**2015 North American Championship**

***Quick Glance:* Emergency Action Plan**

**Coaches and Support Boats: Individual responsibilities in case of an accident/incident:**

1. **Assess** nature of accident/incident and weather or not it is life threating

2. **Notify** Shore Base and Regatta Chair of nature of the emergency and whether or not assistance is needed **Race Safety officer 252.216.8403**

*3.* **The PRO or Regatta Chair will call** **9-1-1**

**Local US Coast Guard:** VHF#16

4. **Monitor and administer first-aid**

5. **Send someone** to meet/direct Emergency vehicles

6. **Transfer** injured to **Regatta Launch Ramp**

**Regatta Crisis Plan:**

**Drowning Emergency**

1. **Responding vessel should asses the situation and attempt to get rescue victim out of the water.**
2. **If the victim is unresponsive, inform the RC and have them call 911**
3. **Begin Life Saving services**

**IN CASE OF CAPSIZED BOAT**

1. Count heads and communicate with sailors to be sure everyone is ok

1. Stand by until boat is righted and sailing
2. Immediately get sailors into your boat o IF they request assistance
3. IF there are signs of hypothermia (shivering, slurred speech, loss of agility)
4. Call PRO if you need help righting boat

**IN CASE OF TURTLED BOAT (totally upside down)**

1. Count heads and communicate with sailors to be sure everyone is ok
2. Call PRO if assistance is needed to right turtled boat (coaches are trained in best approaches)

***If a sailor is missing***, they may be trapped under the boat

1. Call PRO and request assistance from all available support and coach boats

Coaches are trained to deal with turtled boats, but if coach is not available get into water with PFD properly secured

 Put weight on centerboard to pull boat into “capsize position”

 Look for sailor tangled in rigging and try to cut loose

**Possible Concussion**

C420 Class standard is: Sailors who are hit in the head or become unconscious during practice or a competition may not return to practice or competition until receiving a written authorization from a doctor, certified athletic trainer, or another appropriately licensed health care professional.

Record the following information:

1. Cause of injury and force of hit to head or body
2. Any loss of consciousness and if so, for how long
3. Any memory loss right after injury
4. Number of previous concussions if any

**VHF Channels**

**RC- 71**

**USCG- 16**

**CONTACT INFORMATION**

**Sail NC:**

**Regatta Chair Barry Wickre 252.216.8403**

**Bob Peele 252.423.0298**

**C420 Class:**

**Director John Vandemoer 650.387.2674**

**Other Useful Numbers:**

**Dare County Sherriff 252.473.344**

