



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:**
 - ❖ Long Beach Yacht Club
6201 E Appian Way
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