

9. Medical Advice for the Molesey Heads

<i>Advice</i>	<i>What we have done/provided</i>	<i>What YOU should do</i>
<i>Have emergency team on the water</i>	<i>Two rescue launches and eight marshalling launches with safety equipment and radios</i>	<i>Call or signal for help</i>
<i>Have first aid team present</i>	<i>St John Ambulance unit at the club/finish with radio</i>	<i>Call for help</i>
<i>Handle boats to avoid strain or risk</i>		<i>Lift in and out carefully</i>
<i>Observe lifejacket rules</i>	<i>All officials equipped</i>	<i>Coxes to wear lifejackets</i>
<i>Take care getting in and out of boats</i>	<i>Long landing stage, raft marshals provided</i>	<i>Remove your equipment quickly</i>
<i>Avoid collisions on the water</i>	<i>Course diagrams, instructions and briefing</i>	<i>Read and follow instructions, keep clear of other boats</i>
<i>Make arrangements for treating hypothermia</i>	<i>All boats carry foil blankets and throw lines. Warm boathouse and showers</i>	<i>Get out of the water as safely as you can</i>
<i>Watch for signs of over-exertion</i>		<i>Watch the man ahead, warm up properly</i>
<i>Handle food carefully</i>	<i>Handlers are aware. All food is freshly made</i>	<i>Wash your hands after using the toilet</i>
<i>Check for health and safety hazards</i>	<i>Club areas have been checked</i>	<i>Don't leave equipment in the way of others</i>
<i>Avoid the effects of cold before and after racing</i>		<i>Warm up before boating, and wrap up whilst waiting for the start</i>

Advice received from local NHS Trust

Reviewed 17/11/18