

TYRW Safety and Contacts

Lakewood YC: 2425 E NASA Pkwy, Seabrook, TX 77586 **(281) 474-2511**

Event Chair: **Elizabeth Morrell (713) 806-0571**

Scoring / Jury Office: Marie Wise (713) 419-5329
 Janna Keever (512) 968-6012
 Heather McGagh (281) 352-1229

Safety On-Shore: Amy Granberry (361) 774-2320 Opti sign in/out sheets and emergency contacts for all sailors

On-the-Water Safety: Nick Dunphey (281) 520-1241 Nick driving with Republic **EMS** onboard

Closest Hospital/ER: Houston Methodist St. John Hospital and ER (281) 333-5503
 18300 St John Dr. (at NASA Pkwy), Houston, TX 77058

<u>Bay Race Areas</u>		<u>Lake Race Area</u>
Laser / Dbl Handed	Opti RWB	Opti Green
PRO: Jeff Progelhof (214) 334-9318	PRO: Bill Stump (310) 508-6500	PRO: Carl Drechsel (832) 721-2871
VHF: 69	VHF: 71	VHF: 72
EMS Contact: 911 Coast Guard: VHF 16		EMS Contact: 911 Coast Guard: VHF 16
Ambulance rendezvous point: Aquarium Restaurant Dock #11 Kemah Boardwalk, Kemah, TX 77565		Ambulance rendezvous point: Lakewood Yacht Club Gas Dock 2425 E NASA Pkwy, Seabrook, TX 77586

Key TYRW Personnel

Keen Butcher	TYRW Chair	(713) 259-1798
Bob Gough	Judge	(817) 313-8916
Peter Gerard	Judge	(214) 244 4955
Steve Comen	Judge	(214) 417-3864

LYC TYRW Personnel

Watt Duffy	LYC Sailing Director	(832) 256-6865
MacKenzie McGuckin	LYC Head Green Fleet Coach	(832) 506-7975
Bernat Gali	LYC Head RWB Coach	(346) 775-6877
Dane Byerly	LYC Assistant Laser/420 Coach	(832) 425-2035
Jon Larson	LYC Assistant RWB Coach	(281) 796-4162
Colin Scoville	LYC Assistant RWB Coach	(409) 789-4371
Olivia MacAndrew	LYC Assistant Green Coach	(281) 635-5429
Dougie Byerly	LYC Assistant Green Coach	(832) 425-6845

General Safety

- Sailors shall follow the check out/ check in procedure described in the sailing instructions.
- No sailor shall leave the lake or racing venue without a tow.
- Coaches should know where their team members are on the water and have a list of names and sail numbers on board. Each sailor should know which coach he/she is assigned to.
- If a sailor retires, the coach must notify race committee by VHF and provide sail number and name.
- The coach is responsible for getting a retired sailor to a tow or spectator boat to wait for a tow.
- All mark boats, coach boats, judge boats should render assistance to any sailor if requested by the sailor. They should render assistance without request if, in the rescue boat's opinion, the competitor is in danger, injured or unable to proceed safely. They often will say they are fine but will not be making progress with their boat. Make sure that they need help because boats receiving assistance must retire from the race.
- **Charge your cell phone and marine VHF every night.**
- Each powerboat on the water should have a basic first aid kit.
- There will be safety boat on the water with EMS onboard.

Emergency Procedures

Before going out: Identify both emergency rendezvous locations and check VHF

Severe life- threatening injury: For example: head injury with loss of consciousness, stroke, heart attack, severe bleeding, drowning or when you are in any doubt.

1. Call Coast Guard on VHF 16: Procedure: Pan, Pan, Pan, medical emergency this is (name of your vessel) calling Coast Guard. Give coast guard exact location (latitude and longitude if you have it) and what the emergency is.
2. Call 911
3. Specify closest rendezvous point
Bay race areas: Dock by Aquarium restaurant in Kemah channel
Lake race area: Lakewood YC Fuel Dock
4. Hail safety boat with EMS
Safety boat will be monitoring both VHF 69 and 71
5. Notify on-shore safety and contact individual's parents/guardian

Severe non-life threatening injuries where we need to get the victim off the water and to treatment fast: For example: severe cuts, broken bones, head injuries when the victim is conscious, etc.

1. Call 911
2. Specify closest rendezvous point
Bay race areas: Dock by Aquarium restaurant in Kemah channel
Lake race area: Lakewood YC Fuel Dock
3. Hail safety boat with EMS
Safety boat will be monitoring both VHF 69 and 71
4. If it is safe to do so, transfer the victim to the first-aid boat or the fastest available boat for transport
5. Notify on-shore safety and contact individual's parents/guardian

Basic protocol:

If head injury or unconscious: don't twist head and neck, roll face-up gently keeping head and neck inline, Call 911.

Dehydration/heat: symptoms of dehydration include confusion, nausea, vomiting, and weakness. Get to shore and cool off asap, drink fluids. Call 911 if vomiting more than once.

Lacerations: stop bleeding, apply pressure. If severe or shooting blood: call 911.