



# MARLOW RC PR1 PROTOCOL

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<b>Documents Replaced:</b> none	

This protocol is the same for all boat classes within which a PR1 athlete is present.

## **Adaptive/Pararowing Squad Coach Responsibilities**

- Ensure Athlete Responsibilities and Safety Supervision Responsibilities are adhered to at all time and each are competent to fulfil their roles in the conditions.
- Perform capability and risk assessment on PR1 athlete as a first step to the athlete participating in squad activity.
- Ensure that all PR1 seats are affixed to the adaptive boat using (a) at least three bolts, and (b) wide washers, the deck and slides are in good state of repair and firmly attached.
- When providing introductory training, reinforce the requirement to hold onto blades at all times in order to minimise the risk of capsizes.
- Ensure that New PR1 rowers row at least 6 sessions in a supported PR1 double scull or until the Adaptive/Pararowing Squad coach is satisfied to enhance safety during the learning process.

## **Hierarchy of rescue PR1**

On Capsize the safety launch puts out the 'PR1 Capsize, PR1 Capsize, PR1 Capsize' call on the radio. the following is expected Hierarchy of rescue

1. Self Rescue – Primary approach aim for this to be 100% of the time– the PR1 athlete removes their own straps, releases themselves from the capsized boat and surfaces

next to the boat holding onto it and using it as a float. If they are wearing an inflatable life jacket that should be inflated now.

Contingent (avoided unless required) selection of action below taken by the Crewman having assessed the situation in the water

2. Crewman from the safety launch enters the water approaches the capsized boat and releases the Velcro straps holding the rower in, either by undoing or using a safe blade (Victorinox Rescue Tool), aid the rower to the surface and hold the boat or inflate their life jacket
3. Crewman not able to release the athlete, the crewman can attempt to pull the boat over (righting). The crewman should be aware some of the straps may have been released and should monitor the situation while righting the boat. The launch driver should be in clear communication with the crewman.

The safety launch can position and help the PR1 Athlete and Crewman (if they have entered the water) out of the water onto the launch or toward the bank. The boat can be recovered by others or after all individuals are out of the water and in a warm and dry environment.

### **PR1 Athlete Responsibilities**

- Pass PR1 capsize drill before going afloat in any boat
- Confirm that the boat is in a safe state to row (boat in good condition, hatch covers, bow ball, seat firmly attached, slides in place, etc)
- Before setting off, close eyes and practice strap removal in event of a capsize
- Confirm the hierarchy of control, confirm and demonstrate the safe position (holding blades)
- Confirm that if there is an incident or event that they must stop rowing when instructed and stay safe (safe position, keep manoeuvring to avoid being washed on to objects near the bank)
- Confirm that they will stay within 50m of any other PR1 athlete under supervision from the same PR1 Safety launch.
- Follow all the instructions given by the PR1 Safety launch.

### **PR1 Safety launch Safety Supervision Responsibilities**

- Identify the athletes under the control each PR1 Safety launch and brief all the launches. Ensure there is coverage with the following ratios *NOTE: Adaptive/Pararowing Squad coach must provide their specific approval for any outing where 3 PR1 athletes are to be supervised from a single PR1 Safety Launch.*
- Ensure that there is full launch cover and communications for the whole outing duration in the ratios as below.

PR1 Athlete #	PR1 Safety Launch #	Other Launch #
1	1	1
2	1	1
3	1	1

4	2	2
5	2	2

- PR1 Safety launches are designated as Safety Launches and as such must carry one driver and one Crewman. (Rowsafe requirement & experience from Tom's rescue & from capsized drill where one person was unable to right Tom).
  - All PR1 safety Launch Crewman to:
    - o Participate in PR1 capsized drill and successfully practice capsized recovery.
    - o Carry a Bladed Rescue Tool
    - o Be physically capable of effecting a recovery from the water with no medical conditions that would be a risk to the rescuer if they entered the water. Extremely competent swimmer. (Swim tested)
    - o Wear a manual inflation life jacket.
    - o Be rescue trained (Rowsafe requirement)
- Other Launch means a launch single crewed launch that is on the water with the engine running that can leave their crews safely and immediately assist with any difficulties that the PR1 Safety launch may encounter. Communication to be via radio and agreed prior to the outing commencing.
- Brief all other launches supervising para athletes that PR1 athlete(s) are on the water. Positive confirmation from all launch drivers that a radio call of 'PR1 capsized' means all para-athletes are to stop rowing and go into the safe position, keep manoeuvring to avoid being washed on to objects near the bank. This allows other launches to assist if required.
- All PR1 athletes assessed for impairment, capability, experience, and size. To include any anticipated complications arising from capsized, adequate controls to be put in place (this may reduce the PR1 launch ratio to 1:1).
- The Crewman must be satisfied that they are capable to 'right' the PR1 athletes boating, taking into account the athletes weight and boat type.
- PR1 athletes under supervision must remain within 50m of each other and 100m of the PR1 launch.
- The launches must carry a communications device (radio) and be able to call for assistance as required.
- All launches to carry rescue kits including thermal blankets

### **Bladed Rescue tool**

The bladed rescue tool is to be used to free the Athletes from the boat quickly, for this reason it is preferred to have a covered blade (as pictured) that can easily be used to cut through webbing but is unlikely to injure either party.

A rescue knife can also be used but care should be taken in using an open blade in a rescue situation to avoid injuries.



## **River and Weather Conditions**

- No PR1 outings in flows above 80 m<sup>3</sup>/s
- No PR1 outings where the water temperature is below 8c
- No PR1 outings where there is a significant risk from wind or other risk factors.

### Risk factors

1. Launch break down – there are 2 launches so the PR1 athletes will have a launch in attendance, the crewman can change launches. The broken down launch can radio for help or paddle to the bank. The PR1 Safety launch MUST stay with the athletes. The athletes should maintain the safe position until the PR1 Safety Launch is back and operational.
2. Crewman entering the water – this is a contingent event and should be avoided where possible. Crewman shall be wearing a manual inflation life jacket with possibly a further buoyancy device. Both the Crewman and Athlete will have at least a single launch in attendance to remove them from the water.
3. Multiple capsize risk – Large wash / boat collision from a boat could capsize all PR1 athletes at the same time – this is deemed unlikely as the PR1 Safety Launch has a good look out and will provide instructions to the athletes to keep them safe or minimise the event.
4. Environmental – Extraction from the water quickly and changing in to dry clothes is important – controls – not rowing when the water temperature is below 8c, space blankets on the launches, spare clothes at the club.
5. Fast flow / wind could wash athletes into obstacles causing a capsize – controls – limit flow for boating (80m<sup>3</sup>/s), brief on circulation and launch to feedback on position in river.