

# DC STROKES ROWING CLUB EMERGENCY ACTION PLAN



**Dial 9-1-1 for all Emergencies Ashore!**

Anacostia Community Boathouse Address: **1900 M Street South East, Washington, DC 20003**

**Contact DC Harbor Patrol for all Emergencies Afloat!**

**202-727-4582 - or - VHF Channel 16**

**Contact your fellow DCSRC coaches if you need help, but not Harbor Patrol**

DC Strokes uses **VHF Channel 73**

(Capital Rowing Club uses **VHF Channel 72**; only contact CRC to advise of impact and potential navigation hazards from a DC Strokes issue if they are on the water at the same time.)

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

<b>President</b>	Amanda Kenner	248-520-0569
<b>Operations Director</b>	Emma Steiner	310-956-0600
<b>Safety Chair</b>	Emma Steiner	310-956-0600
<b>Safety Committee</b>	<a href="mailto:safety@dcstrokes.org">safety@dcstrokes.org</a>	

## Safety Equipment

- **First Aid Supplies:** inside the Erg Room Plaza Door (to the right); in each launch's *Kippie Bag*; in the Strokes cage under the radio charging station; in the Strokes cage in the wood drawers on the workbench
- **Automatic External Defibrillator (AED):** inside the Erg Room Plaza Door (to the left)

- **Fire Extinguishers:** Four (4) inside the Erg Room, One (1) by the Flammable Locker, One in every launch *Homer Box*, *Two in the Strokes cage*.

## Launches must carry at all times:

- **Life Jacket (Kippie) Bag** containing:
  - at least 9 PFDs, First Aid Kit, space blankets, and Throw Line (except sculling bags, which contain 3 PFDs and the same gear)
  - All DCSRC kippie bags are marked with pink luggage tags
- **VHF Radio and Cell Phone**
- **Homer Box** containing:
  - manual air horn/noise-making device, fire extinguisher, secondary first aid kit, tools, EAP)
- **Paddle**
- **Bailer**
- **Throw PFD** (cushion)

### Reminder: PFDs must be worn by all launch occupants

- *All DC Strokes PFDs are automatically inflating vests suitable for inland waterways*
  - If your PFD shows signs of recent inflation or the arming indicator shows it as requiring maintenance, contact [operations@dcstrokes.org](mailto:operations@dcstrokes.org) immediately

## Independent rowers should carry at all times:

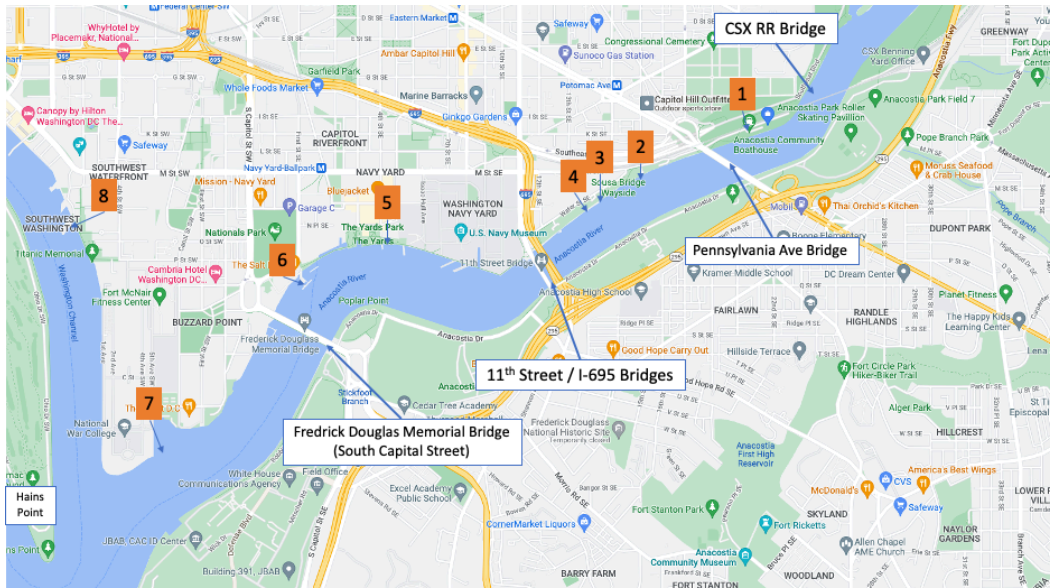
- Cell Phone with key numbers favorited (Harbor Patrol 202-727-4582; Coaches)
- Whistle or other sound signaling device
- Bow and Stern Lights plus Head Lamp in low-light conditions

## In the event of a capsized

- If possible, re-enter the boat and return to the boathouse
- Stay with the boat to use as a flotation device and swim towards the nearest shore
- Pair up with other rowers and stay in constant communication until rescued
- If assisting, stabilize capsized boat to help rower reenter boat; call help if needed.
- Contact coaches if unable to return boat to the boathouse

## Medical emergency on the water

- Raise the alarm; have someone call Harbor Patrol 202-727-4582 / VHF-16; assist the victim
- Harbor Patrol will likely respond directly to your location. When speaking to Harbor Patrol, provide location based on established physical landmarks.
- If directed by Harbor Patrol, take the victim to an Emergency Egress Location



**Emergency Egress Locations / Landmarks**

1. Anacostia Community Boathouse; 1900 M Street SE, Washington DC 20003
2. Washington Yacht Club; 1500 M St SE, Washington, DC 20003
3. District Yacht Club; 1409 Water St SE, Washington, DC 20003
4. Eastern Power Boat Club; 1301 Water St SE, Washington, DC 20003
5. The Yards Marina; 515 M St SE Suite 222, Washington, DC 20003
6. DC Sail Dock; 99 Potomac Ave SE, Washington, DC 20003
7. James Creek Marina; 200 V St SW, Washington, DC 20024
8. Harbor Patrol HQ; 550 Water St SW, Washington, DC 20024
9. Kingman Island Floating Dock; 3101 Benning Rd NE Washington DC 20002
10. Anacostia River Dock at East Gate of National Arboretum; Hickey Hill Rd, Washington, DC 20002
11. Dock, Anacostia River Park; Hyattsville, MD 20781
12. Bladensburg Waterfront Park, 4601 Annapolis Rd, Bladensburg, MD 20710