

**LAKE BRADDOCK
CREW
SAFETY
CHECKLIST**



**LAKE BRADDOCK
CREW
LAKE BRADDOCK CREW
BOOSTER CLUB
P.O. BOX 10458
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| | | | | |
|---------------|--|--|--|--|
| Change Number | | | | |
| Date | | | | |
| Initial | | | | |

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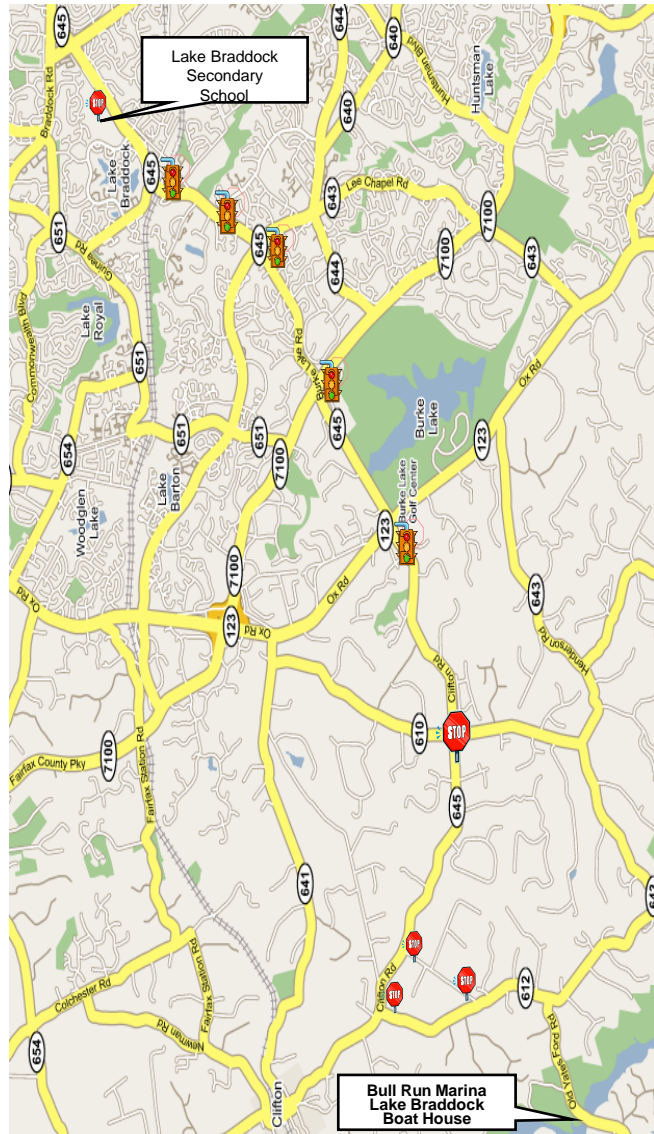
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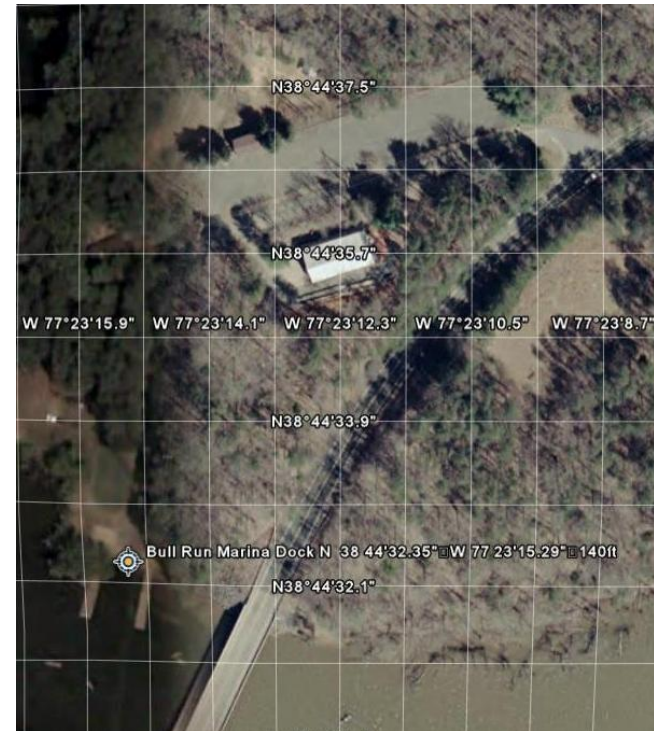
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LBSS to LB Boat House



