



Safety and Rescue 1

MODULE 1

Personal Gear

- 🦺 Wetsuit/dry suit/dry gear
- 🦺 Approved PFD/Buoyancy Aid
- 🦺 Approved Helmet
- 🦺 Cag/Wetsuit/dry suit/neoprene
- 🦺 Throw bag/rope
- 🦺 Knife
- 🦺 Whistle
- 🦺 Slings (3 to 4 metres)
- 🦺 Karabiner
- 🦺 Paddle
- 🦺 Spray deck
- 🦺 Mobile phone (in waterproof case)

Choosing a Venue (Risk assessment)

- 🦺 Wind effect
- 🦺 Waves (from wind)
- 🦺 Access and egress
- 🦺 Other water users
- 🦺 Traffic
- 🦺 Wildlife
- 🦺 Water quality
- 🦺 Water pathogens (Leptospirosis)
- 🦺 Flow (if present)
- 🦺 Minimising environmental impact
- 🦺 Waterbed and entanglement hazards
- 🦺 Other hazards

Proactive safety (Prevention)

DICE (managing and area)

- 🦺 Define the area
- 🦺 Identify hazards
- 🦺 Communications/signals
- 🦺 Emergency/or exit

SIGNALS

- 🦺 Stop
- 🦺 GO!
- 🦺 Are you ok?
- 🦺 Come to me
- 🦺 Positive pointing
- 🦺 All together

CLAP (managing a group)

- 🦺 Communication
- 🦺 Line of Sight
- 🦺 Awareness of the hazards/Avoidance
- 🦺 Position of usefulness/positioning (safety)





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STIG (dealing with rescue)

- 🛶 Self
- 🛶 Team
- 🛶 Individual
- 🛶 Gear

STOP (before a rescue)

- 🛶 Stop
- 🛶 Think
- 🛶 Observe
- 🛶 Plan/Proceed



Methods of moving a group

- 🛶 Herd and drive (place to place)
- 🛶 Leading from the front
- 🛶 Minimum group distances
- 🛶 Leading from the back
- 🛶 All together

Systematic approach to rescue

- 🛶 Talk, reach, throw, row, go, hello
- 🛶 Swimming
- 🛶 Proactive rescue
- 🛶 Swimming with a paddle (opt)
- 🛶 Tows
- 🛶 Non equipment tow (short dist.)
- 🛶 Rafted tow
- 🛶 Sling tow
- 🛶 Specific tow equipment (optional)
- 🛶 Bow/stern carries (optional)

ROPE WORK

- 🛶 Throws (ropes)
- 🛶 Throw protocol
- 🛶 Underarm
- 🛶 Over arm
- 🛶 Recoil
- 🛶 Side arm
- 🛶 Receiving a rope (swimmer)
- 🛶 Dynamic belay

RESCUES

- 🛶 T- Rescue (Bow presentation)
- 🛶 H- Rescue
- 🛶 Paddle presentation
- 🛶 X Rescue (assisted)
- 🛶 Rodeo re-entry
- 🛶 Heel hook re-entry
- 🛶 Unconscious rescue
- 🛶 Unconscious carry

MODULE 2

