



EMERGENCY ACTION PLAN & FIRST AID PLAN
Rowing BC Provincial Championships Regatta
July 22-23, 2023 at Burnaby Lake

This event will abide by all safety rules outlined in the RCA Rules of Racing, and the Event Sanction Application associated with this regatta.

KEY CONTACTS

Regatta Organizing Committee Chair: Sonja Lonne 778-994-2834

Chief Umpire: Mike Bagshawe 604-996-1183

As stated in the RCA Rules of Racing (Section 11.11), the Chief Umpire is responsible for the application of the Rules of Racing to a sanctioned regatta and shall uphold the principles of safety, fair competition and good sportsmanship.

Safety Officer: Terry Paul 250-516-758

As stated in the RCA Rules of Racing (Section 8.2), the focus of the Safety Advisor is to ensure that appropriate safety measures have been implemented for the safe running of the regatta and observe any breaches of safety practices during the regatta.

First Aid/Medical Officer: Main Contact = Lisa Tschannen 250-634-0474

First Aid will be provided onsite by a volunteer organization (likely St. Johns Ambulance)

As stated in the RCA Rules of Racing (Section 8.3), the Organizing Committee shall appoint a qualified person as the regatta Medical Advisor with specific responsibilities for ensuring that appropriate medical support and facilities are readily accessible to the regatta. First aid facilities on land at the regatta site and a rescue service on the water must be available at all times.

IN THE CASE OF AN EMERGENCY

Charge Person: Alia Zawacki 250-589-5450

This individual will take control of the situation and activate other components of the Emergency Action Plan.

Call Person: Lisa Tschannen 250-634-0474

This individual will call for emergency help, provide all necessary information to dispatch, ensure that emergency vehicles will be able to access the required location on site.

Available safety equipment:

- o First Aid station inside the pavilion, including access to
 - o Bed, ice, heat, blankets, glucose or juice, AED, 1st Aid Supplies (bandages etc.)
- o Safety boats on water have access to life jackets, solar blankets and radio/cell phone to communicate with key leaders on-land

In the case of an on-water emergency, the following protocols will be followed:

- o Return to the dock in own shell or with the help of a safety boat
- o Communicate via cell phone/radio with key leaders on-land
- o If unable to return to the main dock, safe landing is available against the shore in many areas of the lake where the walking path comes closer to the water

In the case of a medical emergency, the following protocols will be followed:

- o Return athlete/individual to the dock with the help of a safety boat
- o Report the incident to the CU and Safety Advisor
- o Utilize support services available from First Aid Provider in the pavilion
- o In more serious cases, call 911 right away

First Aid Provider: Likely to be St. Johns Ambulance, available at First Aid Station in pavilion during all operating hours of the regatta

Regatta Site: Burnaby Lake Pavilion, 6851 Roberts St, Burnaby

Nearest Clinic: Canway Medical Clinic, 4695 Canada Way, Burnaby, (604) 428-8123

Nearest Pharmacy: RxCare Pharmacy, 4695 Canada Way, Burnaby, (604) 428-7911

Nearest Hospital: Burnaby Hospital, 3935 Kincaid St., Burnaby, (604) 434-4211