BULL RUN MARINA



NOT
A
PAGE

SAFETY RULES

1. Rowing before sunrise or after sunset is not authorized.

- a. Lights required within ½ hr after sunrise or ½ hr prior to sunset
(Red/Grn on bow, White on stern)
- b. Whistle or Air Horn required

2. Adult must be present on shore

3. Shell

- a. Coxswain inventory
- b. Coxswain must wear PFD
(water practice)
- c. Coxswain must carry whistle or air horn (water practice)

4. Launch

- a. Coach inventory
- b. Safety equipment aboard launch
- c. Review checklist
- d. Review rower's medical history
- e. Mandatory PFD for all occupants
- f. Max occupants=coach + 2 people
- g. Motor emergency cutoff attached to driver
- h. Maintain radio or visual contact with each assigned shell

INCLEMENT WEATHER

1. Head Coach weather decision

- a. Check with Sandy Run Marina
- b. Check with Weather Service

2. Winds – Check direction/speed, waves/swells

3. Heavy Rain – Check rise in river, increased speed, debris

4. Lightning/Thunder—No Practice

- a. 5 sec = 1 mile between thunder & lightning
- b. **30 sec (6 miles)—Get Off Water**
- c. **15 sec (3 miles)—Seek Shelter**
- d. **30 min after last lightning strike—all clear**
- e. **Inside building**
 - 1) Stay clear of doors & windows
 - 2) Telephone use—emergency only
- f. **Outside**
 - 1) Stay clear of trees & structures
 - 2) Remove metal objects
 - 3) Seek low profile to skyline
 - 4) Assume lightning safety crouch (squat low to ground)
 - 5) **DO NOT LIE FLAT**

5. Fog – if caught on water

- a. Slow down
- b. Return to dock
- c. Make noise—whistle/air horn
- d. TOO Thick—stop & make noise

6. Cold Weather

- a. Air or Water ≤ 35 F = No Practice
- b. Air ≤ 40 F or Water ≤ 50 F = launch within 35 meters of shells (max 2 shells per launch)
 - 1) Min of 4 oars on water
 - 2) Assign Buddy System
 - 3) Stay close to shore
 - 4) Signaling device in each shell
 - 5) Emergency/Safety equipment in launch
 - 6) Adult on shore

Wind Chill Chart

Wind (mph)

| Temperature (°F) | Calm | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 |
|------------------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|
| 40 | 36 | 34 | 32 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | |
| 35 | 31 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 19 | 18 | 17 | |
| 30 | 25 | 21 | 19 | 17 | 16 | 15 | 14 | 13 | 12 | 12 | 11 | 10 | |
| 25 | 19 | 15 | 13 | 11 | 9 | 8 | 7 | 6 | 5 | 4 | 4 | 3 | |
| 20 | 13 | 9 | 6 | 4 | 3 | 1 | 0 | -1 | -2 | -3 | -3 | -4 | |
| 15 | 7 | 3 | 0 | -2 | -4 | -5 | -7 | -8 | -9 | -10 | -11 | -11 | |
| 10 | 1 | -4 | -7 | -9 | -11 | -12 | -14 | -15 | -16 | -17 | -18 | -19 | |
| 5 | -5 | -10 | -13 | -15 | -17 | -19 | -21 | -22 | -23 | -24 | -25 | -26 | |
| 0 | -11 | -16 | -19 | -22 | -24 | -26 | -27 | -29 | -30 | -31 | -32 | -33 | |
| -5 | -16 | -22 | -26 | -29 | -31 | -33 | -34 | -36 | -37 | -38 | -39 | -40 | |
| -10 | -22 | -28 | -32 | -35 | -37 | -39 | -41 | -43 | -44 | -45 | -46 | -48 | |
| -15 | -28 | -35 | -39 | -42 | -44 | -46 | -48 | -50 | -51 | -52 | -54 | -55 | |
| -20 | -34 | -41 | -45 | -48 | -51 | -53 | -55 | -57 | -58 | -60 | -61 | -62 | |
| -25 | -40 | -47 | -51 | -55 | -58 | -60 | -62 | -64 | -65 | -67 | -68 | -69 | |
| -30 | -46 | -53 | -58 | -61 | -64 | -67 | -69 | -71 | -72 | -74 | -75 | -76 | |
| -35 | -52 | -59 | -64 | -68 | -71 | -73 | -76 | -78 | -79 | -81 | -82 | -84 | |
| -40 | -57 | -66 | -71 | -74 | -78 | -80 | -82 | -84 | -86 | -88 | -89 | -91 | |
| -45 | -63 | -72 | -77 | -81 | -84 | -87 | -89 | -91 | -93 | -95 | -97 | -98 | |

