



San Diego Rowing Club Emergency Action Plan

DIAL 9-1-1 FOR ALL EMERGENCIES

Boathouse Address

1220 El Carmel PI
San Diego, CA 92109
858-488-1893

AFTER calling 911 and within a reasonable timeframe, please contact representatives of the SDRC in the order provided until you reach someone.

Director of Operations	Chris Callaghan	858-352-8380
Head Coach	Pat Kington	614-329-3060
Captain	Tom Peszek	248-790-0502
President	Dan O'Neill	619-885-1961

Safety Equipment

First Aid Supplies:

- The first aid kit is located inside the door of the northernmost boat bay to the right of the rollup door as you face out of the boathouse.

Automatic External Defibrillator (AED):

- On the wall in the northernmost boat bay to the right of the rollup door as you face out of the boathouse.
- On the wall in front of the Women's locker room

Launches must carry at all times:

- Life jacket bag with a minimum of 8 PFD's
- Charged cell phone and optional VHF radio
- Paddle & Throw line
- Whistle or other sound signaling devices

Rowers should carry at all times:

- Cell phone w/phone numbers of coaches favorited
- Whistle or other sound signaling devices
- Bow and Stern lights during low light conditions

Medical emergency on the water

- Raise the alarm immediately; ask someone to call 911; assist the victim
- **Take the victim to the nearest recommended safe emergency landing location** where first aid can be administered and emergency personnel have quick access. Very little first aid can be made in a rowing shell or coaches launch.
- When speaking with 911, provide the safe emergency landing location description as documented

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 communications with each other until rescued to ensure that all are accounted for.
- Other boats in the vicinity provide assistance by calling for help or a coaches launch if available.
- Contact the Rowing Club at 858-488-1893 or a coach(numbers above) if you are unable to return the boat from your safe location to the boathouse.

Safe Emergency Landing Locations

SDRC has identified the following locations as safe and effective emergency landing locations based on address, access to major roads, and proximity to likely rowing areas. Landing on Fiesta Island in an emergency is not recommended due to the non-descript nature of locations and available access. Dog beach on the south side of Fiesta Island has no road access for emergency vehicles.

SDRC Emergency Map



Location Description

1. ZLAC Rowing Club
1111 Pacific Beach Dr.
2. SDRC
1220 El Carmel PI
3. Ventura Cove Parking
Lot
1030 W. Mission Bay Dr.
4. Vacation Island Boat
Launch Area
1406 Vacation Rd.
5. South Shores Boat
Launch Area
South Shores Parkway
6. Crown Pt. Park
Corona Oriente Rd.
7. De Anza Boat Launch
3500 Mission Bay Dr.
8. Tecolote Shores
1346 E. Mission Bay Dr.

Coaches, coxswains, and athletes in small boats, are encouraged to have cell phones in water proof cases or zip lock bags to contact coaches or emergency help if needed.