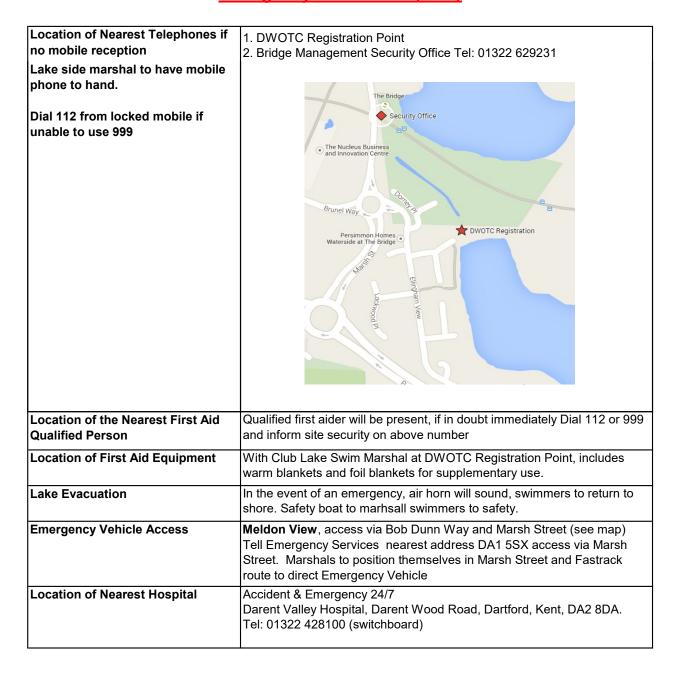


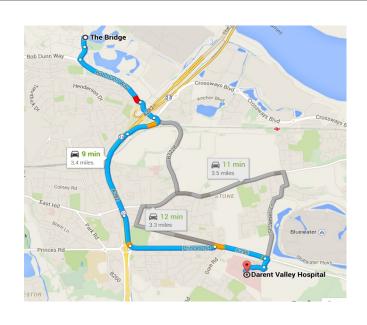
## The Bridge Dartford South Lake - Open Water Swim Session 2018

## **Emergency Action Plan (EAP)**



## Directions to Darent Valley Hospital

Turn left on to A206 Bob Dunn Way (Follow signs A2 / M25 South)
Turn on to A282 (M25) take
1st exit Dartford, take 1st exit
Princess Rd following A&E signs, at roundabout take
2nd exit straight ahead, at second roundabout take
3rd exit Darent Valley Hospital and follow signs for A&E



Ordinance Survey Grid for Helicopter	TQ 55267 75817 Latitude: 51.460040 Longitude: 0.23357481
Hypothermia Symptons	Shivering Numb hands or feet
	Confusion, memory loss, or slurred speech  Exhaustion or drowsiness
	Shallow breathing
Treatment	Loss of consciousness Restore Warmth Slowly by:-
	removing wet clothing and dry the person off, if needed. warm the person's trunk first, not hands and feet. Warming extremities first can cause shock. wrapping in blankets/towels or put dry clothing on the person. use foil blanket as supplementary.
	In severe case call 999, otherwise transfer to hospital

## **General Principle**

- The Emergency Action Plan is owned and maintained by the training session DWOTC Lake Marshal
- The Plan is reviewed and revised prior to the commencement of the new season to take into account changes to the site, emergency access and risk assessments
- · The Plan will be visible at Lake Registration
- EAP briefing to all Club Marshals prior to the commencement of each swim
- · Member Registration and Accident book held at Lake Registration
- Registration/Lake Marshal and kayak will have radio contact with one another
- Standard Operating Procedure If in doubt call 112 or 999 do not delay
- · Registration will hold a loud warning horn in case of incident/inclement weather thus ending session
- No more than 50 swimmers permitted in the water at any one time.