

## Emergency Action Plan

### The Coniston Hotel Open Water Swim Session Craven Energy Triathlon and Multisport Club

<b>Location of the nearest telephone:</b>	<b>The Coniston Hotel reception. 01756 748080 Mobile phone with session leader / safety officer.</b>
<b>Location of the nearest first aid qualified person:</b>	<b>In or close to water. Qualified First Aider may not be present at all times.</b>
<b>Location of first aid equipment:</b>	<b>With OW safety officer</b>

#### Actions in case of emergency

- 1. Serious Incident** – if the session leader deems the incident to be serious, clear the lake by using 3 blasts from the horn/whistle. Safety kayakers/safety officer to ensure that all swimmers leave the water before they do. Meet at lake entry point. All swimmers to be accounted for using register and membership cards.
- 2. Injury to swimmer – in water.** Kayaker/safety spotter/other swimmer to rescue swimmer and contact land for back up and explain problem. Session leader to organise someone to meet kayaker at shore if required. If emergency services required session leader to designate someone to phone them and meet emergency services. Designated person to attend to injured swimmer.  
Spotters on land and water to continue to watch other swimmers in the water.
- 3. Injury to swimmer – on land.** Speak to session leader. Call emergency services as above 1 if required.
- 4. Hypothermia** Rescue if required as above. Designated person to find clothing and blankets and warm person up. If serious call the emergency services as above 1. Warm drinks should be available if possible.
- 5. Drowning – if unconscious and not breathing** session leader assign 1 person to call emergency services and confirm the call. If qualified, someone to administer CPR until help arrives. If necessary get someone qualified from the lake to administer CPR. Designated key holder to meet emergency services at the gate.  
**If unconscious but breathing**, place in recovery position, call emergency services, designated person to meet emergency services at the entry gate
- 6. Distressed swimmer** – kayaker/spotter/other swimmer to attend swimmer as soon as possible. If swimmer happy to rest on kayak for a few seconds to recover that's OK otherwise accompany or drag swimmer to the shore using nose of canoe to tow the swimmer. Land spotter to help swimmer ashore. Other spotters to watch swimmers at all times. Session leader to assign someone to look after the swimmer.
- 7. Weather – lightning** Lake to be evacuated immediately by the use of the horn/whistle (3 blasts).  
Other changes to the weather – session leader to decide if the lake needs to be evacuated (high winds and poor visibility etc). If in doubt evacuate, the safety of swimmers and kayakers is paramount.
- 8. All accidents, injuries and incidents** to be documented in the club accident book. (Held by safety officer)

**May 2011**