



BCU Foundation Safety & Rescue Training (FSRT)

Trainers Notes



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Course Philosophy

Fundamentally this course is designed for all paddlers irrespective of craft. The objective is to teach simple and safe skills that can be applied appropriately.

Course Aims

This course aims to provide the student with the key safety and rescue skills required to operate safely in a sheltered water environment and to be able to deal with common emergencies.

These skills will then form the basis of all safety and rescue training throughout the BCU Scheme.

The award has two purposes:

- To provide the paddler with the necessary skills which will enable them to ensure the safety of themselves and others.
- To provide the paddler with the appropriate rescue skills which can be used to help themselves and/or others in difficulty.

Pre-requisites

- Due to the paddling environment and the boat control required the paddler / boat based coach candidate would need to either hold the 2 star award or be of that ability.
- The candidate taking the course as a bank based coach, while not requiring 2 Star boat handling skills should be to fully participate in all relevant aspects of the course.
- Be able to swim in normal canoeing clothing suitable for the prevailing conditions.
- A first aid certificate is not a pre-requisite; however the holding of a first aid certificate is strongly recommended for all paddlers.
- Be a minimum of 14 years of age.



Bank Based Coaches

The FSRT course is accessible by bank based coaches who due to their role may not hold the 2 Star Award pre-requisite required by boat based coaches. Course providers should be aware of this and plan accordingly to ensure that the course caters for the needs of any bank based coaches attending.

The bank based coach should be fully conversant with their duty of care as a coach and in ensuring that they can deploy suitable strategies for safeguarding paddlers in their care, and in deploying appropriate rescue techniques as required. Though these may be provided by support paddlers the bank based coach must be aware that they are responsible.

While not expected to take part as paddlers, bank based coaches should be prepared to fully participate in all relevant aspects of the course.

Equipment

The following is a list of recommended equipment that should be made available for all students on the course.

- Towline OR Tow system
- Throwline (minimum 15m length)
- Webbing (sewn sling or unsewn) & HMS screwgate karabiner
- Whistle
- Knife

This course aims to teach / coach the student in ways to use the equipment as well as improvised systems.

The student is required to have the appropriate paddling clothing suitable for their craft and the prevailing conditions

This award may be taken in any paddlesport craft however students will be trained in both open and kayak i.e.



- Any closed cockpit kayak (CCK)
- Any Fragile Competition Craft
- Any open cockpit kayak (OCK)
- Any open canoe (OC)
- Any Sit-On-Top kayak or canoe (SOT)
- Any Inflatable kayak or canoe (IKC)

Where there are specific requirements in the course for the different craft these are indicated.

Venue & Duration

Sheltered water, calm conditions. The course will typically take place over a day and include a minimum of 6 hours teaching time. See Terms of Reference document for definition of sheltered water, available from BCU website.

Staffing & Ratios

A registered FSRT provider.

Ratio:

- 1 director to 6 candidates

Risk Disclosure

All students need to be aware of the risks associated with their involvement in rescue training & rescues. The course director / course tutor will endeavour to make you aware of these by introducing and coaching ways to minimise the risks for all involved.

Paperwork

BCU safety courses need to be run under a Training Director in line with other BCU Coaching courses and requires course authorisation and the completion of a course schedule.



Course Content

1. General theory & planning

a) SAFETY

Safety training for the paddlers

- Training to allow the groups to move from dependence to independence

The following topics to be covered:

- Risks associated with our sport and the working environment
- Practical ways to manage the risks
- Safety features of the craft being used
- Safety features of paddling clothing and other associated equipment
- Water & Environmental hazards such as water borne diseases / access & egress points / effects of weather has on the paddling conditions / hypothermia & exposure to wind and cold water
- The use of signals that are clear and understood by all in the group
- The ability to deal with emergencies and how to summon outside help
- Manual handling issues. The ability to demonstrate safe lifting and carrying techniques
- The value of holding a first aid certificate which is up to date

Decisions have to be made pretty quickly during a rescue and what has been set up at the initial safety chat can help out a great deal.

Implementing appropriate control measures

- Safety briefing to include boundaries, what to do in an emergency i.e. someone capsizes.

Accident & emergency plans

- Where is the nearest phone / help / vehicle. First aid & repair kit. What spares do we have?



Group management

- Communication ~ How do I keep in contact with the group. The knowledge that keeping it simple is best.
- Line of sight ~ Of each other. Endeavouring to keep fellow paddlers in sight.
- Avoidance ~ Where are the hazards and can we avoid them?
- Position of most usefulness ~ Where does the leader need to be to be the most use?
Where do I need to be to be of most use for the team?

