

UHBC Generic Emergency Action Plan



Updated October 2026

This document should be read in conjunction with the relevant competition safety plan (if appropriate). All competitions organised by UHBC will have safety boat provision and the key decision-making will be usually be led by the Chief Umpire (Race Committee Chair).

1. Summoning assistance in case of emergency

1.1. Calling 999

In the event of a serious incident or medical emergency, including a club member becoming suddenly ill, unresponsive, missing or placed at serious risk, **do not delay in calling emergency services.**

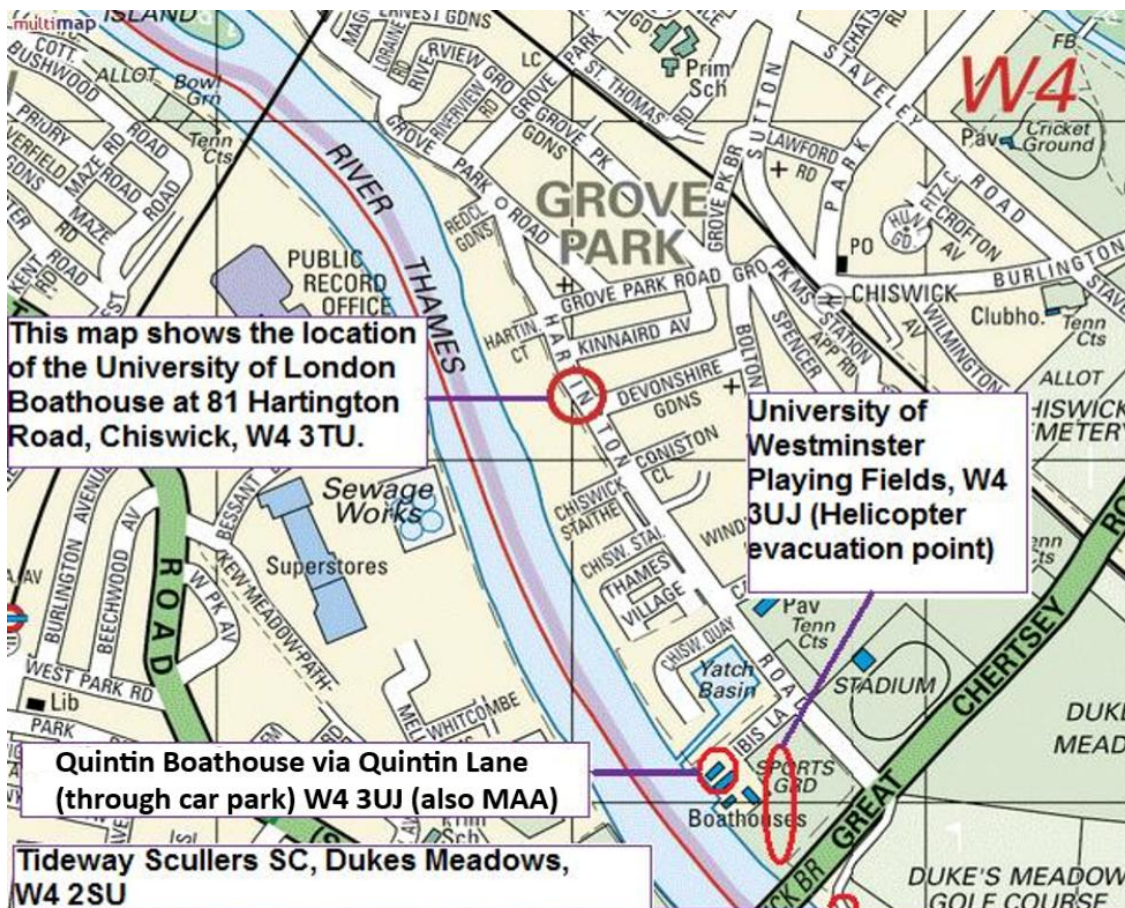
For emergencies on land including at the boathouses ask for AMBULANCE.
For emergencies on the water ask for COASTGUARD.

Be prepared to describe what has occurred, the casualty's demographics and their condition if applicable, i.e. whether or not they are responding, breathing, have a palpable pulse, etc.

Be prepared to give your exact location including postcode.

