

Water Rescue Workshop  
Lesson Plan  
Cardiff 2018

Session No:	2
Duration:	1 x 90 minute period
Title:	<b>Water Rescue – Rescue from Vehicles in Water</b>
Session Aims:	<ul style="list-style-type: none"> <li>To provide personnel with an understanding of the hazards, risks and rescue options when dealing with vehicles in water</li> </ul>
Objectives / Learning Outcomes:	<p>By the end of the lesson personnel will have an understanding of:</p> <ul style="list-style-type: none"> <li>Vehicle Rescue Issues</li> <li>Hydrological effects on vehicles in water</li> <li>Stabilisation risks</li> <li>Risk to rescuer, e.g. siphon/entrapment</li> <li>Anchor points</li> <li>Rescue Options</li> <li>Recovery options for persons/casualties</li> </ul>
Resources Required:	Inflatable Boat or Rescue Sled, Throwlines, Full Water Rescue PPE, Canyon Rope, Work at Height Rope, Selection of Slings and Karabiners, Short Extension Ladder, Risk Assessed Training Venue and Trauma kit.
Additional Notes:	
Assessment Method:	Formative assessment throughout sessions
Reference Material:	Water Rescue SOP's and NOG

<b>Timing</b>	<b>Teacher Activities</b>	<b>Learner Activities</b>	<b>Assessment</b>	<b>Resources</b>
<b>5 mins</b>	Introduction, aims and objectives	Listen		
<b>1hr 20</b>	<p>Group discussion, areas of safety/danger/casualty handling at water based incidents. Key points:</p> <ul style="list-style-type: none"> <li>• Ensure all personnel entering the water are fully protected by water safety PPE</li> <li>• Identify safe access and egress from course</li> <li>• Identify hazards within course</li> <li>• Confirm hydrology knowledge by Q &amp; A</li> </ul> <p>Practical Sessions and Demonstration</p> <ul style="list-style-type: none"> <li>• Scene size-up and safety consideration to include – Upstream and Downstream hazards and control measures to be adopted.</li> <li>• Hydrology around the vehicle awareness with an Instructor led journey around the vehicle to describe and demonstrate hazardous and safe areas.</li> <li>• Safe approach to vehicle utilising wading techniques, swimming, tethered swimmers, tethered boats, tensioned diagonals.</li> <li>• Securing the vehicle utilising ropes as anchors. To incorporate utilising A and B-Posts, wheels, doors, seatbelts and slings.</li> </ul>	Listen, observe, discuss and participate.	Observation	Boats, PPE, Trauma kit, Stretchers Ladders

	<ul style="list-style-type: none"> <li>• Consideration towards the removal of a trapped person from within or on top of the vehicle – to include, wade, swim, boat, boat and ladder, V-lower and tensioned diagonals.</li> <li>• Removal and handling of injured persons from within or on top of the vehicle – to include Trauma Board Immobilisation and Transportation.</li> </ul>	Listen, observe, discuss and participate.		Boats, PPE, Trauma kit, Stretchers Ladders
<b>5 mins</b>	<ul style="list-style-type: none"> <li>• Debrief of session and Q&amp;A</li> </ul>			
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.			