

## Rowing NZ Recommended Operating Procedure (ROPs): First Aid Equipment

*Rowing New Zealand is committed to water safety by offering clubs recommended procedures for operation. Clubs should take these recommendations as guidance and consider the risk of their own training waterways when making decisions on their club procedures. The following list of ROPs is non-exclusive but aimed at assisting clubs in considering their risks depending on the relevant hazards.*

The purpose of this ROP is to offer clubs recommendations on the level of first aid equipment that should be on hand in the club.

### **In the Club House**

It is recommended that the club has a comprehensive first aid kit available to its members at all times.

### **In each safety boat**

It is recommended that each safety boat has a smaller first aid kit carrying the suggested following items:

Plasters

Disposable gloves

Reflective emergency blanket/survival blanket

1 Triangular Bandage

1 Finger Dressing

1 Wound Dressing Medium 12cm x 12cm

10 Washproof Plasters Assorted

1 Red Cross cleansing wipe

1 Dressing, Adhesive 5cm x 7.5cm

Scissors

Strapping tape