Facilities for Medical Aid			
First Aid	Serious Injury	Evacuation	
1. <i>Primary</i> – UL Boathouse	Senior Medical Officer. Contact by radio/mobile phone.	By Road	By Air
		ULBH – 81 Hartington Rd, W4 3TU ///cooks.clever.leaps	ULBH

	If life-threatening injury contact 999 immediately. If the incident is on the water ask for COASTGUARD. Ask crew to ROW TO the nearest SHORE if safe to do so.		(need to clear tarmac to enable helicopter to land)
		Quintin - 42 Ibis Lane W4 3UJ (note best access via Quintin Lane through car park) ///noon.effort.bubble TSSC – Dukes Meadows W4 2SH ///Cherry.pipes.solid	2. University of Westminster playing fields W4 3UJ ///season.liver.cool

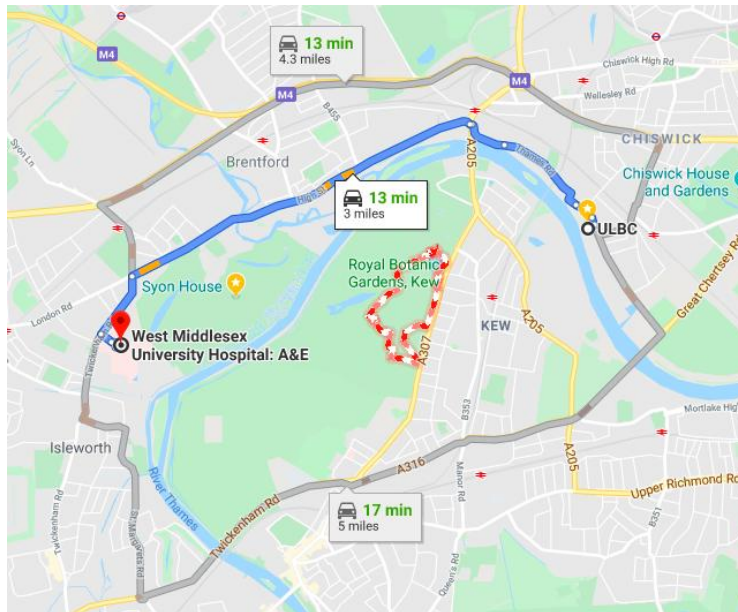


In water emergencies, state the number of casualties involved/missing and last known location if applicable, so that an appropriate rescue unit can be sent.

1.2. Attending A&E

In cases where emergency medical attention is required but ambulance service is not needed, the decision may be made to send a club member to the **nearest accident & emergency department, i.e.:**

West Middlesex University Hospital
Twickenham Road
Isleworth
Middlesex
TW7 6AF
(2.2 miles away)



It is the responsibility of the UHBC captains (or individuals appointed by them) to assist members to an emergency department and support them as they acquire initial medical attention.

1.3. Calling 111

111 is a non-emergency number that can be called when club members are unsure what to do in case of an urgent medical problem **not requiring 999 help**.

Depending on the problem, via 111 you can:

- find out what local service can help you;
- be connected to a nurse, emergency dentist, pharmacist or GP;
- get a face-to-face appointment if you need one;
- be told how to get any medicine you need; or
- get self-care advice.

1.4. Additional river emergency contacts

In cases of serious incidents on the water, appropriate authorities may be contacted alongside emergency services to notify them or seek additional advice.

RNLI Chiswick	020 8995 5534
Coastguard watch manager	0208 312 7380
Port of London Authority VTS duty officer	0203 260 7711

1.5. In-club emergency contacts

Once all the help required to help a club member in need has been summoned, appropriate committee members should be notified of the incident, including the Safety & Welfare Officer, to ensure official reporting can be carried out.

Club emergency contacts for 2026-2027: officers via united hospitalsboatclub@gmail.com (telephone numbers provide directly outside of this document)

2. Location

2.1. Club address

In case of serious incident in which those requiring assistance are the boathouse, emergency services should be directed to:

