

Water Rescue Workshop
Lesson Plan
Cardiff 2018

Session No:	4
Duration:	1 x 40 minute period
Title:	Water Rescue - Flipping and Righting Boats
Session Aims:	<ul style="list-style-type: none"> To ensure that personnel have an understanding of why a boat may get flipped, and to provide them with a practical and systematic method for self-rescue (righting) following the capsizing of a boat.
Objectives / Learning Outcomes:	<p>By the end of the lesson you will have an understanding of:</p> <ul style="list-style-type: none"> Initial actions to be taken following capsize, also demonstrate how to safely right a flipped boat and recover crew and other persons.
Resources Required:	Boats, Throwlines, Full Water Rescue PPE, Paddles, Risk Assessed Training Venue.
Additional Notes:	
Assessment Method:	Formative assessment throughout sessions
Reference Material:	Water Rescue SOP's and NOG

Timing	Teacher Activities	Learner Activities	Assessment	Resources
5 mins	Introduction, aims and objectives	Listen		
10 mins	<p>Group discussion, areas of safety/danger/casualty handling at water based incidents. Key points:</p> <ul style="list-style-type: none"> • 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 <p>Practical Sessions and Demonstration</p> <ul style="list-style-type: none"> • Conditions causing a boat to capsize • Personal safety on capsizing • Potential injuries or reactions of trapped person/s under the craft • Currents – types and associated hazards • Causes of crafts capsizing • Dangers to personnel once the craft has capsized 	Listen, observe, discuss and participate.		Boats, Throwlines, PPE

