



## BCU Foundation Safety & Rescue Training Syllabus - March 2008

### Course Philosophy

Fundamentally this course is designed for paddlers and coaches irrespective of their chosen craft, or as may be the case for coaches, **as either a boat based or bank based coach**. The objective is to teach simple and safe skills that can be applied appropriately.

### Course Aims

This course aims to provide the participant with the key safety and rescue skills required to operate safely 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, boat based or bank based Coach with the necessary skills to enable them to ensure the safety of themselves and others.
- To provide the paddler, boat based or bank based Coach with the appropriate rescue skills to be used to help themselves and/or others in difficulty.

### Pre-requisites

- Due to the paddling environment and the boat control required the candidate paddler or boat based coach would need to either hold the 2 Star Award or be of that ability.
- The bank based coach accessing the course would not be required to hold the 2 Star Award, however, they should be prepared 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.

### Equipment

The following is a list of recommended equipment required for the participant in this course to have.

- Towline OR Tow system
- Throwline
- Sling
- Whistle
- Knife



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

*The participant 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 eg

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

However all participants will be trained in working with and rescuing all craft

### **Venue & Duration**

Sheltered water, calm conditions. The course will typically take place over a day and include at least 6 hours teaching time.

### **Risk Disclosure**

All participants need to be aware of the risks associated with their involvement in 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.

### **Course Content**

- General theory & planning
  - Safety & Rescue protocols
- Bank based rescues
  - Coach a swimmer to shore
  - Rescue a swimmer with a rigid aid
  - Rescue a swimmer using a throw line
- Boat based rescues
  - Rescue a swimmer from the water
  - Rescue a capsized paddler using a deep water rescue
  - Rescue an unconscious or entrapped paddler from their boat
  - Use of towlines
  - Self rescue
  - All in rescue
- Scenarios