

Para-Rowing Capsize Recovery Drill & Safety Guidance

Athens, Greece, February 2019





AIMS

- To provide a model for NF's to use when running their own Para-Rowing capsizes & recovery training sessions

OBJECTIVES

- Explain the protocols and rationale for Para-Rowing capsizes and recovery training
- Describe how you will structure a capsizing and recovery training session
- Demonstrate the elements of a Para-Rowing specific capsizing and recovery training session

OUTCOMES

- Organise and deliver Para-rowing capsizing and recovery training for your NF using this model in which athletes and coaches will learn;
- How to respond to a capsizing
- How to assist others who capsize
- Advice for club and event organisers (Umpires, Safety Personnel)

- Quiet room for the delivery of the introductory theory session which has sufficient space and seating for the all participants
- Computer data projector which can play video and PowerPoint presentation
- Flip Chart, easel - A1pad, and pens
- Training guide
- Clean PR1 single scull with fixed seat and pontoon floats
- Clean set of sculling blades
- Trestles
- Swimming pool (or safe open water space) with a minimum depth of 1.3m (4 feet)
- **Timings: Theory : 1hour 15- 25mins**

- See Tutor Notes
- Compliance with FISA APPENDIX 18 - Para Rowing Competition Regulations Event Regulations and/or Departures from the FISA Rules of Racing -
http://www.worldrowing.com/mm//Document/General/General/13/08/95/Appendix18-ParaCompetition2018update_Neutral.pdf
- Strapping
- Entry to boat Checklist

Strapping



Aids sold individually



Strapping should be made of a material which will not induce pressure marking or chaffing

HANDS	must be quick mouth release
TRUNK	must be ONE DIRECTION quick release
THIGHS	must be ONE DIRECTION quick release

IMPORTANT:

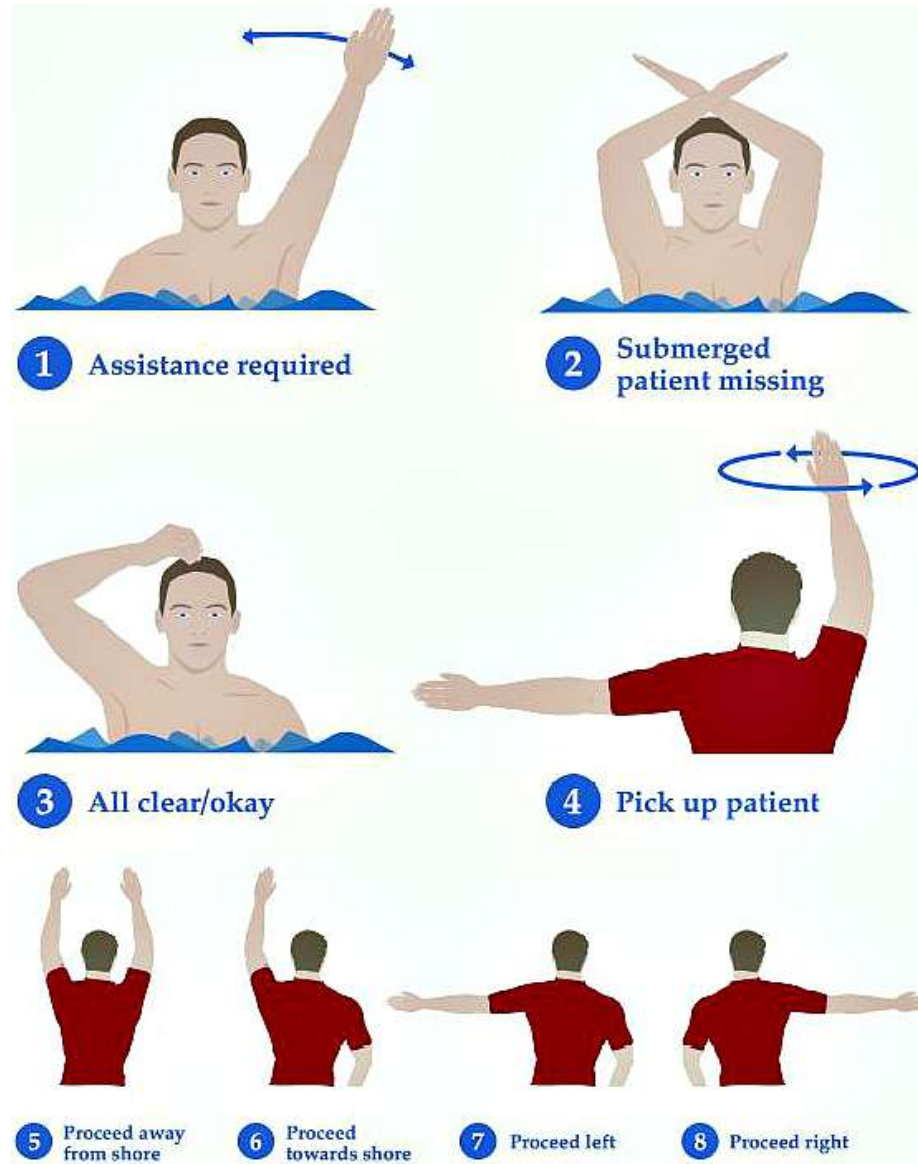
FISA recommends that all chest, leg and hand strapping is evaluated for safety by the rower before using on open water, by conducting a controlled capsized drill in a swimming pool.

