



West Suffolk Wheelers

Cycling and Triathlon Club

Open Water Swimming Emergency Action Plan

Larkwood Trout Fishery – West Stow IP28 6EZ

Venue	Larkwood Trout Fishery – West Stow IP28 6EZ
Activity	Open Water Swimming
EAP Version	1 Date 30/4/18

Minor Injury:	<ul style="list-style-type: none">• Utilise volunteer staff, within the limits of their qualification• Send/take to nearest hospital A&E / minor injuries unit if further attention is required
Missing Person:	<ul style="list-style-type: none">• If a participating member of the group goes missing, raise the alarm with venue volunteers to instigate a search• Establish if the person has/has not left the water• If missing in the water, evacuate <u>ALL</u> swimmers using continuous whistle blasts and roll call.• Try to contact the missing person from Participant Registration info• Call emergency contact to find out if they've been in touch• If not found within 5 mins, call emergency services• Ensure no one re-enters the water until safe to do so
Major Injury:	<ul style="list-style-type: none">• STOP ALL ACTIVITY• Evacuate <u>ALL</u> swimmers using continuous whistle blasts and roll call.• Call emergency services, giving address - Larkwood Trout Fishery – West Stow• Make casualty as comfortable as possible, administer first aid within the limits of the qualifications• Do not move casualty unless it is essential to ensure their safety• Ensure a group member is standing by to guide emergency services to the scene

First Aid Equipment	Located in box at entry steps with Overseer
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