



# Safety and You at LDSC

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Prepared April 8, 2021  
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LDSC Safety Officer



# Overview

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- Incident Reporting
- Physical Distancing
- On The Water Safety
- Emergency Calls
- First Aid and Rescue Equipment
- Docks and Beach
- Grounds

# Incident Reporting

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## Types of Incidents:

- **Physical incident** - collision, injury, property damage, etc
- **Near-miss** - something bad COULD have happened
- **Interpersonal** - the behavior of one individual threatens, or is reasonably perceived to threaten, the safety or well-being of another individual, including harassment.

**Please report all three types of incidents!**

Safety can only be improved if we know what the issues are.

# Incident Reporting - How to Report

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- Email [incident@ldsc.ca](mailto:incident@ldsc.ca)
- Specify
  - what happened
  - when it happened
  - who was involved
  - any witnesses
  - include photos, if possible and relevant
- If more prompt action is needed, phone the Commodore, Vice-Commodore, Past Commodore, Safety Officer or anyone on the board - numbers posted inside the clubhouse

# Physical Distancing

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These people are NOT 2 m apart!

You should be able to comfortably lie down on the ground between you and any non-household member

# On the Water - PFDs are not optional

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- Transport Canada requires one PFD for every person on the boat.
- LDSC requests more of members: **PFDs should be worn whenever the watercraft is underway**, and ideally at all times on a vessel
- **New in 2021:** It is **MANDATORY** to wear a PFD at all times while using a Club Boat



# On the Water - Safety Equipment on Vessels

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Sailboats without motors, canoes, kayaks, paddleboards, each under 6 m in length, and with less than 0.5 m of freeboard are required by Canadian law to have on board:

- Approved PFD or lifejacket for every passenger
- 15 m of buoyant heaving line (ie a rope that floats with something that floats on the end)
- Manual propelling device (i.e. a paddle)
- Bailer (if it is possible for the boat to take on water)
- Sound signalling device (i.e. a Fox 40 whistle)

Safety Kits are \$15 at Canadian Tire - don't go out without one!

# On the Water - Larger Boats

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- Download the latest SAFE BOATING GUIDE from Transport Canada and ensure your vessel is always compliant



# On the Water - Keelboat Requirements

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- Ensure you are familiar with the new “LDSC Rules and Regulations for Keel Boat Owners”

# On the Water - Emergency Situations

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Become familiar with the new “LDSC Procedure for On the Water Rescue”.

Highlights:

- If there are no people onboard, rescue operations may proceed only after consent of the vessel's owner has been obtained
- The use of LDSC rescue boats is restricted to members who have been trained in their operation
- Do not hesitate to call 9-1-1 if you feel the situation warrants it
- **File an incident report on the day of the incident**

# On the Water - Concussion Safety

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- **Any** blow to the head, neck, face or body that causes the brain to move around inside the skull may cause a concussion.
- Continuing to participate with a possible concussion significantly increases the risk of even more serious complications.
- **RED FLAGS** – Seek medical attention immediately: Neck pain or tenderness, Double vision, Weakness or tingling/burning in arms or legs, Severe or increasing headache, Seizure or convulsion, Loss of consciousness
- Seek medical attention whenever you are unsure. Even without Red Flag symptoms, a concussion is still possible.

# Emergency Calls

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Crime in progress, ambulance or fire department needed:

- Call 911
- Use phone in clubhouse, if possible
- If using a cell phone you will likely get Quebec 911 → Ask for Ottawa 911
- Clubhouse address is 10 Rangeview Ave, Ottawa, K2K 2Z2. **Consider sending someone out to Rifle Road to meet EMS.**

If it is not an emergency, but you have concerns

- contact the Ottawa Police at (613) 236-1222 ext 7300

**FILE AN INCIDENT REPORT AFTER ANY EMERGENCY CALL**

# First Aid and Emergency Equipment

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- First aid kit inside the clubhouse near the notice board
- AED located inside the clubhouse near the first aid kits
- Fire extinguisher locations: clubhouse kitchen, clubhouse front door, clubhouse sail room, close to fuel shed
- **New!** Spine board, straps and blanket are in the sail room - can be used for transport of any patient
- **File an incident report for all serious injuries or sudden illnesses**

# Docks and Raft

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- No diving from docks or raft
- Jump from docks or raft with extreme care - the water becomes more shallow over the season and there are large submerged rocks
- No fishing from docks or beach area - risk to swimmers while fishing and from lost hooks



# Beach

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**Swimmers:** Be aware of arriving and departing boats. Please move quickly out of the way of incoming/outgoing watercraft.

**Sailors:** Be aware of swimmers in the beach area. Use a sound signalling device if necessary. Be prepared to change course to avoid collisions - ultimately you are more maneuverable.

**Both swimmers and sailors have a role to play in staying safe!**



# Grounds- Poison Ivy

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Leaves of three, let it be!

If you think you have been exposed, wash affected areas with soap and water.



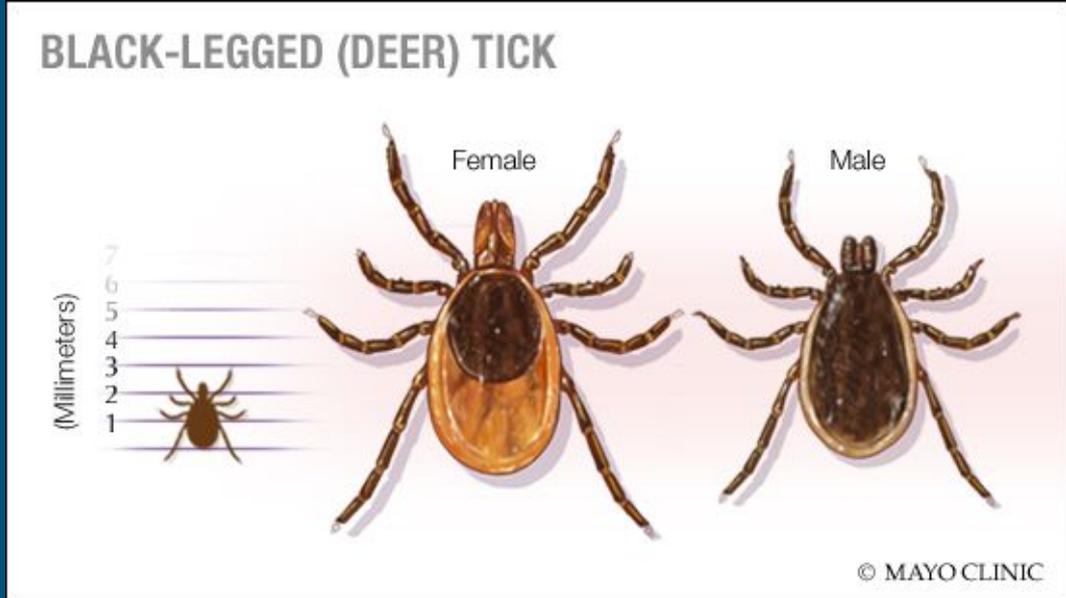
# Grounds - Ticks

Ticks like bushes and tall grass and cool weather.

Stick to the cut areas of the property.

Perform a tick check when you get home.

Ticks have 8 legs.



# Conclusion

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Safety at the club requires effort and cooperation by all volunteers, members and staff. Thank you for doing your part!

If you have any comments or concerns, please reach out to me

**Sarah Sumner, at [safety@ldsc.ca](mailto:safety@ldsc.ca)**