



MATTAWA RIVER CANOE RACE EMERGENCY-MEDICAL ACTION PLAN

NOTE:

**Paddlers must attend the Mandatory Safety Briefing (Virtual) on
Thursday June 6 at 7pm
(min. one paddler of a tandem team needs to attend).
For your safety, every checkpoint, vehicle and
follow-up canoe has a First Aid Kit.**

A) MEDICAL

- Each checkpoint has a First Aid Kit and staff that have current First Aid and CPR training.
- Each checkpoint also has members of the North Bay Amateur Radio Club will allows us to communicate with Emergency Personnel (911) if needed.
- We have a dedicated Emergency Response Leader who can drive to accessible locations if needed.
- A follow-up canoe will be along the entire course. The canoe contains a first aid kit and volunteer that has current First Aid and CPR.
- There is always constant contact between all these individuals throughout the event.
- The safety OPP boat will monitor the status of participating teams for their progress along Trout Lake, Lake Talon and lower Mattawa River and respond to any watercraft/participants that are in distress. The safety boat will communicate with the Race Referee via cell phone.
- A safety boat will monitor the status of participating teams for their progress along Chant Plein Lake and respond to any watercraft/participants that are in distress and guide participants to the mandatory portage around Hurdman Dam. The safety boat will communicate with the Race Coordinator via cell phone.

B) INSTRUCTIONS FOR PARTICIPANTS/TEAMS

- 1) All teams must be proficient in self-rescue techniques, enabling themselves to re-enter their watercraft should they capsize.
- 2) All teams should remain within 100m of the shoreline, if possible at all times during the race.
- 3) Teams are **required** to help another team in distress. (ie. a capsized boat, broken paddle, physical injury).
 - a. If a participant is in distress, facilitate getting the participant to the nearest shoreline. If a safety boat is not within view, contact the **Emergency Response Leader, Adam Whyte @ 705-494-5112**; teams are encouraged to carry cells phones. The Emergency Response Leader will initiate an appropriate response (Safety boat, EMS or OPP) based on the circumstance and will communicate the plan back to the participant(s) for further instructions. **In an immediate emergency call 911.**
 - b. While waiting for assistance, obtain the name of the person in distress, reassure them, and obtain their contact information.

As a safety measure, canoeists are asked to **withdraw from the race at Checkpoint 2 (Portage des Peches) should they not reach this point by 3:30pm and at Checkpoint 3 (Portage Campion) should they not reach this point by 6:00 pm.** The Race Organizer will not be responsible for those canoeists who do not adhere to this rule.

C) RISKS ASSOCIATED WITH THE MATTAWA RIVER CANOE RACE

Lightning – It is recommended that all paddlers paddle to the shoreline and stay on land awaiting the lightning to stop. Without leaving their stations, Race Officials and the OPP will advise paddlers to get off open water. Contact the Emergency Response Leader to update him on weather conditions.

Rain and/or Wind – Paddlers can make a judgment call if they would like to continue or pull-out (if paddlers pull-out of the race, advise the Race Coordinator. In the instance of severe rain and/or wind the Race Referee can advise Race Officials to advise paddlers to get off the open water. If rain or wind is severe and could result in emergency, advise the Emergency Response Leader.

Minor Injuries – If the injury is minor in nature, it is recommended that the paddler see a Race Official at a checkpoint as all checkpoints have first aid kits. At this time the Race Official will contact the Emergency Response Leader if needed and/or treat the paddler. If the paddler chooses not to continue the race the Race Official is to advise the Race Coordinator.

Critical Injuries – Call 911. If there is a critical injury, a Race Official and/or the Emergency Response Leader will respond and follow North Bay-Mattawa Conservation Authority Health and Safety policies with regards to critical injuries and conduct first aid until emergency services arrive.

Drowning – Race Officials will use their CPR training and resuscitate if the situation warrants it. CPR will be initiated until emergency response arrives. If the victim resumes breathing, the directions outlined under the Stranded Paddler portion of this document will be followed. Contact the Emergency Response Leader and 911.

Damaged Canoe – Paddler(s) Unable to Continue – This is not an emergency unless there is an injury. Call the Race Coordinator to update them on the situation. The Race Coordinator will advise the Race Officials. If the paddlers are in an isolated area and stranded, the Emergency Response Leader will be contacted by the Race Coordinator and follow the directions outlined under the Stranded Paddler portion of this document.

Stranded Paddler – A Race Official is to notify the Emergency Response Leader. The Emergency Response Leader will then contact the OPP, the Race Referee and Race Officials (as needed). Coordination will be made to get them out. The Emergency Response Leader will treat a stranded paddler as being lost/injured unless otherwise advised.

Reported Lost or Missing Paddler – All paddlers will be briefed prior to the start of the race, and made aware that all needed information is in the package. The Emergency Response Leader will be notified and the Race Coordinator will be notified, as well as Race Officials (as needed). The Emergency Response Leader will then contact the OPP and will work in coordination with them on getting the paddlers to safety. Race Officials are to try and get as much pertinent information as possible, i.e.: location, when, who, etc.

