



CAPITAL ROWING CLUB EMERGENCY ACTION PLAN (EAP)

Dial 9-1-1 for all Emergencies Ashore!

Anacostia Community Boathouse Address: **1900 M Street South East, Washington, DC 20003**

Contact DC Harbor Patrol for all Emergencies Afloat!

202-727-4582 - or - VHF Channel 16

Contact Your Fellow Coaches if you need Help (but not Harbor Patrol level)

BI Channel 71; CRC Channel 72; DCS Channel 73

AFTER calling 911/Harbor Patrol and within a reasonable timeframe, please contact representatives of the CRC in the order provided until you reach someone.

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| VP of Operations | Mike Arnold | 301-908-5206 |
| Head of Coaching | Bob Reichart | 760-936-7196 |
| President | Anne Diggs | 760-936-6781 |

Safety Equipment:

- **First Aid Supplies:** inside the Erg Room Plaza Door (to the left); in each launch Safety Box
- **Automatic External Defibrillator (AED):** inside the Erg Room Plaza Door (to the left)
- **Fire Extinguishers:** Four (4) inside the Erg Room, Two in the BH (Exit Doors); One (1) by the Flammable Locker, One in every launch Safety Box.

Launches must carry at all times:

- Life Jacket (Kippy) Bag with at least 16 PFDs, throw PFD (cushion), Pump, and Throw Line
- VHF Radio and Optional Cell Phone
- Safety Box (sound making device(s), fire extinguisher, first aid kit, space blankets, tools, EAP)
- Paddle, bailer, PFDs worn by all occupants

Independent Rowers should carry at all times:

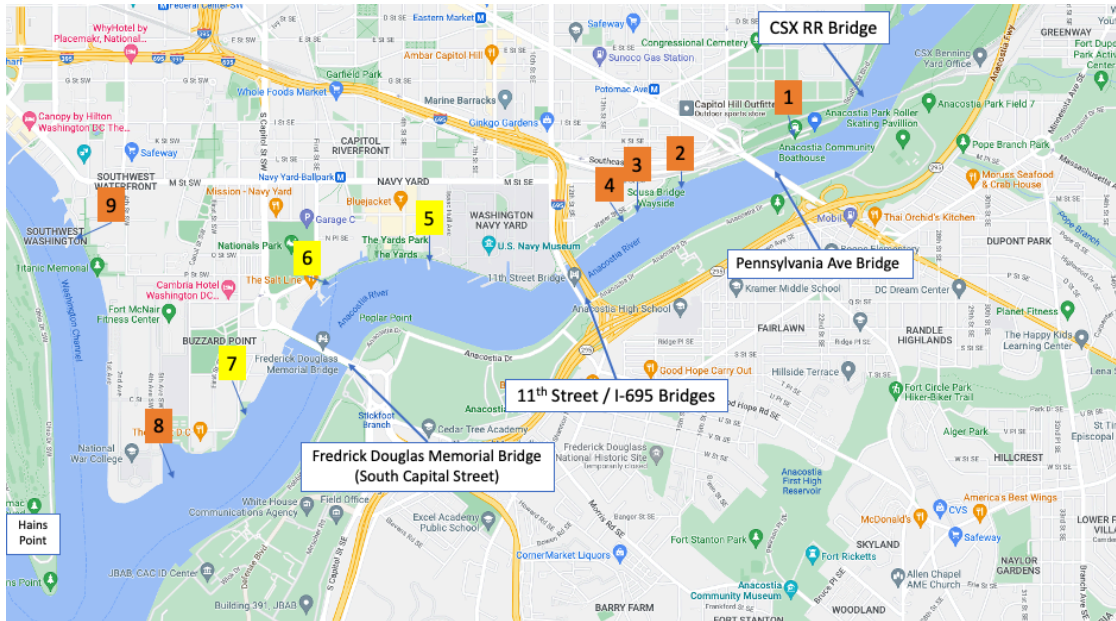
- Cell Phone with key numbers favorited (Harbor Patrol 202-727-4582, Coaches)
- Whistle or other sound signaling device
- Bow and Stern Lights plus Head Lamp in low-light conditions

In the event of a capsized:

- If possible, reenter the boat and return to the boathouse
- Or, stay with the boat to use as a flotation device and swim towards the nearest shore
- Pair up with other rowers and stay in constant communication until rescued
- If assisting, stabilize capsized boat to help rower(s) reenter boat; call help if needed.
- Contact coaches if unable to return boat to the boathouse

Medical Emergency on the Water:

- Raise the alarm; have someone call Harbor Patrol 202-727-4582/VHF-16; assist the victim
- Harbor Patrol will likely respond directly to your location. When speaking to Harbor Patrol, provide location based on established physical landmarks.
- If directed by Harbor Patrol, take the victim to an Emergency Egress Location



Emergency Egress Locations / Landmarks

- 1. Anacostia Community Boathouse**
1900 M Street SE, Washington DC 20003
- 2. Washington Yacht Club**
1500 M St SE, Washington, DC 20003
- 3. District Yacht Club**
1409 Water St SE, Washington, DC 20003
- 4. Eastern Power Boat Club**
1301 Water St SE, Washington, DC 20003
- 5. The Yards Marina Kayak Dock**
515 M St SE Suite 222, Washington, DC 20003
- 6. DC Sail Kayak Dock**
99 Potomac Ave SE, Washington, DC 20003
- 7. Matthew Henson Earth Conservation Center**
2000 Half Street, SW, Washington, DC 20024
- 8. James Creek Marina**
200 V St SW, Washington, DC 20024
- 9. Harbor Patrol HQ**
550 Water St SW, Washington, DC 20024
- 10. Kingman Island Floating Dock**
3101 Benning Rd NE Washington DC 20002
- 11. Dock, Anacostia River Park**
Hyattsville, MD 20781
- 12. Bladensburg Waterfront Park**
4601 Annapolis Rd, Bladensburg, MD 20710