

# Coventry Lake Community Rowing (CLCR)

## Hypothermia Response Checklist

### (October 1 – May 31 | CGS Sec. 15-140b)

#### **1. Recognize Hypothermia**

Early Signs: Shivering, cold/pale skin, slurred speech, fatigue, confusion, poor coordination.

Serious Signs: Uncontrollable or stopped shivering, altered mental status, weak/irregular pulse, unconsciousness.

#### **2. Immediate Actions**

- Remove from cold water or exposure
- Move to sheltered area (boat, shore, vehicle, tent)
- Handle gently; keep person horizontal if possible
- Do NOT allow re-entry into cold conditions

#### **3. Remove Wet Clothing**

- Remove wet clothing if conditions allow
- Replace with dry clothing or towels
- Avoid excessive movement in severe cases

#### **4. Rewarm Safely (CORE FIRST)**

- Wrap with thermal (Mylar) blanket
- Add insulated rescue blanket
- Apply heat packs near chest/abdomen (not on bare skin)
- Shield from wind and moisture
- Do NOT massage extremities

#### **5. Cold-Water Immersion**

- Recover using safety launch procedures
- Keep victim horizontal
- Treat as potential spinal + hypothermia case
- Begin warming immediately

#### **6. Call 911 IMMEDIATELY If:**

- Cold-water immersion occurred
- Shivering stops or is violent
- Confusion or unconsciousness
- Symptoms worsen or severity unclear

#### **7. Required Equipment On Site**

- Thermal (Mylar) blankets
- Insulated rescue blankets
- Heat packs
- Dry towels / spare clothing
- Waterproof / windproof layers
- Communication device (radio/phone)
- Safety launch equipped for cold response

**After Incident:** Do not allow return to activity. Complete CLCR incident report. Notify CLCR leadership.

**Emergency:** 911