

Water Rescue Workshop
Lesson Plan
Cardiff 2018

Session No:	7
Duration:	1 x 60 minute period
Title:	Water Rescue - Rescue from Height using a Boat and Ladder (Powered and Non-Powered)
Session Aims:	<ul style="list-style-type: none"> To provide personnel with a practical and systematic method for performing rescues at water based incidents from height, utilising ladders from a boat (Powered and non- powered).
Objectives / Learning Outcomes:	<p>By the end of the lesson you will have an understanding of:</p> <ul style="list-style-type: none"> Rescues from heights, associated hazards and the techniques involved Securing equipment to a boat Rescue techniques to create a stable working platform Securing boat to structures Casualty transfer from ladder to boat
Resources Required:	Boats, Ladders, Lines, Full Water Rescue PPE, Paddles, Risk Assessed Training Venue.
Additional Notes:	
Assessment Method:	Formative assessment throughout sessions
Reference Material:	Water Rescue guidelines

Timing	Teacher Activities	Learner Activities	Assessment	Resources
5 mins	Introduction, aims and objectives	Listen		
5 mins	<p>Group discussion, areas of safety/danger/casualty handling at flooding incidents.</p> <p>Key points:</p> <ul style="list-style-type: none"> • Ensure all personnel entering the water are fully protected by water safety PPE • Equipment required for rescues from heights using ladders and boats, both powered and non-powered • Identify hazards within course • Confirm hydrology knowledge by Q & A 	Listen, observe, discuss and participate.		Boats, PPE, Ladders, Paddles, Lines
10 mins	<p>Considerations and Demonstration:</p> <ul style="list-style-type: none"> • Positioning of craft and securing it on arrival • Transfer of persons from Ladder to boat • Transportation of rescued personnel to point of safety • Dangers to personnel performing the rescues • Currents – type and hazards • Different height considerations 	Listen, observe, discuss and participate	Observation	Boats, PPE, Ladders, Paddles, Lines

<p>35 mins</p>	<p>Practical Session</p> <ul style="list-style-type: none"> • Set-up boat prior to securing for casualty transfer • Carry out rescue from elevated height. • Demonstrate safe working practices throughout session 	<p>Listen, observe, discuss and participate</p>	<p>Observation</p>	<p>Boats, PPE, Ladders, Paddles, Lines</p>
<p>5 mins</p>	<p>Q & A Summary</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>			