

Water Rescue Workshop
Lesson Plan
Cardiff 2018

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| Session No: | 6 |
| Duration: | 1 x 40 minute period |
| Title: | Water Rescue – Swiftwater Swim Techniques |
| Session Aims: | To introduce an advanced defensive and aggressive swim technique to assist water rescue trained personnel overcome the hydrology that is associated with a flowing water environment. |
| Objectives / Learning Outcomes: | By the end of the lesson personnel will have an understanding of: <ul style="list-style-type: none"> • Identify hazards and safe areas in the water environment. • Safely exit a moving water environment whilst utilising both defensive and aggressive swimming techniques. • Be able to apply the technique in order to access difficult to access areas within a flow. |
| Resources Required: | 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 |
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| 5 mins | Introduction, aims and objectives | Listen | | |
| 30 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"> • Demonstrate the defensive swimming position • Demonstrate the aggressive swimming position • Transition between the defensive and aggressive swimming positions • Adjust body angle relative to the current vector • Apply swimming techniques, angle control and momentum to perform a variety of tasks. • Students to demonstrate an understanding of above through practical confirmation | Listen, observe, discuss and participate. | Observation | PPE, Trauma kit, |

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| <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> | | | |