

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