**Emergency Plan**

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| 1. **Communication;** compile contact (***Mobile Phone: preset***) and necessary medical information (*Application Forms)* for each member of your group.1a. Have someone at home aware of your plan: ***WhatsApp*** *group, and senior paddler (****Text –*** *Start time, when you reach half way if convenient to narrow down the search & when off the river) Access & Egress location with vehicle registrations. Paddler's partners numbers to remain with Mick and senior paddler to contact if necessary.*1b. At least two paddlers on each trip to have a fully ***charged mobile*** on their person (not in the boat). 1c. Produce ***laminated***mobile phone sized cards for each paddler with mobile numbers of *club leaders*, *paddlers, paddlers next of kin* and *emergency services* on 1d. Senior member to ***action call*** for help if nobody has contacted them by a preset time ***(Within a fail-safe time period)***, give or take an hour.1e. Have ***999 SMS*** registered to your phone. |

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| **Preplanning:**2. Find out about where you are going, the type of run you will be on and who you are with:* ***Environment;*** *narrow river, trees & branches, isolated location, river grade* ***-***
* [UK River Levels - Rainchasers](http://rainchasers.com/river-levels)

[https://www.ukriversguidebook.co.uk](https://www.ukriversguidebook.co.uk ) *River levels -* <https://naturalresources.wales/riverlevels?lang=en> <https://flood-warning-information.service.gov.uk/river-and-sea-levels>* ***Paddlers’ ability***

*Weather forecast -* <https://www.metoffice.gov.uk/>*Safety – produce a risk assessment; dynamic, specific, generic*2a.***Pre-paddle briefing*** - is it worth showing the team a map of the paddle - indicating the route, names of where we put in and get off, and possible villages or landmarks along the way?2b Pre-defined ***Escape routes down the river*** where to go if one or more paddlers are separated from the group? For example “go to a road junction and stay there, or go to a village or landmark identified above and stay there”.2c. A way to contact the outside world (cell phone if it works or a sat phone), the ***protocol*** that you set up to handle any emergency as well as making sure you all have the necessary safety gear to work with.**Equipment:**3. One person or group shelter or emergency blanket/bag as standard. 3a. Every paddler carries an emergency £10 note for food / taxi / lift from a farmer?3b. Every paddler carry a head torch (Autumn, Winter, Spring)3c. First Aid kit.3d. Split paddle3e. Rations, hot drink (Flask) |

**ON THE WATER EMERGENCY PLAN**

* **Notify on present “What’s App”** to nominated person the “Start time & when off the river”.
* **ACTION –** Senior member to ring individual members on river trip, before***ACTION CALL*** for help.
* **When** to make **ACTION CALL?**
* **Senior** member to *ACTION* ***CALL*** for **help** if nobody has contacted them by a ***PRESET TIME*** (Within a fail-safe time period) give or take an hour.
* **Capsized boat** and being **“Chased”,** but paddler **safe** on bank.
* **ACTION –** Safe Paddler on the bank***follows*** the river for 10 minutes to look for retrieved boat. Not retrieved***walk*** to the nearest car either at ***“Access or Egress”*** point.

***Boat chasing*** paddlers only undertaken with a***minimum*** of *two* paddlers in line of *“Sight”* of other paddler!

* **Safety Box with “Car key”** attached to the car to enable paddler to access vehicle.
* **ACTION – *Remain***with vehicle at *“Access” or drive to “Egress”* if agreed by group.
* **Signal** and search for **“What Three Word”** App.
* **ACTION – *Identify***present *location* and *coordinates.*
* **Communicate** to all members of the group by mobile phone to individual numbers on listed laminated card
* **ACTION –*Identify*** individual location,being *safe* or *require assistance.*
* **No** **mobile** phone **signal.**
* **ACTION – *Use***nearest *land phone* to inform *senior* paddler at *home* of *current situation,* they should *attempt* to *contact mobile* phones of individuals on trip and *update* them.
* **Signal** and when to **contact emergency services.**
* **ACTION – *Text*** *999* by all *members* of the *group* if *lost* or *injured* but *stay* at nearest *escape route* or in difficulty *remain* in *safe* place.
* **Injured paddler** requiring **“First Aid”.**
* **ACTION – *Use*** *“Casualty Card”* to *record* and *monitor* paddler and *kept* in group *1st aid* kit.
* **Necessary medical information for each member** and check membership forms up to date.
* **ACTION – *Identify*** medical *history* (membership forms) *by group leader* which arelisted and *kept* in *group* 1st aid kit.