



Dealing with incidents and accessing first aid during Club Night

Version: 1.0

Whitewater kayaking and rafting are assumed risk activities, and from time-to-time accidents and injuries will occur.

- We can **minimise accidents** happening by paddling with awareness and care for fellow Club Members, by following the instructions of bank safety staff and coaches, and by paddling within our limits.
- We can **minimise their effects** by wearing and using proper equipment, and by responding promptly and correctly when first aid is needed.

Here's what to do if you or someone else needs first aid:

1. Contact one of the Club's bank safety volunteers. There are two on each course and they have a radio and a fully stocked first aid kit in the trolley.
2. If further support is needed the bank safety volunteer will radio the Club Rep to manage the situation.
3. For emergencies (e.g. an entrapment, unconscious paddler or drowning) bank safety volunteers will call the LVWWC reception to close the course and call for emergency services.
4. All our Club coaches are first aid qualified. They will be wearing a coaching bib if are active on Club Night. If they are the closest to an incident, then ask for their help. If necessary, they will escalate via bank safety to the Club Rep.
5. You should not need to contact the LVWWC reception for minor injuries, we can manage these within the Club.
6. If you have responded to an incident whether as coach, bank safety volunteer or as a Club Member, remember that you need to email as soon as possible a description of what happened, and names of those parties involved to:

lvpcsafety@gmail.com and coachinglvpc@gmail.com

and Inform the Club Rep for the night. We need to report incidents both for our own learning and to inform LVWWC.

Thank you.

Version Control

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