

Water Safety Management Programme

Course Outline

Day 1

Morning - Level 1 Basic Water Safety Awareness Module

This is a mainly class room based session which follows on from the self study pack which you will complete prior to attendance at the course. Following a careful study of generic open-water hazards and control options, there is a dry practical emergency response session focussing mainly on Shout, Signal, Reach and Throw techniques.

Afternoon - Level 2 River

This session will start off in the class room looking at the River environment and hazard identification, this will then move to an outdoor location where the theory will be put into practice. This session will include practical in water activities such as throw and wade rescues. You can expect full immersion but are not required to swim a specific distance.

Day 2

Morning - Level 2 Beach

This session will start off in the class room looking at the Beach environment and hazard identification, this will then move to an outdoor location where the theory will be put into practice. This session will include practical in water activities such as throw and wade rescues.

Afternoon – Level 3 In Water Rescue

This session will be the most physically demanding and is where, in a Beach environment you will be asked to demonstrate the skills required for this award:

- Ability to conduct a 30m swim and non-contact tow of a simulated conscious casualty.
- Ability to conduct a 15m swim tow of an unconscious casualty.
- Ability to dive underwater to a depth of 1.5m.

Staying warm. Much of the course is spent outdoors. You know what to do don't you? So how come so many outdoorsy people turn up on cold windy days in T shirts and 10 minutes later are shivering and shaking and too cold to concentrate? – not you though. So lots of layers, thermals, warm hat and thick coat etc. etc and if you don't need it great. But if you do need it you've got it.

Swim Ability A consistent issue with teaching open-water rescue is delegates underestimating how much harder open water swimming is than swimming in a swimming pool. This is especially the case in the sea and some rivers where you may have currents to deal with.

A good principle to work to is that open water swimming is twice as hard as pool swimming. So to swim 60 metres in the Sea you should train to be comfortable doing 120 metres in a pool.

DO NOT. DO NOT. DO NOT think 'I'll be OK on the day. It'll be hard but I'll just do it'. A 30 metre swim and tow is hard, you are expected to demonstrate that you can do it safely – with a margin of safety. So if you're coughing and wheezing and spluttering and can barely just make it – well that's no good is it?

Top Tips:

- 1) Start swim training now. Yes Now.
- 2) Commit to get in open water or a pool at least 3 times per week before your course.
- 3) Push yourself. Time yourself. As a general guide you should be able to do 6 lengths in around 3 to 4 minutes.
- 4) Find someone who knows about Lifesaving/ Lifeguarding swim and tow techniques and get them to show you the basics.
 - Extended arm tow
 - Cross Chest
 - Chin tow
- 5) Organise your swimwear. Trunks?, Wetsuit?, Drysuit? Do some research about what's right for you.