Water Rescue Workshop

Lesson Plan

Cardiff 2018

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| Session No: | **1** |
| Duration: | 1 x 60 minute period |
| Title: | **Water Rescue – Paddle Boat Handling** |
| Session Aims: | * To introduce, explain and demonstrate the correct method of Paddle Boat Handling. |
| Objectives /  Learning Outcomes: | By the end of the lesson personnel will have an understanding of:   * Identify the suitable equipment required to carry out this task. * Identify suitable launch and exit points within water course * Identify suitable safe eddies * Demonstrate paddle boat handling as part of a crew * Demonstrate paddle boat handling across a water course from river right to river left encountering current vectors * Demonstrate capsize and recovery procedures. |
| Resources Required: | Inflatable Boats with no engines, Three Paddles per boat, Inflation Regulator, Cylinder, Hand/Foot Pumps, Throwlines, Full Water Rescue PPE, Risk Assessed Training Venue and Trauma kit. |
| Additional Notes: |  |
| Assessment Method: | Formative assessment throughout sessions |
| Reference Material: | Water Rescue SOP’s and NOG |

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| **Timing** | **Teacher Activities** | **Learner Activities** | **Assessment** | **Resources** |
| **5 mins** | Introduction, aims and objectives | Listen |  |  |
| **50 mins** | Group discussion, areas of safety/danger/casualty handling at water based incidents. Key points:   * Ensure all personnel entering the water are fully protected by water safety PPE * Identify safe access and egress from course * Identify hazards within course * Confirm hydrology knowledge by Q & A   Practical Sessions and Demonstration   * Identify to students section of water course to be used for paddle boat work. * Confirm with students correct inflation techniques for rescue sled/boat * Identify suitable launch site and where students have to paddle their craft to suitable exit point. * Identify current vectors and water hazards. * Emphasise the importance of stabilization and trimming of craft. * Demonstrate objectives. * Observe students carrying out task(s) set. Deploy upstream and downstream safety. | Listen, observe, discuss and participate. | Observation | Boats, Paddles, Inflation regulator, cylinder and/or hand/foot pumps,PPE,Trauma kit, |
| **5 mins** | * Debrief of session and Q&A | Answering and asking questions | Observation |  |
| Homework/Tasks:  None will be included for this session | Evaluation/Review:  Candidates will be given feedback sheets to provide any addition feedback on the session. |  |  |  |