Follow-up Canoe – Volunteer Injury – The other volunteer in the canoe is to provide first aid and get injured paddler to the nearest accessible shore, and contact 911 (if serious) or the Emergency Response Leader. At this time a decision will be made as to appropriate action. If the injured volunteer is unable to continue, another volunteer may replace them and their follow-up duties will continue.

C) RISKS ASSOCIATED WITH THE MATTAWA RIVER CANOE RACE (Continued)

Follow-up Canoe - Damaged – The members of the canoe will be asked to get to shore and contact the Emergency Response Leader and he will make arrangements to get the stranded paddlers. If this type of situation arises, all checkpoint Race Officials will be contacted as well as the OPP to make all paddlers aware that there is no longer a follow-up canoe and the Emergency Response Leader should be contacted in the event of an emergency.

Catastrophic Event - If a catastrophic event occurs, the Race Referee has the authority to cancel the race to allow for emergency response by all Race Officials and staff.

Poison Ivy – This noxious plant is prevalent on the portage between Pine Lake and Lake Talon at Checkpoint 1. Contact can cause rash and skin irritation. Stay on trail.

For your safety, every checkpoint, vehicle and follow-up canoe has a First Aid Kit.

D) CANOE RACE PERSONNEL AND DESCRIPTIONS

- **Race Referee: Chithra Gowda**
Back-up: Paula Loranger

Race Referee – Is responsible for timing, disputes, and all other canoe race staff. The Race Referee is also responsible for all Race Officials and the professional aspects of the race. Ultimately responsible for all aspects of the race.

- **Emergency Response Leader: Adam Whyte**
Back-up: Marcel Bedard

Emergency Response Leader – This is the person that Race Officials would contact for **all emergency situations**, including the potential risks associated with the Mattawa River Canoe Race. The person is only to be contacted for emergencies outlined above so communication lines are free in case he/she is needed.

- **Race Coordinator: Paula Loranger**

Race Coordinator – This person is responsible for all logistics of the race, pull-outs and the banquet set-up, final results information and speech completion. This person is only to be contacted for the above reasons.

- **Follow-up Canoe: MacPherson Drive, Trout Lake to Finish Line**
Leader: Jennifer Courville

Follow-up Canoes – A follow-up canoe follows the last canoe in the 64 km course. The canoe contains a first aid kit and staff that have current First Aid and CPR training. Although the follow-up canoe is available to assist or contact for assistance in an emergency, **DO NOT** assume that the follow-up canoe will be within your immediate vicinity at all times.

Race Officials – They are the main contact along the route for the duration of the race. They are there to answer questions from the paddlers and public. Race Officials report any injuries/ emergencies to the Emergency Response Leader. Race Officials are also required to record the time each canoe/kayak passes their checkpoint.

➤ **Other Support Teams:**

Canoe Race Support Staff: All volunteers helping during the day.

Their role is to assist with the overall canoe race and to follow direction from their leaders.

North Bay Amateur Radio Club: Their role is to provide general communications throughout the race as well as Search and Rescue assistance if needed (the Emergency Response Leader will contact them if they are needed for an emergency). The Radio Club members will be set-up at each check point until the final canoe passes the checkpoint and the follow-up canoe reaches the finish line.

➤ **Additional Information:**

- **Water Levels:** Water levels can fluctuate very quickly. The water levels can be very high or very low depending on the time of the year and recent weather events. Low water levels expose many boulders just below the surface of the water along the river sections, caution is advised.

➤ **PFD's are mandatory -**

➤ **Vehicle Access to route (for Pit Crews or withdrawal):**

- Highway 17 East - Centennial Crescent to MacPherson Drive – end of Trout Lake
- Highway 17 East – Pine Lake Road – Checkpoint 1
- Highway 17 East – Left at Samuel de Champlain Park and follow signage – Checkpoint 3 (Campion Rapids)

Paddlers

Contact Information During the Race

(Please keep the following information with you during Race)

Contact the Race Referee (Chithra Gowda 705-477-0372):

To report violations (within 1 hour of your completion or withdrawal). Timing questions, race category, concerns and specification clarification.

Contact the Emergency Response Leader (Adam Whyte 705-494-5112):

For all emergency situations including injuries, lightning, severe weather, or if you have contacted 911.

Contact the Race Organizer (Paula Loranger 705-494-5115):

To report canoe pull out, withdrawal from the Race, a damaged canoe and information regarding race logistics, such as dinner/banquet questions.

Talk to Race Officials at Checkpoints:

For all other inquiries and information. First aid for minor injuries available.

**Please be sure to contact the appropriate person
if an issue arises.**

**This will help keep lines of communication open
in the event of an emergency.**

Thank you