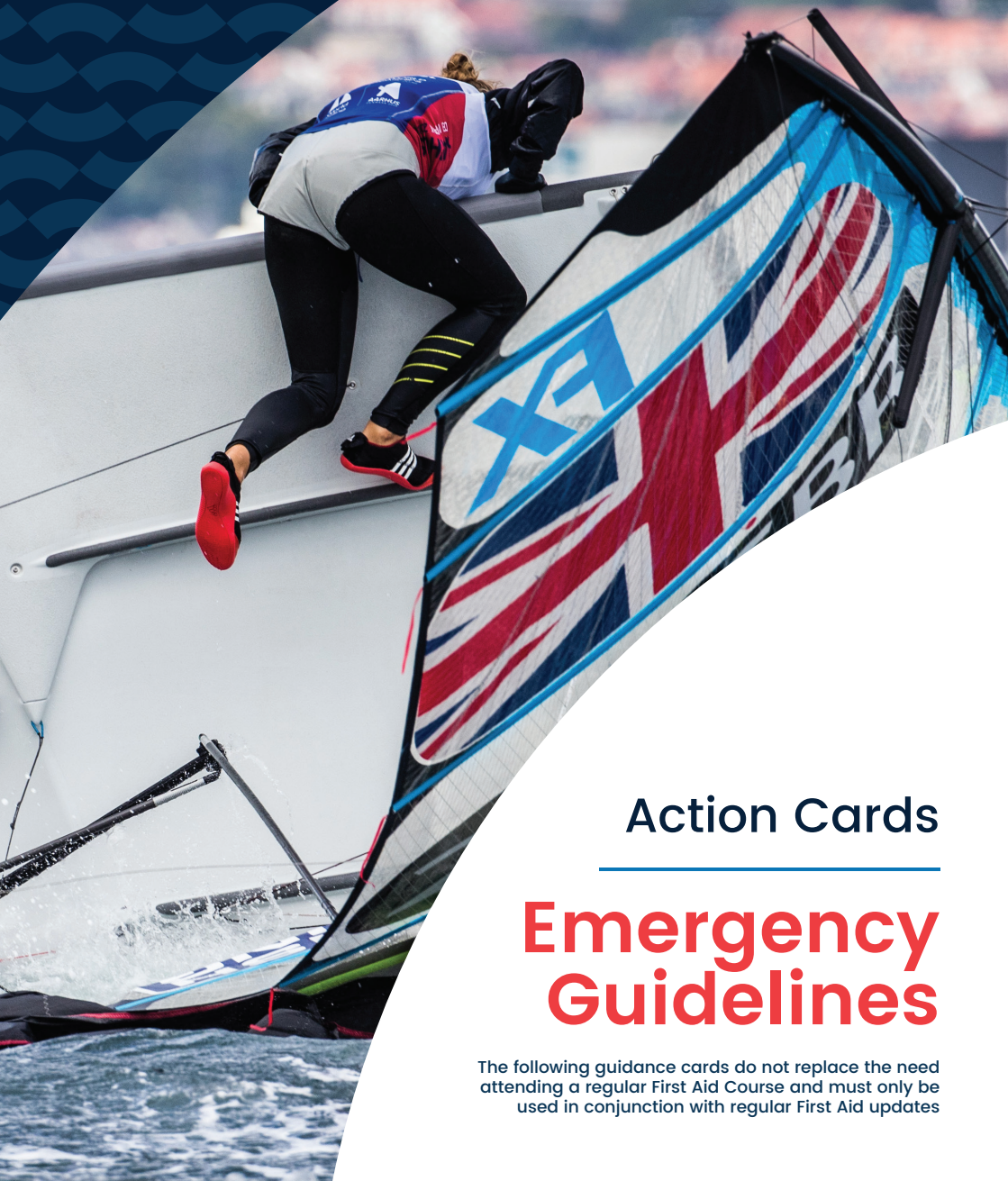


# RYA

# MAYDAY

SEE BACK COVER!