Frostbite Times

■ 30 Minutes ■ 10 Minutes ■ 5 Minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T = Air Temperature (°F)

V = Wind Speed (mph)

| Water Temperature | Exhaustion | Survival Time |
|-------------------|-----------------|---------------------|
| | | |
| 32.5 | 15 min | 15 min to 45 min |
| 32.5 to 40 | 15 to 30 min | 30 min to 90 min |
| 40 to 50 | 30 min to 1 hr | 1 hr to 3 hrs |
| 50 to 60 | 1 hr to 2 hrs | 1 hr to 6 hrs |
| 60 to 70 | 2 hrs to 7 hrs | 2 hrs to 40 hrs |
| 70 to 80 | 3 hrs to 12 hrs | 3 hrs to indefinite |
| Over 80 | Indefinite | indefinite |

HEAT INDEX CHART

| | | RELATIVE HUMIDITY | | | | | | | | |
|----------------|------|-------------------|-----|-----|-----|------|------|------|------|------|
| | | 10 % | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% |
| TEMPERATURE °F | 104° | 98 | 104 | 110 | 120 | >130 | >130 | >130 | >130 | >130 |
| | 102° | 97 | 101 | 108 | 117 | 125 | >130 | >130 | >130 | >130 |
| | 100° | 95 | 99 | 105 | 110 | 120 | >130 | >130 | >130 | >130 |
| | 98° | 93 | 97 | 101 | 106 | 110 | 125 | >130 | >130 | >130 |
| | 96° | 91 | 95 | 98 | 104 | 108 | 120 | 128 | >130 | >130 |
| | 94° | 89 | 93 | 95 | 100 | 105 | 111 | 122 | 128 | >130 |
| | 92° | 87 | 90 | 92 | 96 | 100 | 106 | 115 | 122 | 128 |
| | 90° | 85 | 88 | 90 | 92 | 96 | 100 | 106 | 114 | 122 |
| | 88° | 82 | 86 | 87 | 89 | 93 | 95 | 100 | 106 | 115 |
| | 86° | 80 | 84 | 85 | 87 | 90 | 92 | 96 | 100 | 109 |
| | 84° | 78 | 81 | 83 | 85 | 86 | 89 | 91 | 95 | 99 |
| | 82° | 77 | 79 | 80 | 81 | 84 | 86 | 89 | 91 | 95 |
| | 80° | 75 | 77 | 78 | 79 | 81 | 83 | 85 | 86 | 89 |
| | 78° | 72 | 75 | 77 | 78 | 79 | 80 | 81 | 83 | 85 |
| | 76° | 70 | 72 | 75 | 76 | 77 | 77 | 77 | 78 | 79 |
| 74° | 68 | 70 | 73 | 74 | 75 | 75 | 75 | 76 | 77 | |

Directions: Locate the current temperature on the left column and then locate the relative humidity on the top row. Follow the temperature across and the humidity down until they meet; this measurement is the heat index. The heat index will increase 15 degrees in direct sunlight.

Extreme Danger: >130

Heat Stroke likely to occur when working under these conditions. The Head Coach (or designee), LBC President, and/or VP for Ops will issue Heat Stroke Alert and guidance.

Danger: 105-130

Heat Exhaustion or Heat Cramps likely. Heat Stroke may occur upon prolonged exertion. Head Coach (or designee), LBC President, and/or VP for Ops will issue an Alert and guidance.

Extreme Caution: 90-104

Heat Cramps or Heat Exhaustion likely to occur. Coaches will implement adjusted schedule and workout procedures.

Caution: < 90

Heat Fatigue may occur. Normal workout conditions should be observed.

