



# REGATTA SAFETY PLAN

Long Beach Yacht Club | 562-598-9401

## AFLOAT

### ON-WATER EMERGENCY PROCEDURE

1. Survey the injury and ensure the environment is safe to provide assistance. Do not attempt to mobilize a victim with head, back or neck injuries.
2. Immediately contact emergency responders (US Coast Guard and/or Long Beach Lifeguards) using **VHF Channel 16**. Provide the following information:
  - ❖ Identify the level of emergency: MAYDAY = Life-Threatening
  - ❖ Type of injury and the name(s) of the person(s) injured
  - ❖ Your name and phone number
  - ❖ Name and description of the vessel you and/or the injured person are currently aboard
  - ❖ Current location using latitude and longitude if possible and/or proximity to landmarks
3. **EMERGENCY RENDEZVOUS POINT** (public dock nearest to Alamitos Bay jetty):
  - ❖ Ballast Point Brewery  
**110 N Marina Drive**  
**Long Beach, CA 90803**
4. Inform the Race Committee using VHF channel designated for event
5. Administer CPR / First-aid as needed. Emergency first-aid supplies are located:
  - ❖ Aboard each club vessel inside orange safety box
  - ❖ Aboard signal vessel Loynes and/or Barge
6. Important non-emergency VHF channels & phone numbers for use on the water:
  - ❖ **Primary RC Channels** (may change by event): **VHF 68, 69, 71**
  - ❖ **Bridge to bridge** (commercial vessels inside harbor): **VHF 13**
  - ❖ **Bridge to bridge** (commercial vessels outside harbor): **VHF 14**
  - ❖ **Long Beach Lifeguards: 562-570-1360**
  - ❖ **US Coast Guard: 562-495-1480**
  - ❖ **Seal Beach Lifeguards: 562-430-2613**
  - ❖ **Orange County Sheriff Harbor Patrol: 949-732-1002**



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## ASHORE

### ON-LAND EMERGENCY PROCEDURE

1. Survey the injury and ensure the environment is safe to provide assistance. Do not attempt to mobilize a victim with head, back or neck injuries.
2. Immediately **call 911** from a cell phone or the nearest land line. Provide the following information:
  - ❖ Identify the level of emergency, i.e. life-threatening
  - ❖ The type of injury and the name(s) of the person(s) injured
  - ❖ Your name and phone number
  - ❖ Long Beach Yacht Club address:  
**6201 East Appian Way**  
**Long Beach, CA 90803**
3. Alert Regatta Staff, General Manager and/or Front Desk to clear the area and open the parking lot gate for emergency access to the club facility. Inform them of the exact location of the injured person.
4. Administer CPR / First-aid as needed. First-aid supply locations:
  - ❖ Front Desk
  - ❖ Bar
  - ❖ Pool Deck (Lifeguard Shack)
  - ❖ AED and First-aid medical kits are supplied at each location.
5. Important non-emergency phone numbers for use ashore:
  - ❖ **Front Desk:** (562) 598-9401
  - ❖ **Race Office:** (562) 294-5161
  - ❖ **Long Beach Fire Department:** (562) 570-9400
  - ❖ **Long Beach Police Dept:** (562) 570-7260
  - ❖ **Long Beach Gas Department:** (562) 570-2000