race Control and ask for the emergency services to attend an incident at the specified Emergency Access Point (See Below) and identify type of incident involved.
4. Race Control will telephone 999 from a mobile phone and ask for the emergency service to attend stating the appropriate access point. Please note comments below about preferred access points.
5. Race Control will confirm to the request holder that the appropriate Emergency Service has been requested and provide an approximate arrival time.
6. If the Request Holder is unable to contact Race Control or has difficulty confirming the request, they should dial 999 themselves if this is practical.
7. In the event of a fire, evacuate the area immediately around the fire and assemble in the **Car Park** if the fire is at the Club/Boat House location or on the **Canal Bank** if the incident involves a Boat on the water.

Dealing with Casualty:

- a) If the casualty **does not** require CPR, they should be kept warm and transported to one the Emergency Extraction Points, or First Aid triage, subject to their injury.
- b) In the event of an athlete being incapacitated requiring CPR. The first responder shall initially call 999 and request assistance from the ambulance service.
- c) As the casualty's chance of survival reduces by 7-10% for every minute the AED is delayed.
- d) Race Control should be made aware of the incident and control the Safety Boat response.
- e) Following BR's recommendations, the athlete should be promptly moved to the nearest surface, such as the river bank and deep CPR applied promptly. Those in attendance should prepare the casualty for the AED by partially removing clothing but kept warm. At the same time a mobilised AED and Prep-kit should be transported to the casualty as safely and quickly as possible.
- f) Once in place, the responder should carefully follow the AED and Ambulance Service instructions.
- g) Race control shall coordinate the extraction with the ambulance service.
- h) Once recovered the casualty should be kept warm and taken to the Emergency Extraction Point, ideally in the recovery position.

Preferred Access Points:

1. For Marshalls between the **Railway Bridge** and the **Blue Bridge** (Marshall 1 and Rescue Boat 'Blue Bridge');
 - a. You should use Access point 3 (West Side, Hartford Side, of Blue Bridge) or Access point 4 (East Side, Davenham side, of Blue Bridge)
2. For Marshalls between the **Blue Bridge** and the **Regatta Bend**;
 - a. You should use Access point 3 (West Side, Hartford Side, of Blue Bridge) or Access point 4 (East Side, Davenham side, of Blue Bridge)
3. For Marshalls between the **Regatta Bend and the Narrows** (Umpires 3 and 4);
 - a. You should use Access point 2 (Fishermans Car Park).
4. For Marshalls between the **Narrows and the Finish** (Umpires 5, 7 and 8 and Rescue Boats 'Narrows' and Finish Marshall');
 - a. You should use Access point 2 (Fishermans Car Park) or Access point 1 (Northwich Rowing Club).
 - b. In considering which access point to use you should consider how much water and pedestrian traffic may already be in place around the Rowing Club slipway, and that the Access point 2 may give easier access to emergency services.

Race Control will Dial 999 and ask for the appropriate Emergency Service. Speak clearly and listen to and respond to the operators requests carefully.

Tell them that:

'Northwich Rowing Club requires an Ambulance/Fire Service at a vehicle access point on the River Weaver:'

and give the appropriate access point as below.(what3words reference can also be used)

