

BCU Canoe Lifeguards: Moving Water Module

1. Aim

To build upon the skills and techniques learnt in the Core Lifeguard award.

To provide a lifeguard or moving water safety technician with the necessary skills to operate safely in a moving water environment.

2. Validity

This award is valid for 3 years. During this period a BCU Aquatic First Aid award level 1 (or equivalent) must be kept current.

3. Structure

The syllabus consists of four training modules and an assessment. It is envisaged that training and assessment will take a minimum of 16 hrs contact time.

Training may be completed during a two-day period, e.g. a weekend. Where training takes place over a longer period, the trainer must sign each candidate's logbook for the logged skill(s) completed. All three training units must be completed prior to assessment; unless an accredited prior learning (APL) application has been granted by the National Training Officer.

The training modules will NOT need to be retaken for revalidation providing the candidate can show evidence of lifeguard training and duties during the validity of the award.

4. Trainer/Assessor

A BCU Lifeguards Level 4 Moving Water Coach may train up to 6 candidates and assess up to 3 at any one time. There should be a minimum of 2 staff irrespective of numbers and a maximum ratio of 1:6. The assisting coach may be any BCU Coach of suitable experience.

5. Prerequisites

- a. BCU Lifeguards Core Module (For candidates gaining Lifeguard Bolt-on Module)
- b. Be at least 16 years of age at time of assessment.
- c. Candidates need to be confident swimming in Grade 2 Moving Water.
- d. Candidates must present themselves with the following items for assessment:

A releasable chest harness (may be integrated into the buoyancy aid), knife (folding or fixed capable of cutting 12mm rope in one pass), whistle, 2 slings, 3 karabiners (screw gate), 3 prussik loops and a throwbag (minimum 15Mtr long and 8mm diameter).

6. Venue

It is recommended that this module be run on grade 2 water, as defined by the BCU. Coaches must operate within their BCU coaching remit.

7. Syllabus

Part 1: General Theory and Skills

- a. Generic & dynamic risk assessments (inc. longer term health risks, e.g. surfer's ear, intense glare, etc).
- b. Hydrology – understanding the behaviour of moving water.
- c. Signals.
- d. Leadership and team dynamics, understanding individual roles.
- e. Entrapment & pins.
- f. Equipment.
- g. Setting and using anchors.
- h. Stopper Rescues
- i. Simple pulley systems.
- j. 2 and 4 point tethered craft.
- k. Extraction of casualties from kayaks/canoes.
- l. Flood management. Hazards & personal safety including strainers

Part 2: Lifesaving (swim based)

- a. Swimming.
 - I. Defensive.
 - II. Aggressive.
 - III. Crossing eddy lines.
 - IV. Eddy hopping.
 - V. Ferry gliding.
 - VI. Strainer swim.
 - VII. Access & egress points
- b. Shallow water crossing techniques.
 - I. Supported (use of a pole).
 - II. Line astern.
 - III. Three person pivot.
 - IV. Wedge.

Part 3: Lifesaving (bank based)

- a. Use of throwbags.
 - I. Features of a good throwbag.
 - II. Clean line principle.
 - III. Effective use of throwbags, to achieve an accurate throw.
 - IV. Vector pulls.
 - V. Use of a chest harness and cow tail including release.
 - VI. Live bait rescue.
 - VII. V lowers.
- b. Ropework.
 - I. Types of ropes.
 - II. Knots.
- c. Simple mechanical advantage.
 - I. Anchors.
 - II. Pig rig.
 - III. Tensioning systems; inc Zip line, tensioned diagonal, z drag & pig rigs
- d. Entrapment drills
 - I. Tag lines

- II. Cinches
- III. Unpinning boats
- IV. Unwrapping boats

e. Other Skills

- I. Approaching and accessing the site of operation
- II. Safe leadership techniques
- III. Dynamic risk assessment
- IV. Dynamic risk assessment
- V. Recovery of equipment

8. Assessment

Candidates must present themselves suitably equipped for the assessment. Canoeing / kayaking kit suitable for the environment should be worn throughout the practical elements of the assessment. Assessments may be carried out as orchestrated incidents or at organised lifeguard events. A candidate may provide evidence of completion of the training modules or an agreed APL application.

a. Theory

Answer a selection of questions taken from the theory module. At the assessor's discretion the questions may be in written or verbal format. A recommended number of 25 questions may be asked to ensure that candidates have an extensive knowledge of the subjects covered.

b. Logged Skills

Candidates are expected to perform a selection of relevant skills to the satisfaction of the assessor.

c. Unknown Incidents

There will be one incident for each candidate acting as patrol leader. There must also be at least one other incident where each candidate acts as a team member.