INTENTIONALLY
LEFT
BLANK

NORMAL OPERATING PROCEDURES

VESPOLI Shell Specifications

| | Crew Average Weight | Length | | Max Beam at Waterline | Weight | | |
|-----------------------|---------------------|---------------|--------|--|--|------------------------------------|---|
| | | All except V1 | V1 | | Performer | Challenger | Ultralite |
| Eights | | | | | | | |
| DS / ES (130-165 lbs) | 56' | 52' | 20" | 220 lbs | 208 lbs | 196 lbs | 195 lbs |
| DM / EM (160-175 lbs) | 57'-9" | 55' | 22" | 224 lbs | 213 lbs | 199 lbs | 199 lbs |
| DL / EL (175-195 lbs) | 57'-9" | 55' | 22" | 220 lbs | 217 lbs | 204 lbs | 204 lbs |
| Coxed Fours | | | | | | | |
| DS / ES (135-170 lbs) | 43'-4" | 17.12" | 17.12" | 125 lbs | 120 lbs | 110 lbs | |
| DM / EM (165-180 lbs) | 44' | 17.12" | 17.12" | 131 lbs | 124 lbs | 114 lbs | |
| DL / EL (180-200+lbs) | 44' | 17.12" | 17.12" | 135 lbs | 126 lbs | 116 lbs | |
| Construction | | | | | | | |
| Hull | | | | Carbon fiber & fiberglass w/ carbon keel | Carbon fiber & fiberglass w/ carbon keel | All carbon fiber w/ honeycomb core | Ultra-Dense Uni-Directional Carbon "RHINO" Skin |
| Rib | | | | Carbon Channel | Carbon Channel | Carbon Channel | Ribless |

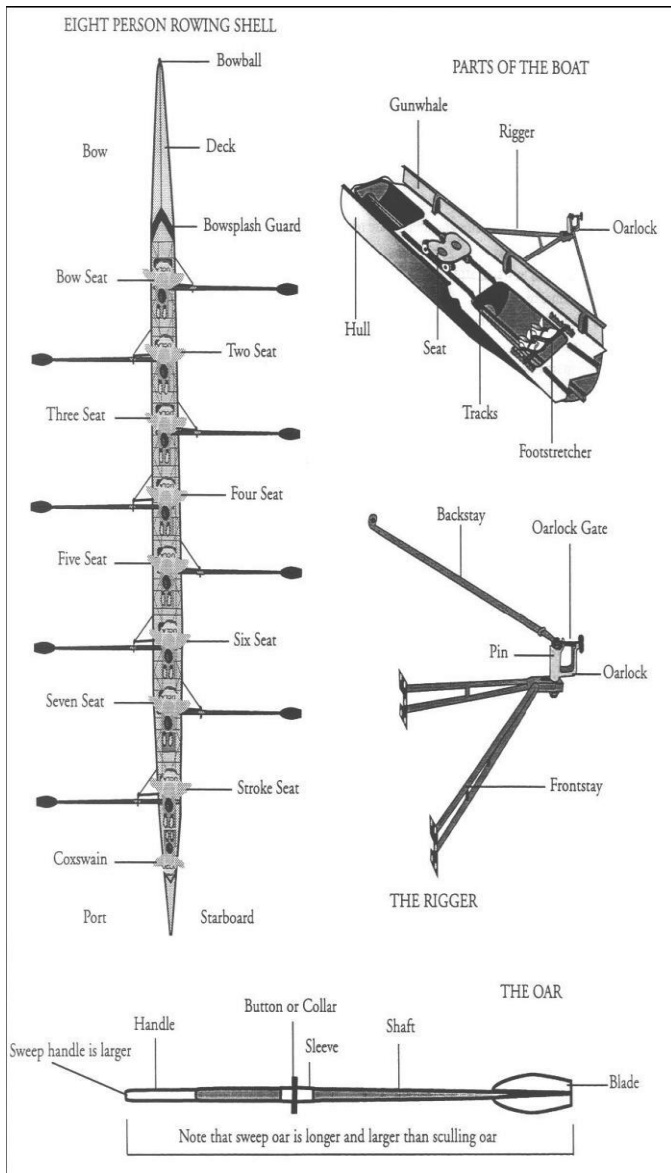
| | |
|-------------------|------------|
| Bruin | DM |
| Major | DL |
| Minor | DS |
| Velocita | DS |
| Mens Rae | DM |
| Grizzly | DS |
| Kodiak | DM |
| Black Bear | ES |
| Jay | DL |
| Drake | DM |
| Callisto | DS |
| Forza | DM |
| Hott | Mid |

