

Water Rescue Workshop  
Lesson Plan  
Cardiff 2018

Session No:	<b>5</b>
Duration:	1 x 40 minute period
Title:	<b>Water Rescue – Strainer</b>
Session Aims:	<ul style="list-style-type: none"> <li>To introduce students to the dangers of strainers and how to overcome them.</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>Identifying a strainer hazard</li> <li>Adopt a Safe Swim Technique to avoid the hazard</li> <li>Adopt a swim Technique that will allow the swimmer to deal with the hazard should it be unavoidable</li> <li>Potential rescue options for persons trapped within the hazard</li> </ul>
Resources Required:	Boats, Throwlines, Canyon Rope, 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.

<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>5 mins</b>	<p>Group discussion, areas of safety/danger/casualty handling at water based incidents. Key points:</p> <ul style="list-style-type: none"> <li>• Identify strainers and the hazards they pose to rescuers and casualties in the water</li> <li>• Identify rescue options for a casualty in a strainer</li> <li>• Compare the defensive and aggressive swimming techniques when dealing with strainers</li> </ul>	Listen, observe, discuss and participate.	Observation	Boats, PPE, Trauma kit,
<b>25 mins</b>	<p>Practical Session</p> <ul style="list-style-type: none"> <li>• Using a strainer simulator, demonstrate the technique for swimming over the simulator.</li> <li>• Students to demonstrate competent use of techniques.</li> </ul>			

<p>5 mins</p>	<ul style="list-style-type: none"> <li>Debrief of session and Q&amp;A</li> </ul>	<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>			