On completion of the assessment and if the candidates are assessed as competent BCU Lifeguards holding the Core Module will be awarded the BCU Lifeguards Moving Water Module Award. Candidates that don't hold the Core Module will be awarded BCU Lifeguards Moving Water Technician Award.

Trainer notes

Manual Handling

All candidates need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment. This could, of course, include a casualty, especially when performing rescues.

In addition, Risk Assessments of how to prevent harm and injury to candidates should be undertaken as a matter of routine.

In Civil Law there is a Duty of Care towards your students and others river users. This includes loss, harm, damage and injury. Coaches are charged with the care of candidates, and as such, coaches need to identify where there is a risk of the 'duty' being neglected or abused.

The BCU has prepared an information leaflet that gives a brief outline of procedures to assess and evaluate Manual Handling operations. In addition, a one day Injury Prevention Course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service (see Section 5).

Syllabus

Part 1: General Theory and Skills

- a. Risk assessment (inc. longer term health risks, e.g. surfer's ear, intense glare, etc).
- b. Hydrology – understanding the behaviour of moving water.
- c. Signals.
- d. Leadership and team dynamics.
- e. Entrapment.
- f. Equipment.
- g. Setting and using anchors.
- h. Simple pulley systems.
- i. 2 and 4 point tethered craft.
- j. Extraction of casualties from kayaks/canoes.
- k. Flood management.

Part 2: Lifesaving (swim based)

- a. Swimming (Defensive, aggressive, crossing eddy lines, eddy hopping, ferry gliding, strainer swim).

Candidates are to safely navigate their way down a grade 2 rapid, using both defensive and aggressive techniques. Several water features should be encountered and dealt with successfully. When conducting the strainer swim an object must be used that will 'give' under excessive load. It should be releasable and should not cause injury on impact.

- b. Shallow water crossing techniques Supported, use of a pole, line astern, three person pivot & wedge.

Part 3: Lifesaving (bank based)

- a. Use of throwbags

Features of a good throwbags, clean line principle, effective use of throwbags, including an accurate throw in 20 seconds, vector pulls, use of a chest harness and cow tail, live bait, V lowers.

Effective throwbag work is the cornerstone of good rescue practice. Candidates must demonstrate this with a knowledge of the equipment, where to deploy the throwbag, selection of technique and casualty management.

b. Ropework (Types of ropes, knots)

Areas to be covered include the differences between dynamic line (will stretch but not float), semi-static (used in abseiling, will not float) and canyoning lines (float); their uses and limitations.

Knots to be covered are Rethreaded fig 8, Alpine Butterfly, Prussik knot, No Knot, Tape Knot (follow through), Alpine (Munter / Italian) hitch.

Use of slings. Assessors as well as candidates must be aware of current best practice regarding use of slings. No 'Lark's Feet', avoid sharp edges and how abrasion damage can be more damaging than a small nick.

c. Simple mechanical advantage (Anchors, pig rig, zip line/tensioned diagonal).

d. Entrapment drills (Tag lines, cinches, unpinning boats, and unwrapping boats).

Part 4 : Canoe / Kayak Skills

a. Eddy hopping.

b. Approaching and accessing the site of operation (safe leadership techniques, effective use of signals, dynamic risk assessment).

c. Recovery of equipment and planning onward journey.

Assessment

It must be possible to deliver the theory section in written or verbal format. There is no set pass mark but the assessor must ensure that candidates do have an extensive knowledge of the subjects taught under this section.

Candidates must present themselves suitably equipped for the assessment and canoeing kit suitable for the environment should be worn throughout the practical parts of the training and assessment. They should also make themselves aware of local weather, river conditions, hazards, etc for the venue at the time of assessment.

Candidates are expected to perform a selection of relevant skills to the satisfaction of the assessor. Candidates who appear to be lacking in any of the skills requested should be given the opportunity to repeat the skill or demonstrate additional skills to confirm competency.

The unknown incidents should be relevant to the area of operations of the Moving Water Module. The assessor should be looking for the application of relevant skills and the ability of candidates to effectively carry out rescues both as part of a team and in a leadership role.

The candidates should show ability to effectively manage a team, prioritise in a multiple casualty scenario, delegate, continually monitor scenarios and to be able to work as an efficient team member. It is highly recommended that assessors acquaint themselves with a respectable whitewater rescue manual. The following come recommended:

- Whitewater Rescue Manual: New Techniques for Canoeists, Kayakers and Rafters by Charlie Walbridge and Wayne Sundmacher
- River Rescue: Manual for Whitewater Safety by Les Bechdel and Slim Ray
- Whitewater Safety and Rescue by Franco Ferrero
- SRT Unit 1 Course Manual by Rescue 3.