The Clean Rope Principle

This principal should become a way of thinking for paddlers. Applying these principles considerably reduces the risk of rope snagging and simplifies the rope systems for rescues.

a. If you carry a rope, carry a knife.

b.Remove any loops or knots from the end of you throw line. The loop in the 'bag end' needs to be small enough to prevent a hand or foot passing through it easily. Good flotation within the bag reduces the risk of snagging.

In all situations paddlers should be aware of reducing snagging possibilities. Paddlers should pay attention to their Bouyancy Aid, painters in canoes, tow lines and swim lines.

b.RESCUE

When dealing with rescue is important to follow the protocol:

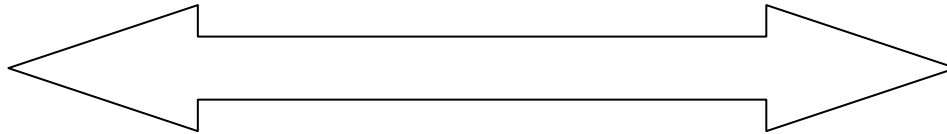
Self – Team – Victim - Equipment

This protocol for prioritisation in the rescue situation is useful in helping would be rescuers to remember that their first priority is to themselves, then to their team, then to the victim and lastly equipment. This should encourage rescuers to look at low risk options first, discouraging a reckless approach to rescue.



LOW RISK

HIGH RISK



SHOUT

REACH

THROW

ROW

2. Bank based rescues

Coach a swimmer (10m away) to shore

SHOUT

- Giving clear and correct instructions the student should get the swimmers attention and talk them from the water. You need to keep speaking the whole way through the rescue. This both informs the casualty of what's happening but can also keep their spirits up. If the

student needs to wade in the water to help get nearer then there should be thought of the risks associated and the need to remember the self-team-victim-equipment protocol.

Rescue a swimmer (1m) away with a rigid aid

REACH

- Using a rigid reaching aid such as a paddle or canoe pole~ the student should be taught to lower their centre of gravity to prevent being pulled into the water. If a floating aid is used this must be thrown and land with arm reach of the swimmer.

Rescue a swimmer (10m away) using a throw-line (packed and unpacked)

THROW

- Use your throwline to help extend your reach and pull your casualty back to shore. Your towline could also be used as could a length of rope or webbing. The student should be taught first get the swimmers attention, give clear instructions and then throw the line,



landing within arms reach. The student will then recover the swimmer to shore giving the correct instructions to prevent injury in shallow water.

The student needs to know and be able to show how to pack their throwline correctly.
The student needs to know and be able to show the ability coil an unpacked throwline and use this to execute a rescue.

These should land within reach of the casualty.

3. Boat Based Rescues

Rescue a swimmer from the water

The student should be taught to approach the swimmer, stand off, and give clear instructions to the casualty, ensure they have calmed down sufficiently to approach, as the student approaches they must provide the correct instruction for a carry to shore. The student will take care not to injure the swimmer in shallow water close to shore.

- The student should be taught a range of techniques and must be able to show they understand the benefits of each method and be able to choose the appropriate method for the craft they are paddling and the prevailing conditions. This could include but not exclusive to the following:
 - a. Bow carry
 - b. Stern carry
 - c. Tow
 - d. Assist the swimmer into / onto the CCK / OCK / OC / SOT / IKC

Rescue a capsized paddler using a deep-water rescue

The student should be taught to approach the capsized paddler, give clear instructions to the paddler to hold onto their boat.

- The student will need to show that they are aware of the need for the swimmer to hold on and the benefits of being able to see them. This doesn't mean that the swimmer can't hold onto the stern.



- The student should be able to choose whether or not to put the swimmer into their boat during the rescue. This will be craft dependant. The student should be able to show that they understand the pros / cons of this method.

Note ~ The importance of airbags should be emphasised throughout the course, however training needs to be provided to allow alternative rescue methods (eg towing, use of pump) for situations when airbags are not present or have been punctured. Manual handling considerations must be emphasised throughout.

Closed Cockpit Kayak / Open Cockpit Kayak

- The student should be taught how to deal with the following:
 - a. Swamped kayaks
 - b. Large cockpit kayaks
 - c. Kayaks with or without bulkheads
 - d. With or without assistance from the swimmer or other group members
 - e. The ability to keep the paddles in contact with the rescue
 - f. The ability to get the swimmer back into their kayak using a variety of methods
- The student must be shown and understand good manual handling throughout the rescue
- The student must note the need for the rescue to be done in a timely fashion but not forgetting the self-team-victim-equipment protocol.

