



GUILDFORD ROWING CLUB

Emergency Response Plan

(October 2022)

Expectation

Everyone is expected to:

- Understand and, in an emergency, follow the Club Emergency Response Plan
- Follow the instructions of Club Officers, first aiders and coaches
- Report any incident or condition that could give rise to an emergency to a Club Officer or coach
- Report incidents and near misses to British Rowing

The GRC Emergency response plan

In case of an emergency phone 999 using the land line at the club or mobile devices where available.

GRC clubhouse location

1 Shalford Rd, Guildford GU1 3XL Telephone 01483 565849

If the incident occurs along the bankside away from the Club, BR recommends using the 'what3words' app to provide the emergency service with a precise location. Emergency services will locate and provide the required services at this point.

First aid equipment

Two First aid kit are available at the entrance to the boathouse. Both kits contain identical equipment. One kit is in a portable first Aid kit and is more suitable for incidents away from the Club on the riverbank.

If there is a risk of mild hypothermia there are foil blankets and warm blankets available with the first aid kits. Ensure the person at risk has a warm shower and changes kit. In the case of suspected severe hypothermia use the equipment above but contact the emergency services.

Automatic External Defibrillator (AED)

This is located by the main door to the Clubhouse. It is automatic and provides full verbal instructions for users.

Qualified First Aiders

The Club has several members who though work or via first aide training at GRC can supply first aid assistance. A list is provided on the Club safety board. Beware there is no formal 'on duty' roster.

Fire

In event of a fire, shout 'fire' so other members are made aware and evacuate the clubhouse immediately.



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Fire exits are available in the clubroom opposite the bar and the exit to the boat house, boathouse main doors and main entrance to the Clubhouse.

In case of a fire contact the emergency services and all members to assemble on the footpath to the right of the clubhouse as you exit the club. This ensures members do not obstruct access by emergency services and are safe from traffic outside the Club. Please stay in this location do not wander off.

Coaches or Club Officials will check is possible that all members at the club are assembled.

Depending upon circumstances, the severity and location of the fire, coaches or club officials will advise those on the water to remain on the water or quickly land and go to the assembly point.

Do Not stop to pick up personal items

Members are not to put themselves at risk. Do not stop to use fire equipment unless it is required for personal safety or the safety of others.

Suspension of Club Activities in case of an emergency

If the incident is of sufficient severity, coaches or Club officials will suspend club activities.