Foot-stretcher with cord release / Prosthetic release



Lifejackets for PR1, PR2 Athletes





Agree signage between all taking part in capsized drill in case of emergency

Video & Audio Shoot Sequence



The following information is taken from British Rowing's

'Adaptive Rowing Safety Guidance to Event Organisers' - This document highlights safety advice for the Organising Committees of British Rowing Para-Rowing events.

<https://www.britishrowing.org/wp-content/uploads/2017/04/Adaptive-Rowing-Safety-Guidance-For-Event-Organisers-2.pdf>

'ROWSAFE' - a simple and direct web-enabled directory, providing safety advice to rowers, clubs, events and everyone else associated with the sport of rowing.

<https://www.britishrowing.org/wp-content/uploads/2018/04/Row-Safe-April-2018-Chp-6.pdf>



- Provides information that may be useful to ensure safe participation in rowing:
 - Pertinent Medical History
 - Confirmation that the rower has evaluated the safety of equipment and where appropriate carried out a controlled capsize drill
 - Additional Assistance

Event Risk Assessment and Health & Safety Emergency Response Plan



Provides information that may be useful to ensure safe participation in rowing:

- See Access Audit module - https://www.britishrowing.org/wp-content/uploads/2015/10/ROWING-CLUB_adaptive_access_audit.pdf
- Process for summoning assistance in an emergency
- Location of the event, including postcode and other relevant location information, and directions for emergency services
- Plan of the event showing all emergency access points, with postcodes, and grid references where possible to assist emergency services
- Emergency phone numbers and the location of the nearest landline telephone if available
- Number and location of First Aid Points and, if available, the nearest Automatic External Defibrillator (AED)
- How injured persons will be transported to the First Aid Point or ambulance. Number and appropriate type of safety boats

Embarkation and Return of Para Boats

- Pontoons and landing stages are preferred to launching off steps, slipways or the bank as it is easier to transfer from wheelchair to boat and back
- Access ramps at appropriate gradient (1:12 recommended) for manual wheelchairs
- Embarkation pontoons and rafts are stable for wheelchair users
- Ensure that when transferring to the boat, they avoid sitting on hard surfaces for prolonged periods of time. Care should be taken to avoid sharp projections that may cut or mark during transfer, e.g. riggers. Protect heels from pressure marking and ensure that they use cushions/matting during transfer to pontoon/raft
- Dedicated boat launch and landing area for Para-Rowers, as they may need more time and space for embarkation and return, particularly if they have to rely on support from their coaches or helpers, etc