**81 Hartington Road
Chiswick
London
W4 3TU**

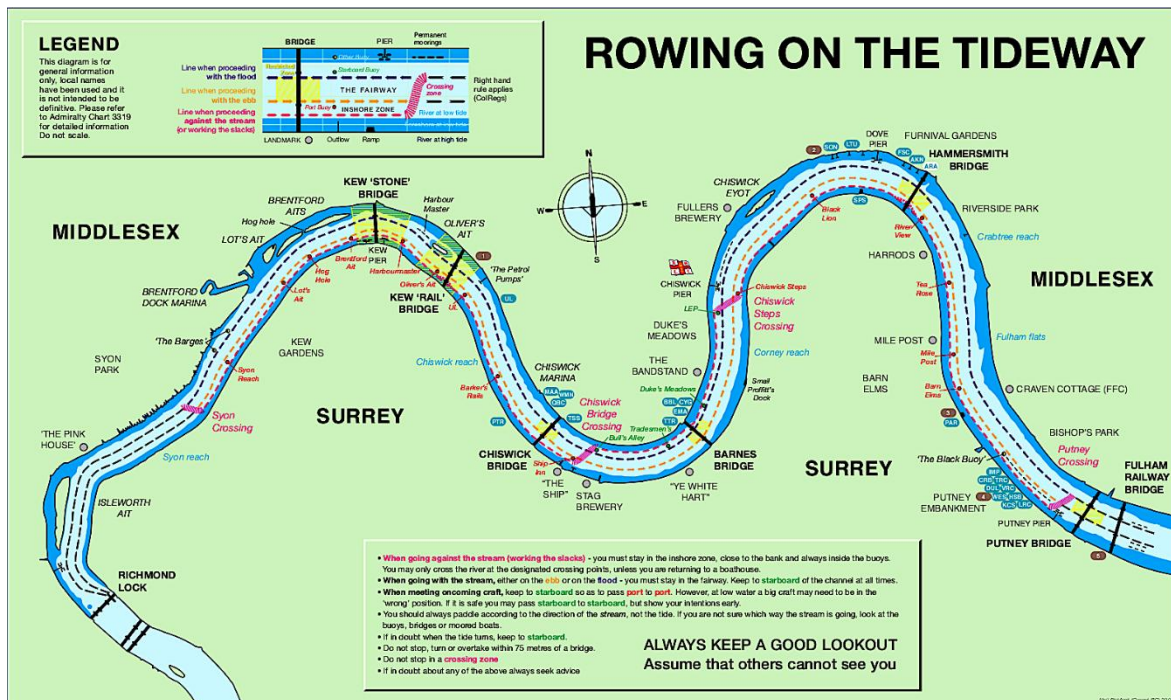
What three words `///mats.faces.patio`

2.2. Directing emergency services to river incidents

In cases of serious incident on the river, club members should specify their location using descriptors such as landmarks, bridges, Surrey/Middlesex side, etc.

If appropriate consider using the `///what3words`¹ location to refer to adjacent land-based locations.

¹ <https://what3words.com/>



3. First aid

3.1. First aid kits

It is the responsibility of affiliated and associated affiliated clubs to provide and maintain appropriate first aid kits which individual club members should be able to access.

3.2. Providing first aid

The vast majority of individual members are undergraduate students of the London medical schools. Basic Life Support is taught as part of the first-year curriculum, while introduction to Advanced Life support is covered as part of the fourth year although the exact provision will differ slightly between each institution. At all competitions and in any crews selected to represent UHBC there will be a significant cohort of members capable of providing first aid and/or initial assistance to a critically unwell individual.

If in doubt, a list of ULBH trained first aiders should be available on the boathouse Safety Board.

Club members must call 999 or attend A&E in case of medical emergency.

3.3. Automated external defibrillator (AED)

Covered as part of UL Boathouse Policy:

*“Intense activities can carry a significant risk of cardiac events, coupled with the large numbers of people who frequent the Boathouse; a **defibrillator in case of emergency is situated on site (outside wall of the boathouse, facing the road, next to the steps)**. This will be a public access defibrillator, and consequently there may be events where emergency services come from offsite to utilise the facility. Training for use of this will be advertised where necessary.”*

4. Additional specific incident guidance

4.1. Capsize

In the event of capsizing, any rower affected should:

1. Free their feet from the shoes by pulling the laces.
2. Hold onto their boat, keeping as much of their body possible out of the water (turn over the hull for this purpose if necessary).
3. ‘Buddy-up’ if possible - this will increase warmth, support and ensure everyone remains accounted for.
4. Wait for nearby boats to fetch help or a launch - **do not attempt rescue from another rowing boat.**

NB: Even a simple capsizing during a competition or outing organised by UHBC should be reported to the Safety Officer.

4.2. Hypothermia

Submersion in cold water may result in significant heat loss causing a sudden drop of body temperature, i.e. hypothermia. Most obvious signs include shivering (uncontrollable in severe hypothermia), cold and pale skin, slurred speech and fast breathing. **This is a medical emergency and 999 must be called immediately if hypothermia is suspected.**

In addition, first aid measures should be taken.

- Move casualty somewhere warm, e.g. indoors, under blanket.
- Aid in removal of cold clothing and drying the casualty.
- Encourage the person to move if possible.
- Provide warm beverage or high-energy food, e.g. chocolate.

Importantly:

- **DO NOT** apply direct heat such as heat packs or a warm shower.
- **DO NOT** rub the casualty’s skin to keep them warm (dilation of superficial blood vessels will lead to increased heat loss).
- **DO NOT** give the person alcohol.

5. Suspending activities during competitions organised by UHBC

The chairman of the race committee will be responsible for the decision to suspend or abandon the competition. Please refer to the individual event risk assessments.

5.10.26