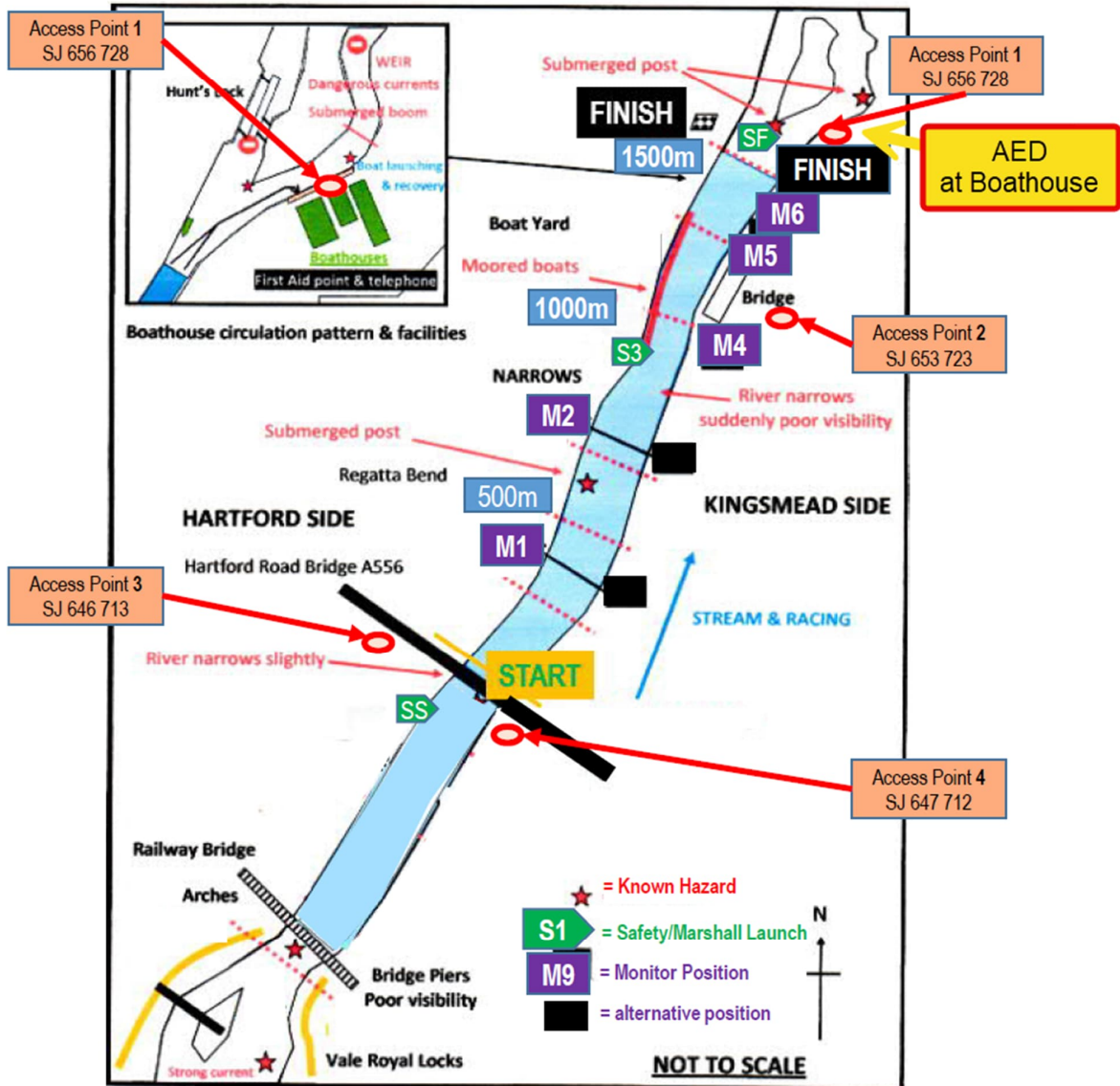
You will also be asked to provide details of the nature of the incident.

Access Points: (map shows locations)

- **Access point 1 - SJ 656 728**
Northwich Rowing Club, The Crescent, Northwich CW9 8AE
- **Access point 2 - SJ 653 723**
The Fisherman's Car Park, off Bickley Close (Kingsmead) Northwich, CW9 8TJ
- **Access point 3 - SJ 646 713**
The Fisherman's Car Park at the West Side (Hartford Side) of Hartford Blue Bridge on the A556 Westbound
- **Access point 4 - SJ 647 712**
The East Side (Davenham Side) of Hartford Blue Bridge on the A556 Westbound
- **Access Point 5 - SJ 641 706**
The Fisherman's Car Park at the Railway Viaduct accessed along Vale Royal Drive, the first road immediately left after Hartford Blue Bridge on the A556 Westbound



North West Junior Time Trial 1500m



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