

# Keauhou Canoe Club

## Medical Procedure Protocol



This document contains directions to follow if any steersman or paddler experiences a medical emergency.

### Immediate Action Steps

1. Stop and Stabilize: Halt the canoe, ensure it is stable in the water, and assess the situation while remaining calm.
2. Initial Assessment: Check the victim's breathing and consciousness.
3. Signal Distress: Call 911/Emergency Medical Services(EMS)
4. Signal Location: Utilize whistles or flags to attract nearby canoes for possible assistance.
5. Position: Place life jacket on person and if possible place person comfortably in bottom of canoe. If faint place lying in bottom of canoe with legs placed on seat or iako
6. Evacuation: Head quickly toward the nearest safe evacuation location.  
(For example Keauhou Bay from south or Magics, Kahalu'u or Keauhou Bay from the north. If evacuating to the club, inform EMS to meet at the far south end of Kamehameha III road.)

### Medical Care on the Water

Start by looking at ABCs

- Airway: assess if patient is in a position to breathe freely
- Breathing: CPR mask to provide breathing assistance if needed
- Circulation: Check pulse at wrist or at the neck.

**If there is no pulse** consider in-canoe CPR, (In-canoe CPR is questionably effective and often impractical so evacuation is the priority.

**If person is conscious** have them verbally confirm their condition intermittently.  
(e.g. have them provide the " ho" at each changeover.)

If person is bleeding, control bleeding by applying direct pressure to wounds using a first-aid kit, and elevating limbs if possible.

### On arrival at Keauhou

There is a wrist blood pressure cuff and an AED (provides shock) at the halau.

Assess condition of patient:

- If patient unconscious, partially conscious or any unknown/questionable status apply
- AED. The AED will evaluate cardiac condition and only deliver shock if necessary.
- Perform CPR if warranted
- Prepare Information: Gather details for emergency services: number of people, location,
- nature of injury, and patient vitals.