

MINNEAPOLIS ROWING CLUB EMERGENCY ACTION PLAN

DIAL 9-1-1 FOR ALL EMERGENCIES

Boathouse Address
2968 West River Parkway
Minneapolis, MN 55406
612-729-1541

AFTER calling 911 and as soon as is practical, please contact at least one of the below MRC representatives, in addition to completing an Incident Report:

Head of Safety Committee	Katy Dieperink	651-402-7735
President	Lisa Ohnstad	952-836-7695
Head Coach	Peter Morgan	763-807-6645
Programs Director	Jen Sowins	612-469-7999

Safety Equipment

1. First Aid
 - a. First aid kit is located in the west bay near the north door of large boathouse.
2. Automatic External Defibrillator (AED)
 - a. AED is located in the west bay near the north door of large boathouse.

Medical emergency on the water

- Raise the alarm immediately; ask someone to call 911; provide the safe emergency landing location description; assist the victim.
- Take the victim to the nearest recommended safe emergency landing location.
- If the emergency landing will be at MRC, if possible, send someone up to open the gate at the top of the hill. A key for the lock is in the first aid kit.

In the event of a capsized

- Stay with the boat and use the boat as a floatation device and swim towards the nearest shore.
- Pair up with other rowers and keep in continuous communication with each other until rescued to ensure that all are accounted for.
- Other boats in the vicinity should provide assistance by calling for help or a coach's launch if available.
- Contact MRC representatives listed above if you are unable to return an MRC boat from your safe location to the boathouse.

Symptoms of HEAT EXHAUSTION

- cool, clammy pale skin, sweating, dry mouth, fatigue, weakness, dizziness, cramps in abdomen or legs

Symptoms of HEAT STROKE

- very high temperature (104 degrees or higher), hot, dry, red skin, NO SWEATING, deep breathing, confusion and general weakness

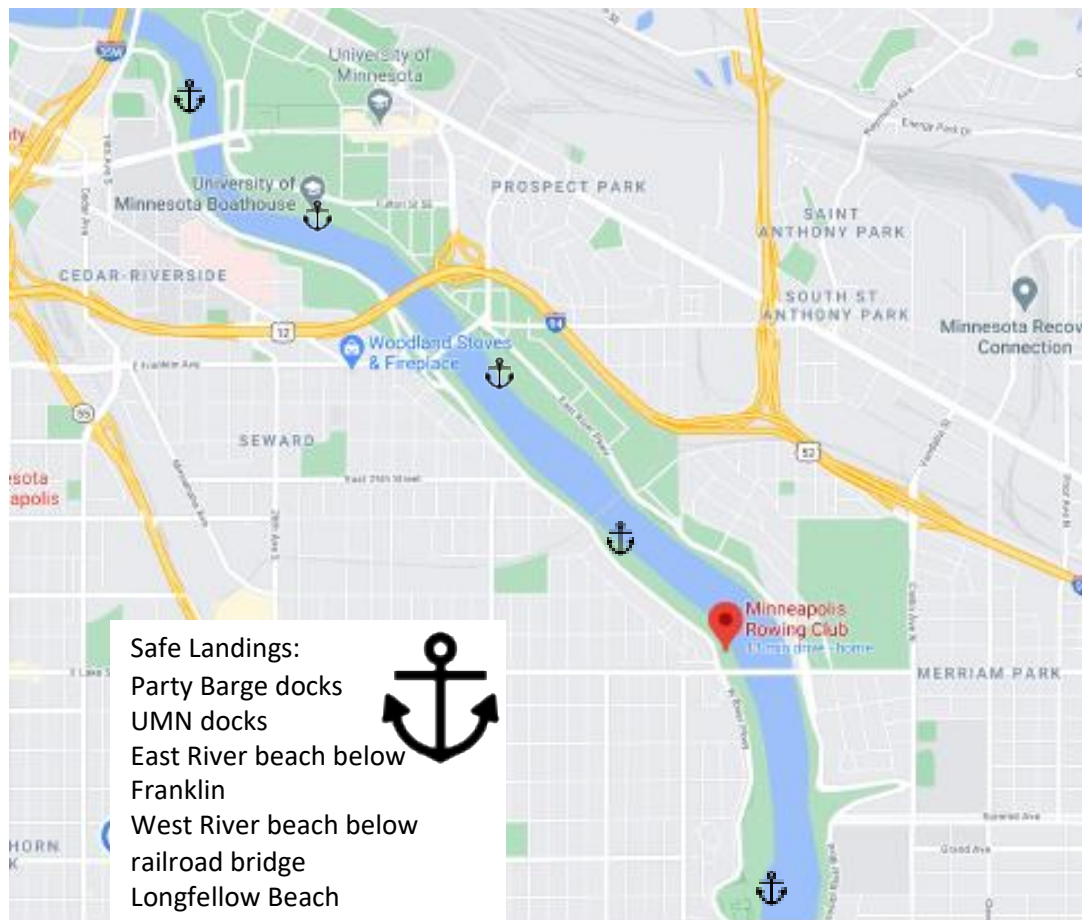
Symptoms of HYPOTHERMIA

- uncontrollable shivering, cold, pale skin, slurred speech, fumbling, stumbling, abnormal slow breathing

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Safe Emergency Landing Locations

MRC has identified the following locations as safe emergency landing locations based on access to major roads for emergency services:



MRC Emergency Equipment Locations: Main boathouse, north door, west bay

