



BURLOAK CANOE CLUB (BCC) SAFETY AND FIRST AID PROCEDURES

PEOPLE SAFETY/FIRST AID:

- Members are not permitted on the water when lightning is in the area. BCC follows the Environment Canada protocol – 30/30 rule. “When you can count 30 seconds or less between lightning and thunder, head for safe shelter. Remain sheltered for 30 minutes after the last clap of thunder.”
- No member is permitted to paddle alone.
- Paddling members under the age of 15 shall wear approved personal floatation devices (PFD’s) during all on-water training and races.
- In the event of any minor injury that can be handled by first aid, the athlete or assistant coach should notify the coach in charge at the time, who will either administer first aid or give direction for someone else to do so.
- The first aid kit is the red box labelled as such, directly in front of the office door.
- For any injury that cannot be handled by first aid, the athlete or assistant coach should notify the coach in charge at the time, who will decide whether to arrange transport for the injured person to the hospital or in more serious cases, call 911 to request appropriate assistance.
- The club telephone is on the wall in the weight room, beside the door to the boathouse.
- The defibrillator is located inside the front door to the clubhouse, on the shelf to the right as you enter the door.
- Each “coach in charge” should be familiar with operation of the defibrillator.

FIRE SAFETY:

- All gas cans for motor boats are to be stored in the metal box by the club dock, away from the building, if they have any gas in them.

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- Fire extinguishers are located on the wall in the kitchen and on the wall in the weight room beside the door to the boathouse.
- Should a fire ensue that cannot be easily handled with the fire extinguisher, the coach in charge should call 911. If the coach in charge is not immediately available, any member may take the initiative to call 911.
- The preferable method is to exit the building immediately and call 911 from a cell phone.
- The club telephone is on the wall in the weight room, beside the door to the boathouse. If it is safe to do so, this phone may be used to call 911 and the caller should then exit the building in the direction away from the fire. Do not take chances.

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