



## Managing medical episodes, including collapses, in a boat policy

- A map of West Lakes and ambulance access points where the boat can be beached in case of emergency is to be carried in the boat.
- The boat captain is to carry a mobile phone for all training sessions and 000 and 112 is to be placed as auto dial.
- Paddlers are to be made aware of the location of the defibrillator in the Aquatic reserve boatshed.
- SADA club will conduct an annual session on use of the defibrillator.
- A drill will be conducted annually to practice management of how to safely remove a collapsed person from the boat onto the shore.
- All sweeps are to maintain a current First Aid Certificate (DBSA Policy).
- Level 0 trainees must be supervised by a Level 3 - 5 accredited sweep.
- A members' emergency contact list is to be kept in the Aquatic Reserve SADA locker – combination 21700.

## Managing a person who has a medical episode (not collapse) in a boat procedure

- The person's buddy assists them to stop paddling and stay still, upright and breathing slowly and deeply. Keep their head in the neutral position or tilted slightly back for ease of breathing. If they vomit, tilt their head to the side and allow them to vomit into the boat to minimise the risk of capsizing.
- A second crew member stops paddling and helps to keep the person calm by providing verbal and non-verbal reassurance.
- The assisting crew members notify the sweep by raising both arms and calling out 'sweep, paddler unwell'
- The sweep immediately calls for the boat to stop and checks the condition of the person who's unwell. The sweep decides whether to go directly to the nearest easily accessible space ashore to assess the situation, and/ or call an ambulance, or paddle back to the boatshed.
- If the person becomes unconscious, proceed in line with Managing a person who collapses in a boat procedure.
- If the sweep decides to call an ambulance, they will direct one crew member to call '000' or '112', after determining the closest meeting point. See map naming all points of contact for ambulance
- Once onshore a crew member meets and directs the ambulance to the meeting point.
- All paddlers should keep still, listen for directions from the sweep and ensure that the boat remains stable.





## Managing a person who collapses in a boat procedure

- The nearest crew members support the collapsed person to prevent them falling out of, or capsizing the boat. These are equal priorities.
- Ensure that the person is in a supported sitting position and their head is tilted back slightly to keep their airway open.
- The assisting crew members notify the sweep by raising both arms and calling out "Person down".
- The sweep immediately calls for all crew members to stop paddling and go into the "Paddles-On or Brace" position, then determines the person's state of consciousness.

If the person is unconscious:-

- The paddler next to the person leans them back onto the knees of the paddler behind and commences chest compressions, or chest thumps if unable to position for compressions. The paddler behind keeps the person's head back and airway open. If the seat in front is vacant, raise the person's legs, alternatively place the legs on the shoulders of the person in front.
- The sweep directs crew members to take the boat directly to the nearest accessible shore space, referring to the map of points of access for ambulance.
- The sweep assigns a crew member to call an ambulance on '000' or '112', after determining the closest meeting point.
- When ashore, all paddlers leave the boat and help to tip the boat so the person can be lifted onto the sand to commence cardio pulmonary resuscitation (CPR).
- Once safely ashore, a crew member goes to meet the ambulance and direct it to the meeting point.
- Check for a heartbeat and if it's stopped, commence cardiac compressions (CPR) at the rate of 100-120 compressions a minute.
- If the collapsed person's airway seems clear and someone is willing to do mouth-to-mouth breathing, then two breaths can be added every 30 chest compressions. Breathing should not seriously disrupt the rate of compressions, in line with the *Australian Resuscitation Council Guidelines (2016)*.
- If the collapse occurs near within 200 metres of the boat shed, the sweep can direct a crew member to get the defibrillator and bring it to the shore.





### Basic Life Support Chart

<b>D</b>	<b>DANGER</b> Ensure the area is safe for yourself, others and the patient.	
<b>R</b>	<b>RESPONSE</b> Check for response - ask name - squeeze shoulders. No response Response <ul style="list-style-type: none"><li>• Make comfortable</li><li>• Monitor response</li></ul>	
<b>S</b>	<b>SEND FOR HELP</b> Call for an ambulance or ask another person to make the call.	
<b>A</b>	<b>AIRWAY</b> Open mouth - if foreign material present. Place in recovery position. Clear airway with fingers.	
<b>B</b>	<b>BREATHING</b> Check for breathing - look, listen, feel Not normal breathing Normal breathing <ul style="list-style-type: none"><li>• Place in recovery position</li><li>• Monitor breathing</li></ul>	
<b>C</b>	<b>CPR</b> Start CPR - 30 chest compressions : 2 breaths. Continue CPR until help arrives or patient recovers.	
<b>D</b>	<b>DEFIBRILLATION</b> Apply defibrillator if available and follow voice prompts.	

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**West Lakes Safety Map - Street Addresses - July 2017**

**AQUATIC RESERVE (with Boat Ramp)**

Corner of Bower Road & Old Port Road, West Lakes

**HERO RESERVE**

End of Hero Way, West Lakes

**SETTLERS RESERVE**

20 Settlers Drive, West Lakes

**MARINERS RESERVE**

3 Mariners Crescent, West Lakes

**CORCORAN RESERVE**

Corcoran Drive, Delfin Island, West Lakes.  
(Opposite Cocos Grove, near footbridge)

**TIRANNA RESERVE - (with Boat Ramp)**

13 Tiranna Way, West Lakes

**MIDCOURSE RESERVE**

137 Brebner Drive, West Lake  
(Opposite W/Worths at West Lakes Mall)

**SCULLERS RESERVE**

166 Sportsman Drive, West Lakes  
(Opposite St. Andrews Way W.Lakes)

**TOWPATH RESERVE**

Opposite 101 Military Road, Tennyson

**OARSMAN RESERVE – (Rowing SA) - (with Boat Ramp)**

100 Military Road, West Lakes Shore.

**ANTHEA RESERVE**

Corcoran Drive, Delfin Island, West Lakes.  
(Opposite Delfin Drive, & just past Anthea Court)

**DOTTEREL RESERVE - (with Boat Ramp)**

25 Dotterel Drive, Semaphore Park.

**SIR ALEX RAMSEY RESERVE**

End of Kingfisher Drive, Semaphore Park.

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