Open Canoe

- The student must be aware of the forces that are involved and take steps to deal with the manual handling of the canoe.
- The student should be taught how to deal with the following:
 - a. Swamped canoes with or without airbags
 - b. With or without assistance from the swimmers or other group members
 - c. The ability to keep the paddles in contact with the rescue
 - d. The ability to get the swimmers back into their canoe using a variety of methods
 - e. The effect that wind has on the canoe
- The student must note the need for the rescue to be done in a timely fashion but not forgetting the self-team-victim-equipment protocol.



Sit-On-Top

- The student should be taught how to deal with the following:
 - a. The ability to keep the paddles in contact with the rescue
 - b. The effect that the wind has on Sit On Top's
 - c. The ability to get the swimmers back onto their boat using a variety of methods
 - d. With or without assistance from the from the swimmer or other group members
- The student must note the need for the rescue to be done in a timely fashion but not forgetting the self-team-victim-equipment protocol.

Inflatable Kayak OR Canoe

- The student should be taught how to deal with the following:
 - a. The ability to keep the paddles in contact with the rescue
 - b. The effect that the wind has on Inflatable's
 - c. The knowledge of the different craft and how that can change the type of rescue
 - d. With or without assistance from the swimmer or other group members
 - e. The knowledge of how to prevent punctures during the rescue
- The student must note the need for the rescue to be done in a timely fashion but not forgetting the self-team-victim-equipment protocol.

Rescue an unconscious or entrapped paddler from their boat

The student to show that they have the skills to do the following:

- Rescuer in their boat reaches over and rights the upturned boat ~
The student to be aware that they have the ability to enter the water to allow them to reach over or pull the casualty out of their boat.
- The ability to keep the paddles in contact with the rescue ~
The student must be aware of *what happens next* once they have the casualty upright.
- Maintaining an airway
- Towing to shore



Recover an unaccompanied boat to the shore

They need to know that a towline should:

- Be quick to set up
- Be quick to release
- Be quick to reset

The student should be taught to do the following:

- The use of improvised tow systems
- The use of purpose made tow lines

The student needs to be aware of the pros /cons of towing. The student needs to understand the craft they are dealing with and where they have secure points for attaching tow systems to. The student should be aware of the pros / cons of towing from either the body or boat.

Recover an upright, but incapacitated paddler to the shore

The student needs to be aware that a towline should:

- Be quick to set up
- Be quick to release
- Be quick to reset

The student should be taught to do the following:

- The use of improvised tow systems
- The use of purpose made tow lines

The student needs to understand the craft they are dealing with and where they have secure points for attaching tow systems to. The student should also be aware of the pros / cons of:

- towing from the body
- towing from the boat
- towing paired or rafted boats
- effects of the weather on paired or rafted boats



Self Rescue

Closed Cockpit Kayak

The student should have been taught how to execute an Eskimo rescue.

- Act as rescuer and rescuee
- Paddle and bow presentation should be demonstrated

Open Canoe / Sit-On-Top

The student should be able to exit their boat in deep water, leaving it upright and without losing contact with get back in /on.

For all types of boats the student should be able to capsize in a controlled manner, keep in contact with all equipment and swim to shore. The use of swim lines if fitted should be used.

All in rescue

Students should have been taught how to deal with an "All in rescue". This is using a combination of the skills above with the addition of how to get the first person back in their boat.

- Students to be taught techniques for emptying the first boat ~ to include emptying one boat over another up-turned boat, turning canoe / Sit-on-Top over and getting student back in / on and then carrying on the rescues from there.
- Students to be aware of the order that you get people back in at ~ coldest / strongest etc.

4. Scenarios – Unknown Incident

Deal with a simple paddling incident involving up to two casualties

The key word is simple.

- Unconscious casualty in or out of their boat
- Injured / unwell e.g. suffering from hypothermia
- in difficulty e.g. a struggling swimmer or capsized paddler



- Broken or lost paddles

Optionally, there can be an additional participant (with paddling skills up to 2 Star) who will assist as directed by the student. Students are expected to use first aid techniques where appropriate. However, as holding a first aid certificate is not a pre-requisite students should not be pulled up for poor first aid techniques, although their shortcomings should be pointed out and they should be strongly encouraged to get a first aid certificate.

Each student must be in charge and demonstrate correct decisions throughout the training. Students must not have prior knowledge of the incident.