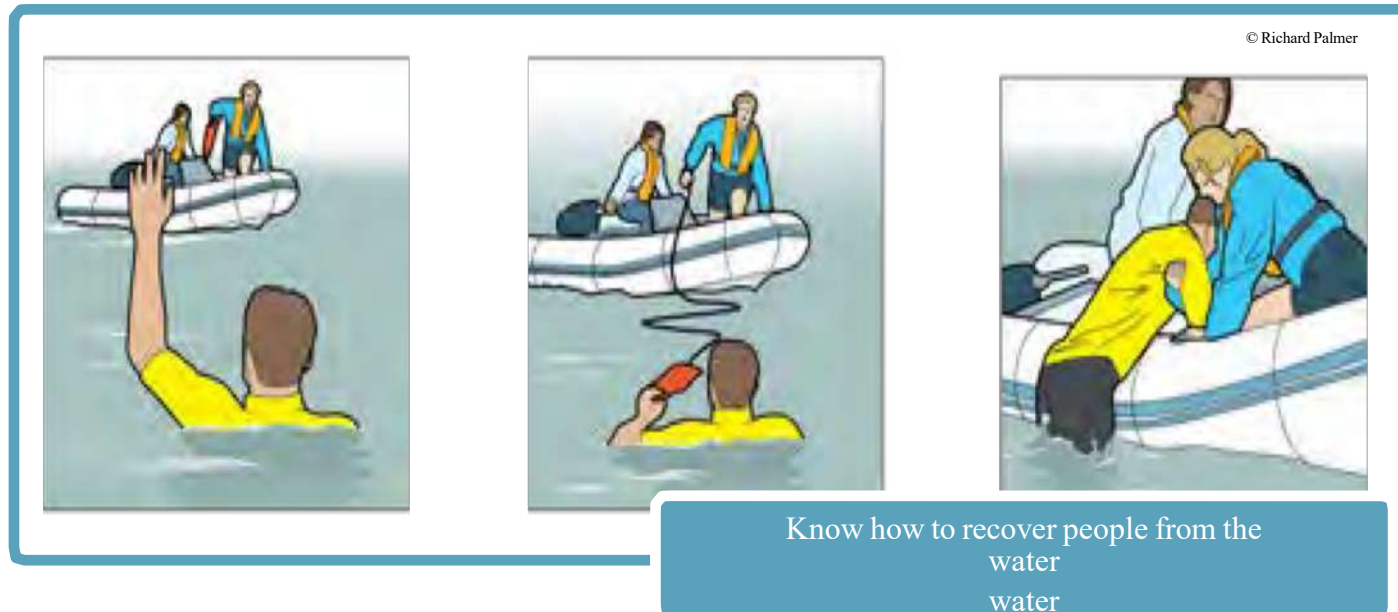


- Para-Rowers should be able to demonstrate at embarkation point that they are able to release straps in a safe manner
- All Safety Teams at events should be aware that some Para-Rowers will have compromised sitting balance in the PR1 boat classes and therefore the risk of capsizing is heightened
- Umpires/Marshalls to carry out checks to ensure correct fixing of pontoon floats and ensure that athlete is able to demonstrate safe release of straps before leaving embarkation pontoons
- Understand degree of difficulty in up-righting an inverted boat with rowers who are strapped into seats
- Understand the method of release for rowing straps and carry a safety knife, so if necessary they can cut straps at the attachment point to seat frame
- Those with a limited range of movement in their ankles or wear a prosthesis should ensure that if they have foot stretchers that rely on heel-restraints as a method of release in the event of a capsizing, they should be able to demonstrate ability to safely remove their feet from the boat

Cold Water Immersion (Hypothermia)

Increased risk for rowers who have thermoregulation dysfunction

- i.e. spinal cord injury - Poikilothermic (when the body assumes the temperature of its environment) in a very short period of time, where safe and expedient removal from the water is essential



Autonomic Dysreflexia

CLINICAL EMERGENCY: spinal cord injuries above T6
LIFE THREATENING: if not immediately treated

SYMPTOMS

- Increased Blood Pressure
- Pounding Headache
- Profuse Sweating
- Nasal Congestion
- Bradycardia
- Flushed, Clammy, Goosebumps

CAUSES

- Bladder (Distention/UTI)
- Any PAIN Causing Discomfort
- Bowel Impaction
- Pressure Sore or Skin Burns
- Fracture
- Ingrown Toenails