## Action Cards

---

# Emergency Guidelines

The following guidance cards do not replace the need attending a regular First Aid Course and must only be used in conjunction with regular First Aid updates

# Notes

Name

Age

Time of Incident

**Mechanism** (What happened?)

**Injury/Illness/Immersion**

**Signs and Symptoms**

**Treatment Given**

## IF USED DURING TREATMENT

**Tourniquets:** Note the exact time of application and inform medical staff.

**Haemostatic Dressing:** Send dressing packet to hospital with casualty.

# Introduction

**These Emergency Cards provide guidelines to follow in case of an incident on the water.**

**Before addressing any situation, keep the following advice in mind:**

- A Assess:** Evaluate the danger to yourself, others, and the casualty/casualties. Determine the number of casualties and the availability of assistance.
- B Control:** Ensure the safety of other sailors, develop a plan, and use prearranged signals to indicate a possible emergency.
- C Act:** Follow the **DRSAB** protocol: assess casualty condition and determine appropriate actions.
- D Call:** Contact emergency services, shore base, and coaches as necessary.

## How the cards work

The cards are colour-coded according to the priority of the emergency:

**Red** = Emergency Action

**Blue** = Evacuation

**Green** = Minor First Aid

**Light Blue** = Information

Please note that these cards are meant to supplement, not replace, a regular First Aid course or a Safety Management Continuing Professional Development (CPD) program.

# Primary Survey (DRSAB)

Danger - Response - Shout - Airway - Breathing

**D Danger:** Check for any dangers to yourself or the casualty. Remove danger before accessing the casualty.

**R Response:** Using **ACVPU** check for the casualty response.

**A:** How **Alert** are they?

**C:** Are they **Confused?**

**V:** Do they respond to **Voice?**

**P:** Do they respond to **Pressure?**

**U:** Are they **Unresponsive?** If there is no response at all, they are deemed unresponsive.

**S Shout:** Radio other coaches for help.

**A Airways:** Turn Casualty onto their back and using the Head Tilt Chin Lift method.

- 1: Place hand on the forehead and tilt the head back.
- 2: With two fingertips under the point of their chin, lift the chin to open the airway.
- 3: Be careful not to press onto the fleshy part of their chin as it could restrict the airway.

**B Breathing:** Look, listen and feel for normal breathing for up to 10 seconds.

- 1: Look for chest movements
- 2: Listen at their mouth for breathing sounds.
- 3: Feel for air on your cheek.

**MAYDAY Channel 16  
or CALL 999/112**

**MAYDAY**  
SEE BACK COVER!

## Casualty is **NOT BREATHING**

1 Call for help from other coaches, **999/112** or **Ch16**.



2 If suspected **drowning**, start



**5** initial rescue breaths and **30** chest compressions.

3 If accessible use an



4 Continue **30** chest compressions to **2** rescue breaths.



5 Continue **CPR** on use of **AED** until help arrives.

## Casualty is **BREATHING**

1 Maintain the **Airway** using a **Head Tilt Chin Lift** or place the casualty in the recovery position.



2 Monitor the casualty by taking **notes**, on page 2.



Remember to fill in the time of incident.

3 Keep the casualty **safe** and **warm** until help arrives.

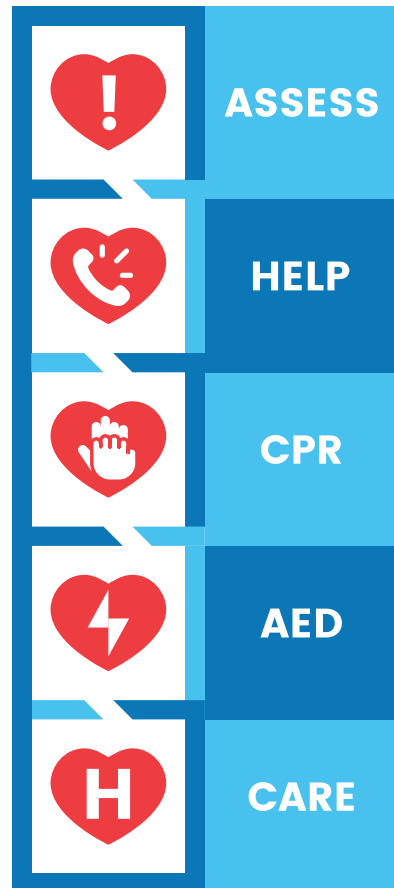
# Emergency Action Plan

Confirm the Emergency level: **Potential Fatality** (below)  
**Evacuation Required** (next page) OR **Minor First Aid** (next page).  
Then calmly follow the steps.

