

**Nottingham and Union  
Rowing Club –  
Emergency Response  
Plan**



November 2018

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### **In the Event of an Emergency**

- Dial 999. Have details of the incident available, including the precise location.
- A mobile phone (protected in a tethered water-proof and buoyant case) should be taken on each outing.

### **General Considerations**

- All Club Members and participants must be able to demonstrate when asked that they can swim 50m in light clothing, can tread water for 2 minutes and **can swim under water for 5m**. All members will be asked to sign to this effect when joining or taking part in a water-based activity. Parents of junior members will also be asked to sign.
- **First aid kits can be found in each of the boathouses, in the gym and behind the bar. Club coaches are first-aid qualified, as are other club members who are listed on the Club Safety Board.**
- An automated external defibrillator (AED) is located on the wall below the Club House balcony. Club coaches (and others) are trained in its use but all club members are encouraged to be familiar with the equipment in the event of an emergency. The defibrillator box is not locked.
- The telephone is located behind the bar upstairs in the main club building. The NURC contact number is 0115 981 1120.

### **Access Points to the River**

- NURC is located at:
  - Trentside North, West Bridgford, Nottingham NG2 5FA (GR: SK 5824 3834).
- The landing platform at Holme Pierrepont can be accessed at:
  - National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU (GR: SK 6091 3892).
- The Toll Bridge can be accessed at:
  - Victoria Embankment, NG2 2JY (GR: SK 5696 3816), on the north (City) bank.
- At Clifton Bridge the river can be accessed at:
  - Clifton Lane on the south (County) bank (GR: SK 5620 3671) and from
  - Lenton Lane on the north (City) bank close to Grove Farm (GR: SK 5570 3643).

**NOTE:** See map attached NURC 2019 Water Hazards & Emergency Access Points Document for visual recognition points.

### **In the Event of a Capsize**

- Stay with the boat and try to keep calm.
- If you are unable to get back into the boat then hold onto the capsized hull as a buoyancy aid and swim with it to the bank.
- If the water is cold, get as much of your body out of the water as soon as possible, draping yourself over the upturned hull.

- If possible, 'buddy-up', holding onto each other until rescued to provide mutual warmth and support and to help ensure all are accounted for.
- Other boats in the vicinity should fetch help or a launch if one is available. Do not attempt to rescue from another rowing scull since you are likely to tip over, putting more people in the water with no one to get help.

### **Cold Water Immersion and Hypothermia**

- Be aware of the risks of cold water immersion and hypothermia. Do not underestimate the effects. Breathing and circulation are immediately affected and even healthy individuals who are good swimmers can drown within a short period of time.
- Severe hypothermia needs urgent medical treatment in hospital. Shivering is a good guide to how severe the condition is. If the person can stop shivering on their own, the hypothermia is mild, but if they cannot stop shivering, it is moderate to severe. As hypothermia can be a life-threatening condition, seek medical attention as soon as possible.
- If you are treating someone with mild hypothermia, or waiting for medical treatment to arrive, follow the advice below to prevent further loss of heat:
  - Move the person indoors, or somewhere warm, as soon as possible.
  - Once sheltered, gently remove any wet clothing and dry the person.
  - Wrap them in blankets, towels, coats or whatever is available, protecting the head and torso first.
  - Your own body heat can help someone with hypothermia. Hug them gently.
  - Increase activity if possible, but not to the point where sweating occurs, as that cools the skin down again.
  - If possible, give the person warm drinks (but not alcohol) or high energy foods such as chocolate to help warm them up.
  - Once the body temperature has increased, keep the person warm and dry.
  - It is important to handle anyone that has hypothermia very gently and carefully.

### **Contact/Telephone Numbers**

- All crews are advised to ensure they carry a mobile phone when on the water.
- In an emergency, **call 999**.
- Nottingham and Union Rowing Club:
  - Tel : 0115 981 12112
  - Address : Trentside North, West Bridgford, NG2 5FA
- Queens Medical Centre:
  - Tel : 0115 924 9924
  - Address : Derby Road, Nottingham, NG7 2UH