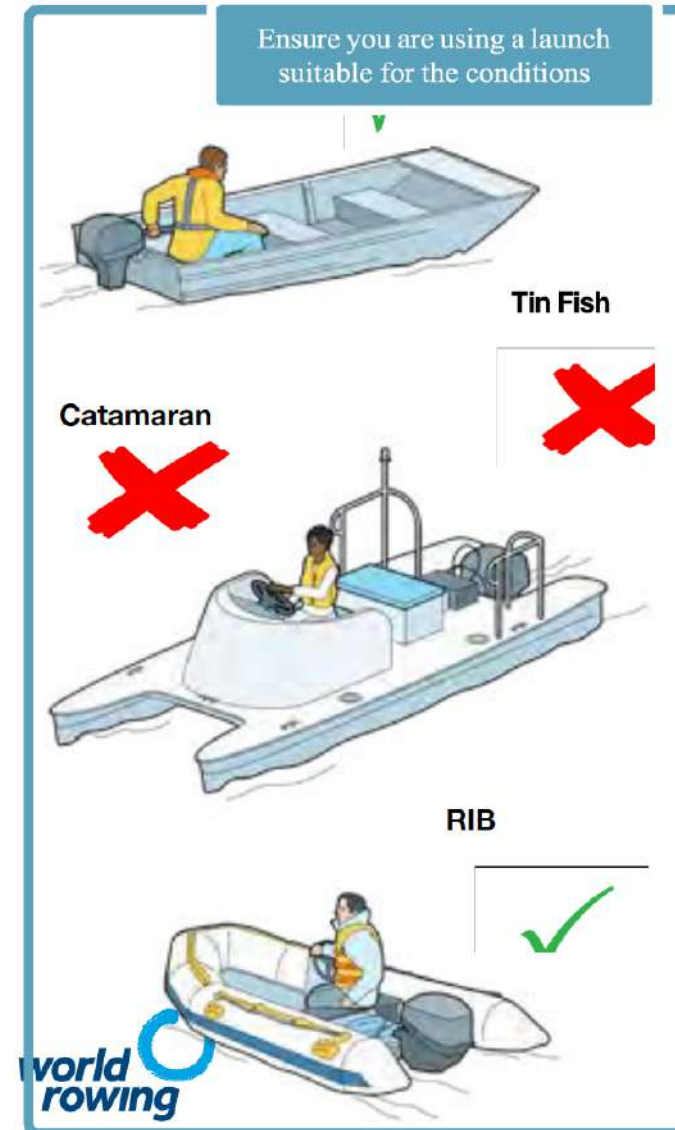
Medical Alert



- This is a sudden increase in blood pressure and corresponding decrease in heart rate. The condition occurs in rowers with complete spinal injuries at T6 and above. It can occur anywhere within the rowing environment but is of heightened concern on water
- Para-Rowers predisposed to dysreflexic episodes should either carry relevant medication in a waterproof chest pocket or have declared the cause of such episodes during classification
- The rower will be aware of symptoms together with coach and use some form of signing to Rescue boat
- If a rower suffers from Autonomic Dysreflexia, the emergency response is to raise the head above their knees (preferably in a sitting position). This position naturally reduces blood pressure. Look for the causes and seek medical help