MOVING SHELLS

1. Coxswain directs movement of shell
2. Listen to commands and do not talk
3. Identify the correct number of people
4. People placed in appropriate position
5. Raise / lower shell evenly
6. DO NOT slide shell off rack
7. Clear riggers from obstacles
8. Fork Lift Operation
 - a. Clear area
 - b. **DO NOT** stand under lift
 - c. Ensure shell is secure on lift
 - d. Raise / lower lifts in unison
 - e. Maneuver lifts in unison
9. Placement of shell:
 - a. Only on Racks, Slings, Horses, Stretchers
 - b. Match with ribs
 - c. **DO NOT** place on riggers
 - d. **DO NOT** place on ground
 - e. **DO NOT** drop items in shell
 - f. **DO NOT** step over shell

TRANSPORTING SHELLS

1. Remove riggers
2. Tie down seats
3. Secure loose wires
4. Close bow and stern ports
5. Tie flag to stern
6. Place shell on rack
(ribs should match rack)
7. Secure tie down straps



SHELL INSPECTION

Accomplish the following prior to leaving the dock

1. Overall appearance – NO Dents / NO Cracks / NO Holes
2. Bow Ball – Secure
3. Bow and Stern Ports – Closed
4. Riggers – Secure
5. Oar Locks – Secure and Working
6. Seat Tracks – Secure
7. Seats – Secure and Roll Freely
8. Foot Stretcher – Secure and Adjusted
9. Skeg – Secure
10. Rudder – Secure and Moves Freely
11. Steering Line – Secure / Not Frayed / Movement Normal
12. Lights – Installed (½ hr after sunrise or ½ hr prior sunset)
13. Cox Box System – Check Normal Operation
 - a. Microphone
 - b. Speakers
 - c. Stroke – Seat Connection Secure
 - d. Speed Coach
14. Cox Safety Equipment
 - a. Personal Floatation Device
 - b. Whistle or Air Horn
15. Oars (Grips, Paddle, Collar) – Secure
16. REVIEW SAFETY / EMERGENCY PROCEDURES
17. DO NOT ROW A DAMAGED SHELL

LAUNCHING PROCEDURES

1. Move on and off dock promptly
2. Follow Coxswain Commands
3. Oars – Place on Oar Rack or Land
4. Shell – Bow Away from Shore
5. Oars – Place in Shell Position
6. Crew – Assume Shell Position
7. Repairs >5 min – Remove Shell from Dock
8. Make Minor Adjustments on the Water

DOCKING PROCEDURES

1. Follow Coxswain Commands
2. Give Right of Way to Departing Shells
3. Hold East of Bridge for Departing Shells
4. Check Wind Direction
5. Make Best Approach
6. Row Slow
7. Signal for Dock Person to Catch Shell
8. If Bad Approach – Hold Water / Back Off / Try Again

RIVER TRAFFIC PROCEDURES

1. Follow Coxswain / Launch Driver Commands
2. Row on Right Side of River
3. Right of Way
 - a. Opposite Direction – Port to Port
 - b. Overtaking Another Boat – Pass on Left
 - c. Under Bridge – Single File

(NO PASSING)

LAUNCH BOAT PROCEDURES

1. Before Placing in Water:

- a. Bow Line – Installed
- b. Bow Ballast – Place in Launch
- c. Drain Plug
 - Installed
 - Twist Tight
 - Locked In-Place
- d. Safety Equipment
 - Life Vest / Safety Bag
 - Live Vest Bag
 - Life Jacket / Vest – 1 per person
 - Megaphone
 - Paddle
 - Seat Cushion
 - Water Bailer
 - Coach Bag
- e. Motor
 - Installed
 - Thumb Screws – Tight
 - Auxiliary Motor Cable (ACM) – Attached
- f. Fuel Tank
 - Full
 - Pressure Relief Valve – Open
 - Hose – Attach to Motor

LAUNCH BOAT PROCEDURES (cont)

