

Water Rescue Workshop
Lesson Plan
Cardiff 2018

Session No:	1
Duration:	1 x 60 minute period
Title:	Water Rescue – Paddle Boat Handling
Session Aims:	<ul style="list-style-type: none"> To introduce, explain and demonstrate the correct method of Paddle Boat Handling.
Objectives / Learning Outcomes:	<p>By the end of the lesson personnel will have an understanding of:</p> <ul style="list-style-type: none"> 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 capsized 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

Timing	Teacher Activities	Learner Activities	Assessment	Resources
5 mins	Introduction, aims and objectives	Listen		
50 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"> • 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,

<p>5 mins</p>	<ul style="list-style-type: none"> Debrief of session and Q&A 	<p>Answering and asking questions</p>	<p>Observation</p>	
<p>Homework/Tasks: None will be included for this session</p>	<p>Evaluation/Review: Candidates will be given feedback sheets to provide any addition feedback on the session.</p>			