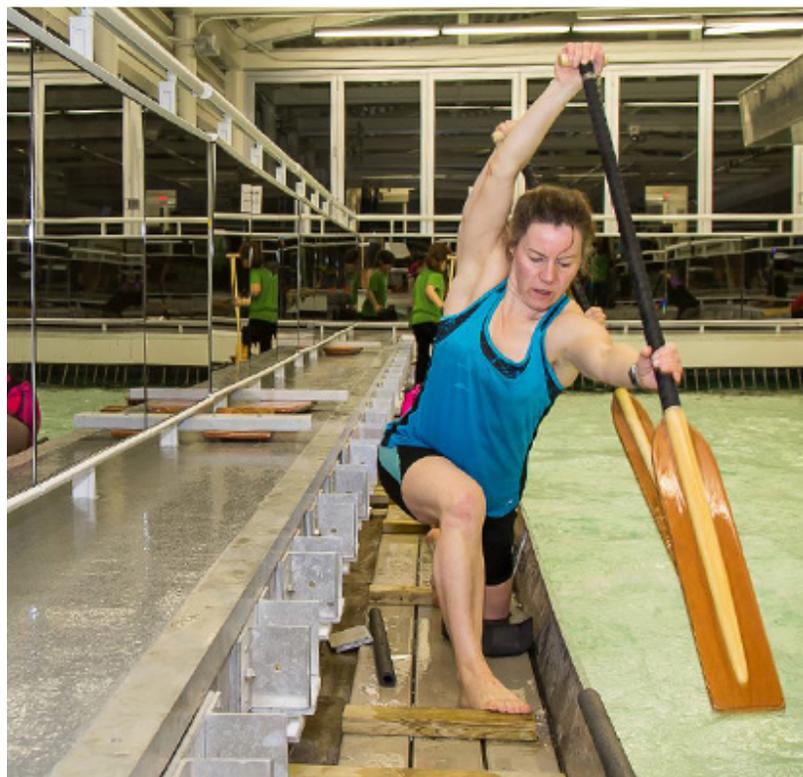




# Welland Indoor Paddle Tank Flatwater Sport Safety Manual

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**Flatwater Sports Excellence**



Community programming provided with funding from the  
Ontario Sport & Recreation Communities Fund (OSRCF)

## Venue

**The Welland Indoor Paddle Tank** opened to the public in October 2014. It is a multi-sport paddling tank, which can be used for rowing, canoeing, kayaking and dragon boating.

The tank has three different trays which can be interchanged for the various sports. The trays are changeable using an intricately designed pulley system depending on the groups using the facility. As well, there are seats for individual paddlers located along the sides of the tank.

The flume, which generates the current, is controlled by buttons near the entrance to the facility. The current can be increased for more experienced paddlers or rowers, while novices can work in a gentler current or still water.

The tank itself has water which is 0.52 metres deep. The tank is 14.71 metres long and 7.09 metres wide. The water is disinfected with bromine to ensure safety for the users.

## Safety Features

There are four emergency shut off buttons, one located in each corner of the facility. When the button is depressed an alarm will sound and power will be cut to the engines driving the water.

There is an emergency phone in the tank room, as well as a fully stocked first aid kit and an AED. At all times that a group is utilizing the tank, there must be a designated person who is qualified with Standard First Aid, with CPR 'C'. In ideal situations, this would be the coach of the group, but in case the coach is not qualified, there must be a designated first aider on-site. The WIFC staff supervising the facility will all be trained in Standard First Aid with CPR 'C'.

Training will include use of the AED.

The paddling tank is not available for public access; it is available to groups who wish to rent the facility. Each group must have a designated supervisor or coach who will ensure that the rules of the facility are followed. Once the requirements for rental have been met, access to the facility will be provided for the duration of the rental time period.

Capacity of the tank will be limited to 44 paddlers at a time and the total occupancy of the room should never exceed 90 people.

## Safety Precautions for Users

The trays for the different sports are not fixed to the bottom of the tank. Therefore they can be unstable and precautions should be taken when using the tank – especially during loading and unloading. Safety precautions for users of the tank include ensuring that the water flow is turned off while people are loading and unloading the trays in the tank. This should help reduce the possibility of slipping and falling into the water. While loading and unloading, users should stay low and hold onto the sides of the tray to help them keep their balance. For novice users, life jackets are not mandatory, but will be available for anyone choosing to wear one. Non-swimmers should consider wearing one as a safety precaution.

## Dry Land Training Gymnasium Venue

Not only does the WIFC building now feature a state-of-the-art, custom designed training tank, the adjoining 2,00 square foot, divisible, multi-use space is outfitted with various free weights, cardio accessories, weight machines and ergs, allowing for full athlete training in one venue.