2. Placing Boat in Water:

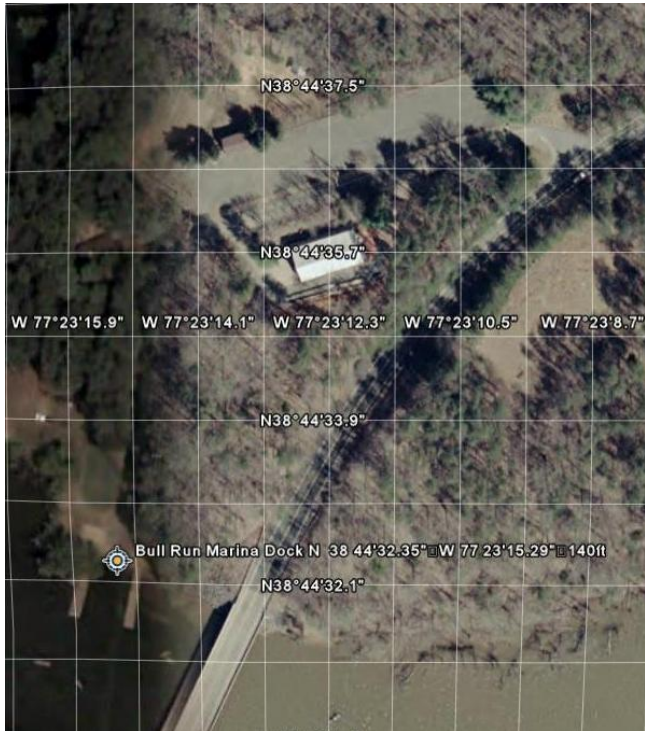
- a. Grasp Bow Line
- b. Ensure Area is Clear
- c. Slide Boat from Dock /Trailer into Water
- d. Tie Off Bow Line to Dock

3. Before Starting Motor:

- a. Complete – ‘Before Placing in Water’ & ‘Placing in Water Checklists’
- b. Install Cutoff Switch Lanyard
- c. Set the Lateral Motor Tension
- d. Open the Fuel Tank Pressure Relief Valve
- e. Squeeze the Fuel Tank Primer Ball Until Firm
- f. Set the Transmission to Neutral
- g. Set the Throttle to the Start Position
- h. Clear the Propeller Area from Debris
- i. Pull the Starter Lanyard

| COACHES INVENTORY | | |
|-------------------------------|--------------------------------------|-----------------|
| Category | Item | Amt |
| Life Vest / Safety Bag | Life Vest/Safety Bag | 1 |
| | Air Horn | 1 |
| | Anchor | 1 |
| | Emergency Blankets | 9 |
| | Emergency Paddle | 1 |
| | First Aid Kit | 1 |
| | Flashlight | 1 |
| | Map (Occoquan) | 1 |
| | Throw Rope | 1 |
| | Vests | 4 |
| | Whistle | 1 |
| | Individual Emergency Medical History | laminated pages |
| Life Vest Bag | | |
| | Life Vest Bag | 1 |
| | Vests | 6 |
| Coach Bag | | |
| | Bag | 1 |
| | Crescent Wrench | 1 |
| | Drain Plug | 1 |
| | Duct Tape | 1 |
| | Flashlight | 1 |
| | Gear Wrench 3/4 | 1 |
| | Gear Wrench 7/16 | 1 |
| | Medical Supplies | various |
| | Pliers | 1 |
| | Screwdriver-Phillips | 1 |
| | Screwdriver-STD | 1 |
| | Whistle | 1 |
| Separate Items | | |
| | Life Jacket | 1 |
| | Megaphone | 1 |
| | Paddle | 1 |
| | Seat Cushion | 1 |
| Motor | | |
| | Nissan/Mercury 9.9 | 1 |
| | Cut Off Switch | 1 |
| | Fuel Tank | 1 |
| | Fuel Tank Hose | 1 |
| Launch | | |
| | Launch | 1 |
| | AMC | 1 |
| | Bow Line | 1 |
| | Drain Plug | 1 |
| COX INVENTORY | | |
| Category | Item | Amt |
| Cox Box Control Unit | | |
| | Complete Set | 1 |
| | | |
| | Individual Items | |
| | Cox Box Control Unit | 1 |
| | Microphone | 1 |
| | Headband | 1 |
| | Charger | 1 |
| | Carrying Case | 1 |
| Separate Items | | |
| | Life Jacket | 1 |
| | Whistle | 1 |

