



02 MANAGING MEDICAL EPISODES IN THE BOAT PROCEDURES

Managing a person who is unwell but hasn't collapsed

The unwell person's buddy supports them to:

- stay still, upright and breathe slowly and deeply
- keep their head in a neutral position or tilted slightly back to help breathing
- tilt their head to the side if they need to vomit so they vomit into the boat to reduce the risk of capsizing.

A second crew member stops paddling to reassure the unwell person and help keep them calm. The assisting crew members raise both their arms and call out 'sweep, paddler unwell'.

The sweep:

- immediately calls for crew members to stop paddling and go into the 'paddles on' or 'brace' position
- checks the condition of the unwell person
- decides whether to go to nearest access point on shore using the West Lakes Safety Map, call for an ambulance or paddle back to the boat shed.

If the sweep decides to call an ambulance, they:

- determine the closest access point
- direct a crew member to call 000 or 112
- direct the crew to paddle to the closest access point
- direct a crew member to meet and guide the ambulance to the access point when on shore.

If the unwell person becomes unconscious at any time, proceed in line with the procedure for Managing a person who collapses in the boat.

Managing a person who collapses and is breathing

The nearest crew members:

- support the collapsed person to prevent them falling out of or capsizing the boat
- keep the collapsed person in a supported sitting position with their head tilted back slightly to keep their airway open
- notify the sweep by raising both arms and calling out 'person down'.

The sweep:

- immediately calls for crew members to stop paddling and go into the ‘paddles on’ or ‘brace’ position
- checks the condition of the collapsed person
- decides whether to go to the closest access point on shore using the West Lakes Safety Map, call for an ambulance or paddle back to the boat shed.

Managing a person who collapses and isn’t breathing

The person’s buddy leans them back onto the knees of the paddler behind and starts chest thumps.

The paddler behind keeps the person’s head back and airway open.

The nearest crew member notifies the sweep by raising both arms and calling out “person down”.

The sweep:

- determines the closest access point on shore, using the West Lakes Safety Map
- directs a crew member to call an ambulance on 000 or 112
- directs crew members to paddle to the access point
- lands the boat sideways when on shore so it can be tipped sideways.

When on shore, all paddlers:

- leave the boat safely
- help tip the boat sideways so the person can be lifted onto the shore to commence cardio pulmonary resuscitation (CPR).

The sweep directs a crew member to meet the ambulance and guide it to the access point. The phone is to be left with the rest of the crew.

All sweeps and coaches are first aid trained. The sweep takes charge and coordinates CPR as required.

Check for a heartbeat and if it’s stopped, commence CPR at the rate of 100-120 compressions a minute.

If the collapsed person’s airway seems clear, mouth to mouth breathing may also be done at a rate of 2 breaths to every 30 chest compressions. Breathing shouldn’t interfere with the rate of compressions.

If the collapse occurs within 200 metres of the boat shed, the sweep directs a crew member to get the defibrillator and bring it to the access point. Remove the collapsed person from the water before using the defibrillator. Use the defibrillator as per instructions.

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