

# SPORTS MEDICINE: EAP Rowing Boat House and Erg Room (Building #520, Garage 03)



Original: 7/19/19  
Revised: 4/21/2020  
Reviewed: 4/23//2020

## Embry-Riddle University Sports Medicine Athletics Emergency Action Plan

### **Rowing Boat House (201 City Island Pkwy, Daytona Beach, FL 32114)** **Rowing Erg Room 601 S. Clyde Morris Blvd, Daytona Beach, FL 32114 – Bldg #520, Garage 03)**

#### **Medical Emergency**

In the event of a medical emergency, the affected person(s) should be transferred to the nearest coach boat. The coach should make contact with Emergency Services immediately to inform them of the situation and give an address of a meeting point to transfer the victim to their care.

#### **Emergency Conditions**

- Rowers should not leave the shell unless being rescued.
- If in distress waive your arms or a shirt above your head or raise one oar in the air.
- In the event of a man-overboard situation the immediate command should be "Weigh enough! Hold water!" (i.e. Stop rowing! Stop the boat!)
- If a rower is injured the immediate command should be "Weigh enough! Hold water!"
- If the shell is damaged but afloat and not taking on water the immediate command should be "Weigh enough! Hold water!" (i.e. Stop rowing! Stop the boat!)

#### **Swamped shell**

- In a newer boat with sealed compartments under each seat the rowers should stay in the boat and remove their feet from the shoes. Stay with the boat until rescue arrives.
- In an older boat without sealed compartments under each seat the rowers should exit the boat one pair at a time beginning from the center of the boat and moving towards the ends.
- If rescue is not imminent remove the oars from the boat, move the rowers to the ends of the boat, then roll the boat so that the hull is up, providing a more stable platform to lie on.

#### **Emergency Action Plan (On Land)**

The Embry-Riddle Athletics website includes several documents that cover the policies and procedures relating to specific events that may occur at the boathouse or on campus. Of note are:

- AED Protocol – During water sessions the head coach will have a portable AED with him/her.
- Catastrophic Injury Management Plan
- Concussion Treatment and Management Plan
- Exertional Heat Illness and Hydration
- Inclement Weather Guidelines

These documents should be reviewed each year as part of the safety protocols.

If a life-threatening event occurs on land, contact emergency services (911). If an injury is not life-threatening, contact Sports Medicine with intent to bring the athlete or coach to the athletic training room on campus.

#### **Notify Sports Medicine**

- Notify ERAU Sports Medicine as soon as possible regarding injury/illness
- Minor injuries may be reported after practice. If an athlete has been examined or treated for an injury received during practice or competition and is permitted to return to participation, the athlete must report to the athletic trainer after practice or competition for a re-evaluation.

|                                             |                         |                    |
|---------------------------------------------|-------------------------|--------------------|
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| o Kayla Barnett, Assistant ATC              | office: 386-226-6417    | cell: 615-934-1147 |
| o Bill Ward, Assistant ATC                  | office: 386-226-7785    | cell: 608-397-9430 |
| o Dominic Morales, Assistant ATC            | office: 386-226-7546    | cell: 314-488-7911 |
| o Katie Proppe, Assistant ATC               | office: 386-323-8700    | cell: 817-793-4535 |
| o ERAU Sports Medicine Emergency Phone      | Athletic training room: | 386-226-6528       |

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### Directions for EMS:

Ambulance/EMS should access the Rowing Erg Building by heading east onto Aerospace Blvd from Clyde Morris Blvd. Proceed straight through stop sign and follow road to Erg building (Bldg #520) on the left side of Aerospace Blvd. Ambulance/EMS will enter the Erg building through garage door #03.