## Potential Fatality

- 1 **Contain incident** and ensure **safety** of other participants.  
↓
- 2 Dial **999/122** for emergency services or **Channel 16** for the Coastguard.  
↓
- 3 Arrange a suitable **evacuation** of the casualty.  
↓
- 4 File **Incident Report** **ASAP** and inform your Line Manager.

## Chain of Survival



## Evacuation Required



- 1 Contain incident and **ensure safety** of other **participants**.  
↓
- 2 Immediately **inform operational base** and request **assistance**.  
↓
- 3 Most suitable point for **evacuation** or **refuge** agreed and casualty transported there.  
↓
- 4 Ensure the other **participants** have suitable **safety cover**.  
↓
- 5 File **Incident Report ASAP** and inform your Line Manager.

## Minor First Aid



- 1 An **incident** where the **casualty** can normally carry on with the activity.  
↓
- 2 Can the staff deal with the **incident locally**?  
↓
  - 3 **YES**  
↓  
Staff applies **first aid** to casualty as required.
  - 3 **NO**  
↓  
Arrange a **safe return** of casualty to shore.
- 4 File **Incident Report ASAP** and inform your Line Manager.

# Catastrophic Life Threatening BLEEDS Protocol (DR<C>AB)

Danger - Response - Catastrophic - Airway - Breathing

**D** Danger      **R** Response

**C** **Catastrophic Bleeding** should be rapidly controlled so that you can safely move on to identify any Airway or Breathing problems.

**A** Airway      **B** Breathing

## Tourniquets for Arms and Legs

Apply the tourniquet as rapidly as possible, directly on skin 5-7cm **above** the wound **avoiding knee or elbow joints**.



**Tighten** until life threatening bleeding stops. This is painful for the casualty.

**Call 999 or 112.**

Note the **exact time** of application and inform medical staff.

## Wound Packing

**Do NOT** pack an abdominal, chest wound or an open skull fracture.

- 1** Identify and press on the **exact point of bleeding**.  
↓  
Use a **'haemostatic'** dressing if available.
- 2** Tightly pack the **whole wound** whilst maintaining pressure.  
↓
- 3** Press for 10 minutes. 1-3 minutes if using a **haemostatic dressing**. Send dressing packet to hospital with casualty.

# Minor Bleeding

- 1 **Sit** or **lie** the casualty down, keep them safe and warm.  
↓
- 2 Apply **direct pressure** to the site and elevate if possible.  
↓
- 3 If the dressing bleeds through, change it to a **fresh dressing**.  
↓
- 4 If the casualty falls **unconscious**, maintain an airway and refer back to the **Primary Survey, page 4**.



**Do not** pull out embedded objects, pad dressing around embedded objects.

**Monitor** and refer casualty to a medical professional.

# Lone Coaching



- Check the venue **risk assessment** and **hazards**
- Complete a **daily online** risk assessment
- Dynamic risk assessment during the **activity**



Assess strong winds & tide



VHF Communication & Shore contact



Lifejacket / Buoyancy aid



Engine Kill cord



Carry a Knife and whistle



Stand behind the wheel



Travel at a safe speed



Keep a lookout

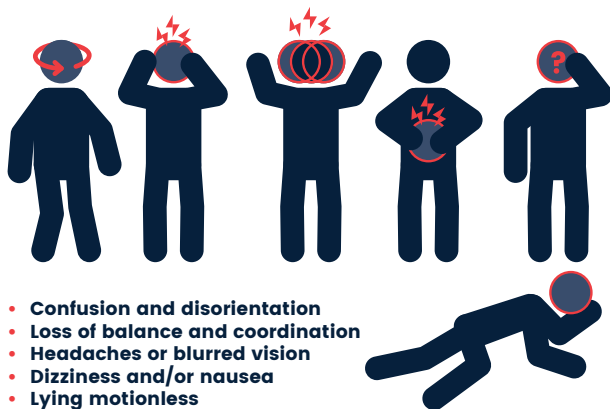
# Head Injuries

Head impacts can be associated with serious and potentially traumatic brain injuries. This page is to help identify suspected head injuries. **It is not designed to diagnose concussion.**

