

Regatta Emergency Action Plan

For Regattas Run at Shilshole Bay Marina

In the event of a serious or life threatening emergency...

1) Assess and Respond

- Determine the nature of the emergency
- Don't put yourself in danger or do additional harm

2) Alert Others

- Broadcast emergency on designated Race Committee VHF channel
- Default- **VHF CH 68**
- Other coaches assist as needed

3) PRO Coordinates Emergency Response

- **PRO (or designee) calls EMS 911 Dispatch**
- Report the nature of the emergency
- Direct EMS to the rendezvous point below
- Stay on the line until told to hang up

4) Recover and Stabilize Victim for Extraction

- Provide care (CPR/First Aid). Continue doing so while transporting victim
- Bring a second or third person onto your boat to assist if alone

5) Take victim to the rendezvous point below:

**Shilshole Public Boat Launch
8003 Seaview Ave. NW
Seattle, WA 98117**

6) Continue to provide care until relieved by EMS

- In most cases you will beat EMS to the rendezvous point

7) Crisis Control

- PRO will alert victim's emergency contact(s) asap
- PRO will also alert the chain of command to begin crisis control
- Coaches/RC members etc. should not talk to reporters, post to social media, or talk about any incidents publicly until so directed.
- Coaches should encourage their sailors to use similar restraint
- Document reports from witnesses and responders

Rendezvous Point Location



**Shilshole Public Boat Launch
8003 Seaview Ave. NW
Seattle, WA 98117**