

Managing a collapse on the boat GUIDELINE:

Managing a person who is in a state of **CONSCIOUS** collapse when on the water.

RECOMMENDATION: Where **CONSCIOUS** collapse has occurred.

1. The collapsed crew member should be assisted by the nearest crew member to stop paddling immediately, to be still, upright and breathing slowly and deeply, head in the neutral position or tilted slightly back for ease of breathing (or tilted to the side if vomiting). Allow the person to vomit into the boat rather than risk leaning them over the side as this may lead to capsize. A second paddler should stop paddling and assist and should work to keep the 'collapsed' person as calm as possible by providing verbal and non-verbal reassurance.
2. The assisting crew members must notify the Sweep by raising an arm and calling out "Collapse or some other agreed unambiguous term"
3. On hearing the word "Collapse" the sweep should immediately go directly to the nearest easily accessible flat space ashore to permit assessment of the best response to the 'collapse' ie. Call an ambulance or paddle back to the boatshed.
4. Using the phone on the boat, one member will be assigned to contact Emergency Services via '000' or '112', request an ambulance and agree on a meeting location. Once ashore, one crew member should attempt to meet and direct the ambulance at the nearest street. Other paddlers not directly involved in supporting the collapsed person should keep still, listen for directions from the Sweep and ensure that the boat remains stable.

GUIDELINE: Managing a person who is in a state of UNCONCIOUS collapse when on the water

RECOMMENDATION: Where **UNCONCIOUS** collapse has occurred.

1. The crew members most impacted by the person who has collapsed should support the 'collapsed' person as best they can to prevent them falling out of the boat or from capsizing the boat.

These are equal priorities. They should endeavour to ensure that the person is in a supported upright (sitting) position and that the person's head is tilted back slightly to keep their airway open, the assisting crew member/s must notify the Sweep by raising an arm and calling out "Collapse....UNCONSCIOUS COLLAPSE"

2. On hearing the word "Collapse" the sweep should immediately call all paddlers to stop paddling and go into the "Paddles-On or Brace" position and determine the collapsed person's state of consciousness. If so, paddling members must be directed to take the boat directly to the nearest accessible flat shore space
3. Under no circumstance should in-boat CPR be attempted on-board because the amount of crew movement foreseeably required to carry out in-boat CPR creates an extreme and unacceptable risk of capsize, an increased risk to all.
4. Using the phone on the boat, one member will be assigned to contact Emergency Services via '000' or '112', request an ambulance and agree on a meeting location. One member should attempt to meet and direct the ambulance at the nearest street.
5. Once safely ashore. 6-8 paddlers should transfer the unconscious 'collapsed' person to a flat surface and assess for the commencement of Cardio-Pulmonary resuscitation (CPR).

6. Once it is established that the heart has stopped, cardiac compressions should commence at the rate of 100-120 compressions a minute.

7. If it is possible, and the collapsed person's airway seems clear and someone is willing to do mouth-to-mouth breathing, then two breaths can be added every 30 chest compressions provided that they do not seriously disrupt the rate of compressions. ** The current Australian Resuscitation Council Guidelines (2016) state clearly that priority must be given to compressions and circulation over breathing in emergency situations.

8. If the 'collapse event' occurs near within 200 metres of the boatshed then a member should be dispatched to retrieve the Defibrillator and to bring it to the shore.