

MANAGING ON-WATER/IN-BOAT CONSCIOUS OR UNCONSCIOUS 'COLLAPSE'



The Dragon Boat Racing population includes adults of all ages. The nature of Dragon Boat racing and training is that it places increased demands on the body. Inevitably, it is likely from time to time that a paddler may experience a state of 'collapse' (experience a health crisis) and will require support from their fellow crew members in managing the crisis.

This policy supports the current recommendations for First Aid management priority for the collapsed person (*outlined on the card to the left*)

Where any form of on-water/in-boat 'collapse' occurs, the primary responsibility of the crew and its leadership is for the safety of all.

GUIDELINE: Managing a person who is in a state of **CONSCIOUS** collapse when on the water.

RECOMMENDATION: Where conscious collapse has occurred.

1. the collapsed crew member should be assisted by the nearest crew member to stop paddling immediately, to be still, upright and breathing slowly and deeply, head in the neutral position or tilted slightly back for ease of breathing (or tilted to the side if vomiting). Allow the person to vomit into the boat rather than risk leaning them over the side as this may lead to capsize. A second paddler should stop paddling and assist and should work to keep the 'collapsed' person as calm as possible by providing verbal and non-verbal reassurance.

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2. the assisting crew members must notify the Sweep by raising an arm and calling out "Collapse or some other agreed unambiguous term"
3. On hearing the word "Collapse' the sweep should immediately go directly to the nearest easily accessible flat space ashore to permit assessment of the best response to the 'collapse', ie. Call an ambulance or paddle back to the boatshed.
4. If there is a phone on the boat then one member will be assigned to contact Emergency Services via '000' or '112', request an ambulance and agree on a meeting location. Once ashore, one crew member should attempt to meet and direct the ambulance at the nearest street. Other paddlers not directly involved in supporting the collapsed person should keep still, listen for directions from the Sweep and ensure that the boat remains stable.

GUIDELINE: Managing a person who is in a state of UNCONSCIOUS collapse when on the water

RECOMMENDATION: Where unconscious collapse has occurred.

1. the crew members most impacted by the person who has collapsed should support the 'collapsed' person as best they can to prevent them falling out of the boat or from capsizing the boat. These are equal priorities. They should endeavour to ensure that the person is in a supported upright (sitting) position and that the person's head is tilted back slightly to keep their airway open, the assisting crew member/s must notify the Sweep by raising an arm and calling out "Collapse....UNCONSCIOUS COLLAPSE"
2. On hearing the word "Collapse' the sweep should immediately call all paddlers to stop paddling and go into the "Paddles-On or Brace" position and determine the collapsed person's state of consciousness. If so, paddling members must be directed to take the boat directly to the nearest accessible flat shore space
3. Under no circumstance should in-boat CPR be attempted on-board because the amount of crew movement foreseeably required to carry out in-boat CPR creates an extreme and unacceptable risk of capsize, an increased risk to all.
4. If there is a phone on the boat then one member will be assigned to contact Emergency Services via '000' or '112', request an ambulance and agree on a meeting location. One member should attempt to meet and direct the ambulance at the nearest street.
5. Once safely ashore. 6-8 paddlers should transfer the unconscious 'collapsed' person to a flat surface and assess for the commencement of Cardio-Pulmonary resuscitation (CPR).

President:



Secretary:

Date: October 2016

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6. Once it is established that the heart has stopped, cardiac compressions should commence at the rate of 100-120 compressions a minute.
7. If it is possible, and 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 provided that they do not seriously disrupt the rate of compressions. *** The current Australian Resuscitation Council Guidelines (2016) state clearly that priority must be given to compressions and circulation over breathing in emergency situations.*
8. If the 'collapse event' occurs near within 200 metres of the boat shed then a member should be dispatched to retrieve the Defibrillator and to bring it to the shore.

Policy in Practice

1. That a drill be conducted twice each season to practice safe management of the collapsed person including practice on how to safely remove a collapsed person from the boat to shore.
2. That a map of West Lakes & surrounds be prepared and kept in the on-boat First Aid kit.
3. That a waterproof club phone be purchased to accompany the Sweep on all training sessions.
4. That triple Zero and 112 be placed as auto dial on the club phone that accompanies the Sweep on all training sessions.
5. The Powerblades club will conduct an annual Basic Life Support program for interested club members.
6. All Sweeps are required to maintain current First Aid Certificate (DBSA Policy) which should be sighted by the secretary annually.

Developed by Andy Kelly RN and Stephen Simmons Intensive Care Paramedic, Clinical Support Officer, Clinical Education. SA Ambulance Service SA, 2016 for the Powerblades Dragon Boat Racing Club.

Agreed by Powerblades committee 2017

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