## List of Equipment

### Cardio Equipment

- ▶ 12 Rowing Ergometers
- ▶ 1 Kayak Ergometer
- ▶ 1 Canoe Ergometer
- ▶ 14 Skipping Ropes

### Weight Equipment

- ▶ 4 Olympic Weight Bars
- ▶ Weight Plates
- ▶ 6 2.5 lbs
- ▶ 12 5 lbs
- ▶ 8 10 lbs
- ▶ 6 each of 25 lbs, 35 lbs, 45 lbs

### Dumbbell Weights

- ▶ 2 sets of 5 lbs
- ▶ 1 set of 8 lbs
- ▶ 3 sets of 10 lbs
- ▶ 2 sets of 15 lbs
- ▶ 2 sets of 20 lbs
- ▶ 1 set each of: 25 lbs, 30 lbs, 35 lbs, 40 lbs, 45 lbs, 50 lbs

### Medicine Balls

- ▶ 1 4 lbs
- ▶ 2 6 lbs
- ▶ 3 8 lbs
- ▶ 4 10 lbs
- ▶ 1 each of 12 lbs, 15 lbs, 20 lbs, 25 lbs, 30 lbs

### Other Equipment

- ▶ 2 Power Racks
- ▶ 12 Yoga Mats
- ▶ 2 Adjustable Benches
- ▶ 2 Standard Benches
- ▶ 2 Gymnastic Balls
- ▶ 2 Pull Up Benches

## Supervision

Groups that rent the facility must have a coach present at all times in the gym to supervise the use of the equipment, if the users are 18 years of age or under.

Users who are 14 years of age or under may not use the weight equipment, even if a coach is present.

Users who are 18 years of age or older do not need a coach present, although no user may be in the gymnasium unless there is another person in the room to provide assistance if needed. No one of any age may use the weight benches unless they have a spotter.

## Cleaning

The gym is supplied with cleaning solution and paper towels to spray and wipe down all equipment before and after it's use. All users are required to clean the equipment that they are using for sanitation reasons.

## Emergency Action Plan Minor Emergency

In the case of a minor emergency, such as a first aid incident, the coach or designated first aider will take the person requiring assistance to the first aid kit and assist them. The remainder of the group will continue with their activity. In all first aid cases, an accident/incident form should be filled out and returned to or filled out by WIFC staff. These forms must be filed in the Incident/Accident file folder located in the cupboard at the sport information desk. Filling out of Minor Accident forms is important for staff to track whether or not a piece of equipment is dangerous and needs to be modified. If one piece of equipment is continuously causing injury, then it will be addressed so that it is safe for the users.

## Major Emergency

A major emergency is defined as any type of emergency which would necessitate more than one person assisting someone or the shut off buttons being used. This could be a major first aid emergency or someone falling in the water.

If someone falls in the water, the person closest to the shut off button will press it to turn off the power to the engines. The person who fell in the water will be assisted from the water and checked for first aid requirements. All people should use caution around the tank as the water is very shallow and a fall could cause a head or spinal injury. If such an injury is suspected, 911 should be called and the person examined at the hospital. If the person falls into fast flowing water, someone should attempt to help them before they reach the end of the tank and encounter the grating. It is sharp and could cause lacerations to the person.

If a person works too vigorously and complains of chest pain, they should cease all activity immediately and be placed in a comfortable resting position. If conscious, ask about prior medical history and if the person has any medication. **Call 911 for assistance.**

If the person lapses into unconsciousness, they should be laid on a hard flat surface. The person assisting them will need to determine if they are breathing. If they are not, using a pocket mask from the first aid kit, the rescuer should start CPR to establish a heart rhythm while someone else calls 911 and fetches the AED. Turn on the AED and follow the prompts. If they are breathing, then 911 should be called immediately and the person should be transported to the hospital to be checked out, even if they regain consciousness.

A first aid manual will be found in the first aid kit and will assist with any and all first aid requirements.

A Major Accident form should be filled out for all major incidents and returned to the WIFC or WIFC staff immediately. If an ambulance is called to the facility, they will be directed to the door at the north end of the facility, marked emergency door. The parking lot leads almost all of the way to this emergency door, and there is a paved pathway which the ambulance can use to get from the parking lot to the door. If an ambulance or emergency personnel are dispatched to the facility, someone will be directed to the parking lot to assist them in accessing this door to the facility.

### Common types of injuries associated with training tanks of this type:

- ▶ Blisters
- ▶ Upset stomach causing vomiting
- ▶ Slipping on wet area surrounding the tank
- ▶ Chest pains (*possible heart attack*)