## Recognise & Remove – call 999/112 or CH16

If there is concern after an injury including whether **ANY** of the following signs are observed or complaints are reported then the sailor should be safely and immediately removed from the boat. If no licensed healthcare professional is available, call **999** for **emergency services** for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headaches
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative



- Confusion and disorientation
- Loss of balance and coordination
- Headaches or blurred vision
- Dizziness and/or nausea
- Lying motionless
- Difficulties with memory

## Concussion Symptoms

For more on information on sailing concussions visit [www.rya.org.uk](http://www.rya.org.uk)

## Clean & Dress head wounds

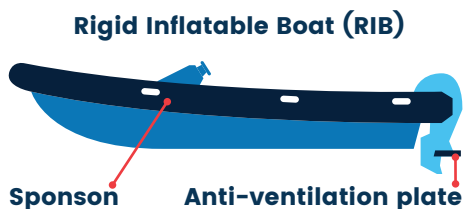
See page 09 for **Minor Bleeding** Guidelines.



# Recovering Sailors from the Water

Here are **three** options for when the standard basic lift method is not effective:

- 1 Turn the Sailor Around:** Position the sailor so they are **facing outward**, using their buoyancy aid to help haul them into the boat. This method requires significant effort and is best done with **two people**.
- 2 Use the Engine as a Step:** Ensure the engine is turned off and the kill cord is disconnected. The **anti-ventilation plate** can serve as a step. Make sure to instruct the casualty where to hold on to avoid injury.
- 3 Deflate a Sponson:** If the sailor is unconscious or too heavy to lift, **deflating a sponson** can facilitate lifting the casualty back into the rib.



## Entrapment / Entanglement

- 1 Swift Response:** Ensure your coach or safety boat can swiftly access all sailors.
- 2 Count Heads:** If necessary, intervene.
- If someone is **trapped**, right the boat as quickly as possible
  - Once the boat is in the capsized position or on its side, free the sailors.
  - If a **catamaran** is involved, try cutting through the trampoline to free the sailor. If not possible, right the catamaran as quickly as possible.
  - If someone is trapped under a **skiff**. Lift the bow or bow sprit and use the side of the ribs' sponson to create an air gap.
- 4 Follow Emergency Procedures**

VESSEL NAME:

MMSI

No:

CALL

SIGN:

**MAYDAY**

**ONLY TO BE USED IN THE CASE OF GRAVE AND IMMEDIATE DANGER TO A VESSEL OR PERSONS EG. FIRE, SINKING, MAN OVERBOARD ETC.**



1. Ensure radio is **switched on**.
2. Open cover over **RED** distress button.
3. Press **RED** distress button **ONCE** and release.
4. Scroll to relevant distress message. **FIRE, SINKING, MOB** etc. If omitted an Undesignated Distress will be transmitted.
5. Press and hold **RED** distress button for 5 seconds to send the alert.
6. Wait for 15 seconds for the acknowledgement (on screen) and send the following **VOICE MESSAGE** on **Channel 16** on high power.

**“MAYDAY, MAYDAY, MAYDAY! THIS IS:**

(Name of the vessel, REPEATED 3 times)

**CALL SIGN:**

**MMSI No:**

**MAYDAY:**

(Name of the vessel, ONCE)

**MY POSITION IS:**

(By Latitude and Longitude or bearing and distance from a charted object)

**WE:**

(State nature of distress: i.e. sinking, fire, man overboard etc.)

**WE REQUIRE IMMEDIATE ASSISTANCE!**

**WE HAVE**

**PERSONS ON BOARD.**

Any other information: i.e. type of vessel, hull colour etc. **...OVER!”**