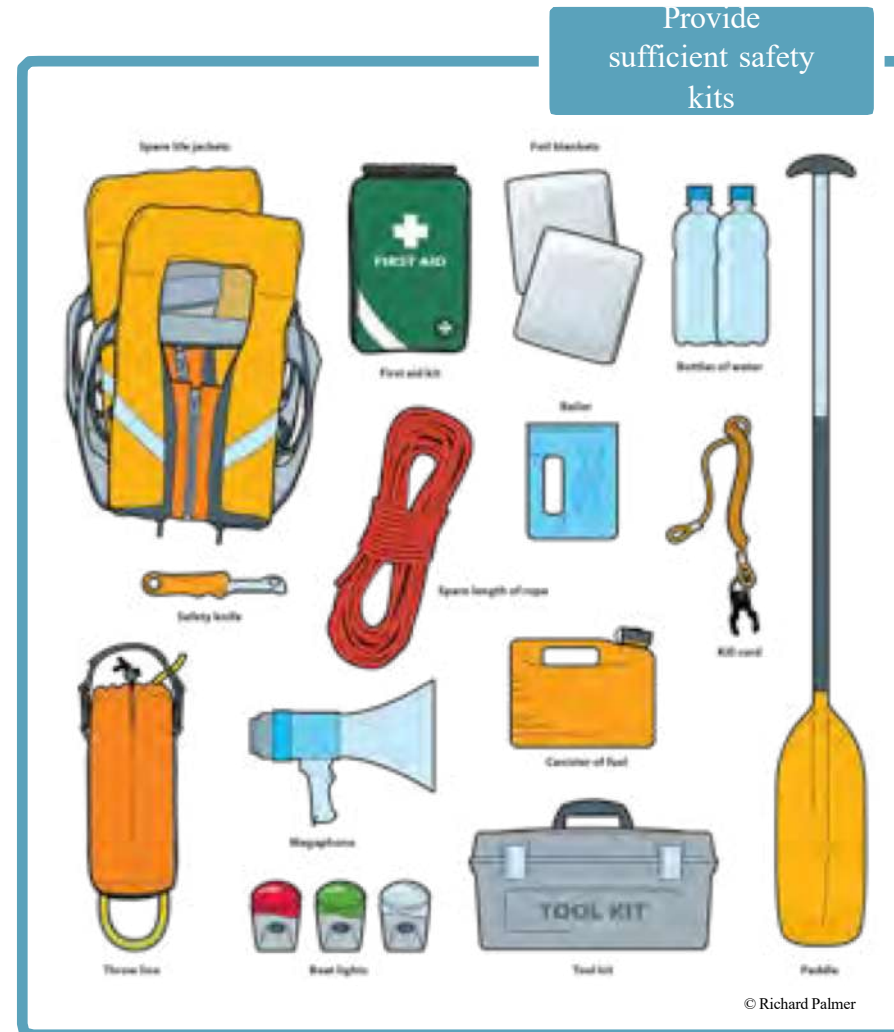
Rescue/Safety Boat

- Appropriate rescue launch with low freeboard and/or drop-bow for safe rescue of adaptive rowers who are likely to have reduced mobility or muscle weakness in the lower extremities
- Sufficiently stable to allow safe recovery of people from the water
- Should have naturally buoyant properties ('tin fish' not appropriate)
- Low sides to make it easier getting people out of the water
- Fitted with a propeller guard to protect people in the water
- Quick and easy to manoeuvre with low wash characteristics
- Enough space to carry injured persons lying down to safety
- Carry safety equipment with the addition of a 'horseshoe life ring' and 'safety knife'
- Well maintained, with a recorded maintenance and service history
- Positioned such that they stay close to the competitors and are strategically located along the event course with radio links
- Enough capable crew to rescue a potentially uncooperative casualty
- In addition to the driver, each rescue boat should have at least one crew member and together they should be able to rescue a rower who cannot release the straps. This individual may need to enter the water



Rescue/Safety Boat Kit

- Event organisers should ensure that there are an adequate number of safety boats with recommended launch rescue kit
- Each safety team should keep good communication using radios and/or mobile phones



Risk assessment template - completed example

Author		Activity	
Rowing club, location or event		Date	Revision

No.	Hazardous event	Adaptive group at risk (use if appropriate)	Potential consequences	Risk assessment			Reduce likelihood of risk		Mitigate the consequences		Action Parties			
				Severity (1-5)	Likelihood (A-E)	RISK (H,M,L)	Barriers	Action to maintain barriers	Barriers	Action to maintain barriers				
	Capsize													
0		All	Injury	2	D	High	Circulation pattern and boating restrictions during bad weather	Marshals present at all times	Health, safety & emergency response plan	Adequate rescue launch, medical & first aid cover during training and regatta				
	Capsize during practice or regatta	PHYSICAL - prosthetics, orthotics, hand, leg, trunk strapping	Entrapment under water	4	D	High	Modification to footstraps to facilitate prosthetics. Use of hand strapping to hold oar/cull	Check equipment at boating ports to ensure rowers are compliant with British Rowing adaptive safety guidelines. All hand strapping must be able to be released immediately by quick mouth action. All leg/trunk strapping must be single-point release with no mechanical buckles and be released on the same side and in the same manner and direction	Health, safety & emergency response plan	Ensure that umpires, control commission, marshals and the safety team are aware of regulations. Appropriate rescue launch with low freeboard and/or drop-bow for safe rescue of rowers with reduced mobility in lower extremities				
	Capsize during practice or regatta	VISUAL - use of zero-vision or light attenuating eyewear	Disorientation, potential to induce panic	3	B	Low	Increased risk with visual impaired rowers in 'small boats' (stabilis) inability to see water surface debris or hazards.	Encourage all visually impaired rowers to conduct controlled capsize drills with zero-vision eyewear	Health, safety & emergency response plan	Inform safety team that visually impaired rowers are taking part in training/regatta				
	Capsize during practice or regatta	INTELLECTUAL	Possible unpredictable response in the event of a capsize, potential to induce panic	3	B	Low	Attach line to start in adverse weather conditions	Establish with coach of ID rowers can swim or have appropriate buoyancy aid/lifejacket	Health, safety & emergency response plan	Inform safety team that rowers with an intellectual disability are on the water				



Thank you !