



# 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