BULL RUN MARINA



EMERGENCY PROCEDURES

BASIC EMER PROCEDURES

- 1. MAINTAIN CONTROL**
- 2. STAY CALM**
- 3. ANALYZE THE SITUATION**
- 4. TAKE PROPER ACTION**
- 5. CALL FOR ASSISTANCE**
- 6. REPORT THE INCIDENT**

ON-WATER EMERGENCIES

1. PERSON OVERBOARD

a. Ejected Rower

- 1) Stay Clear of Shell Riggers
- 2) Tread Water
- 3) Use Oar for Floatation
- 4) Move to Shell – Once Shell Stops
- 5) Hold Onto the Side of Shell

b. Shell

- 1) Stop Rowing – Hold Water
- 2) Locate Ejected Rower
- 3) Pass Oar to Ejected Rower
- 4) Signal for Assistance
- 5) Maneuver Shell – Oar Length from Rower
- 6) Assist Rower to Side of Shell

2. CAPSIZE

- a. Release Footstretcher if Still Attached
- b. Stay Calm
- c. Stay With Shell
- d. Take a Head Count
- e. Pair Up and Keep Communicating with Each Other
- f. Signal for Assistance
- g. Sinking Shell – Roll Shell Over with Keel Side Up
- h. Drape Body Across the Hull
- i. Wait for Help

3. SWAMPED SHELL RECOVERY

- a. Slow Down and Assess the Situation
- b. Identify Person in Charge
- c. Identify Wind Direction, Water Current, Hazards
- d. Recover Gear and Clothing
- e. Roll Shell to Upright Position
- f. Tow Line Attachment
 - 1) Attach to Shell
 - 2) Rope Clear of Launch Propeller
- g. Move Launch Slow to Destination
- h. Back at Dock
 - 1) Need Enough Personnel to Lift Shell
 - 2) Lift Dock Side of Shell in Unison
 - 3) Roll Shell Until Keel is Visible
 - 4) Drain Shell
 - 5) Lift Shell – Normal Lift But Heavier Shell

HYPOTHERMIA

A condition that occurs when the temperature of the human body is lowered to a dangerous point due to exposure to cold and/or wet conditions.

1. EARLY HYPOTHERMIA

a. **SYMPTOMS:** Rapid shivering, numbness, and loss of strength and coordination, semi-conscious.

b. **ACTION:**

- 1) Maintain open airway
- 2) Transfer to warm environment
- 3) Remove wet clothing
- 4) Use blankets to help warm
- 5) Warm torso first
- 6) Seek medical attention

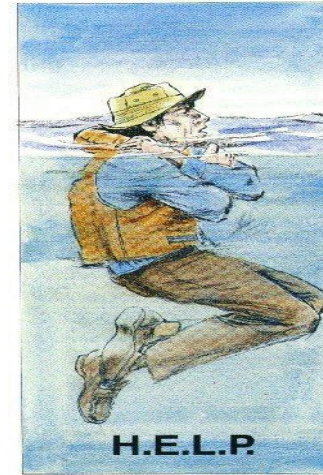
2. PROFOUND HYPOTHERMIA

a. **SYMPTOMS:** Person is pale, stiff, and cold. Unresponsive to stimuli and possibly unconscious. Little cardiac or respiratory activity.

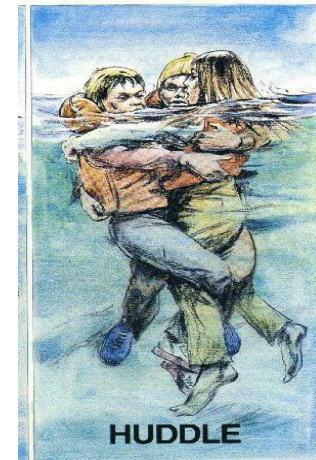
b. **ACTION:**

- 1) Move person gently
- 2) DO NOT RE-WARM
- 3) Maintain open airway
- 4) Perform EMS procedures
- 5) CALL EMERGENCY HELP IMMEDIATELY!

Heat Escape Lessening Posture



Extends survival time by 50% over swimming or treading water



HEAT-RELATED EMER

As humidity rises, the body's ability to cool off through sweating is diminished since evaporation is limited.

