



St. Michael's
University School
**COMMUNITY
ROWING CENTRE**



Cold Water Immersion Procedures:

Phase 1: The Rescue

1. Using CH 69, Radio the safety staff member or another coach to:
 - a. Report what has happened; and to
 - b. Ask for assistance.
2. Remove as many PFDs from dry-bag as required.
3. Take ladder and thermal blankets out of safety boat's bench, and attach the ladder to the side of the safety boat.
4. Approach the immersed athlete(s) with the wind in your face (if possible), and so the athlete(s) is/are on the same side of the safety boat as the ladder.
5. Distribute PFDs to athlete(s).
6. Ask the athlete(s) if they are okay to climb out of the water.
7. If they answer:
 - a. YES: Have the athlete(s) climb into the safety boat;
 - b. NO: Help the athlete(s) climb into the safety boat;
8. Wrap athlete(s) with a thermal blanket once in the safety boat.
9. Leave the rowing equipment for the second safety boat to manage.
10. Notify the dock staff that you are returning to the boathouse.
11. Return to the boathouse.

Phase 2: At the Dock

12. Dock Staff to have the shower key (Catalyst Gym) ready when the coach arrives;
 - a. The key is in the lockbox located in the office.
13. Immediately take the wet athlete(s) to the showers.
14. Have athlete(s) shower in their bottom layer of training gear.
15. Warm up athlete(s) GRADUALLY, running hot water over their core, NOT their extremities.
16. Provide dry clothes for athlete(s) once they are warm and dry.

Phase 3: Equipment Rescue

17. A second safety boat will designate themselves as the equipment rescuer, taking their athletes into the dock, or sending them off with another coach.
18. Approach the equipment with the wind at your face (if possible).
19. Take oars out of oarlocks and place them into the safety boat.
20. Drain as much water out of the rowing boat by grabbing the rigger and tilting the boat.
21. Return to the boathouse with the boat either:
 - a. Carefully across the bow of the safety boat; or
 - b. Carefully towing the rowing boat while hanging onto the rigger.