1. HEAT EXHAUSTION

- a. **SYMPTOMS:** Heavy sweating, cramps, tiredness, weakness.
- b. **ACTION:**
 - 1) Rest
 - 2) Replace fluids

2. HEAT STROKE

- a. **SYMPTOMS:** Confusion, nausea, vomiting, seizures, skin dry and clammy, body temp as high as 106.
- b. **ACTIONS:**
 - 1) **CALL EMERGENCY HELP IMMEDIATELY!**
 - 2) Lower body temp—immerse in water, horizontal position
 - 3) Stop treatment when victim is conscious

ASTHMA

1. **Symptoms:** Severe shortness of breath, deterioration of peak flow by 50%, feel frightened that will not get enough breath, difficulty speaking, difficulty walking, disorientation, feeling cold/clammy/weak, blueness of the lips and fingertips, wheeze starts to get less but there is no improvement in the ability to breathe.

2. **Action:**

- a. Sit the person comfortably upright, stay calm and reassuring
- b. give 2-4 puffs of a Reliever inhaler/puffer (preferably the patients)
- c. wait 5-10 minutes and if no improvement give 4 puffs
- d. if little or no improvement, call for 911 and keep giving 4 puffs every 5 minutes until the ambulance arrives

DIABETIC EMERGENCY

1. If the casualty is **unresponsive, get medical help immediately.**
2. Do a primary survey and give first aid for life-threatening conditions.
3. Place the unconscious casualty into the recovery position and monitor the ABC's until medical help can take over.
 - a. Airway—to ensure a clear airway
 - b. Breathing—to ensure effective breathing
 - c. Circulation—to ensure effective circulation
4. Look for a medical alert device that will give you more information about the casualty's condition.
5. If the casualty is conscious and knows what is wrong then assist them to take what is needed—sugar or prescribed medication.
6. If the casualty is confused about what is required then give them something to eat or drink and get medical help.

RESUSCITATION (CPR)

1. **CALL EMERGENCY FIRST**
2. Place on back.
3. If not possibility of neck injury, with hand on forehead and other hand under chin, tilt head back to free tongue so not blocking windpipe.
4. Hold nose shut - cover mouth with your mouth and give 2 breaths (each 1.5-2 seconds and see chest rise).
5. Put heel of one hand midway between nipples and put other hand on top of first.
6. Press down 15 times 1.5-2in (3.75-5cm) rate about 2 per second.
7. CYCLE: Repeat 2 breaths followed by 15 chest presses.
8. If you feel pulse return, continue with breaths only.
9. Continue until movement or rescue team comes.
10. Monitor the ABC's
 - a. Airway—to ensure a clear airway
 - b. Breathing—to ensure effective breathing
 - c. Circulation—to ensure effective circulation

If person vomits, turn the head to the side and try to sweep out or wipe off the vomit. Continue with CPR.

INJURY CAUSING SHOCK

Symptoms: Sweaty but cool skin (clammy skin); weak and rapid pulse; paleness of skin (in dark-skinned individuals they may have a grayish look to their skin); restlessness, nervousness; thirst; loss of blood (bleeding); confusion (or loss of awareness); faster-than-normal breathing rate; blotchy or bluish skin (especially around the mouth and lips); nausea and/or vomiting.

Action:

1. Position the casualty on their back, unless a sitting position allows easier breathing. If the casualty is vomiting, position on their side to let the fluid drain from the mouth.
2. Elevate the casualty's feet higher than the heart, unless the casualty has an abdominal or chest wound or an unsplinted leg fracture.
3. Loosen clothing that may bind around the neck and waist.
4. Keep the casualty from becoming cold or overheating.
5. Reassure the casualty, and do not give them any food or drink. However, if you know that help is not going to arrive for over an hour, give the casualty small amounts of fluids at room temperature every fifteen minutes.

EMERGENCY CONTACTS

Fairfax Fire & Rescue----- 911
(703) 691-2131

Prince Williams Fire & Rescue---- 911
(703) 792-6805

FCPS Hotline (WX & Emer Msg)-- (800) 839-3277

Sandy Run Regional Park----- (703) 690-4392

Lake Braddock ----- (703) 426-1000

Inova Health Plex----- (703) 979-6800
6355 Walker Lane
Springfield, VA (off Franconia)



Inova Emergency Care Center---- (703) 877-8200
4315 Chainbridge Road
Fairfax, VA

