

**Irish Canoe Union**  
**River Rescue & Safety (RSR)**

**Resource Pack for Trainers**

# **River Rescue & Safety Courses**

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# **River Rescue & Safety (RSR)**

## **River Safety & Rescue 1 (RSR 1)**

- General Aims
- Course Outline
- Applying to attend a Course
- Recommended Equipment List
- Guidelines

### **Introduction**

The RSR is a 1 day course designed for canoeists of all levels who wish to undertake relevant training in Safety and Rescue Techniques appropriate for water of Grade 2. This is an ideal stepping stone for those canoeists who are interested in taking more in -depth advanced rescue and safety training.

### **General aims of the RSR**

The RSR aims to enable candidates to

- 1.01 Develop an understanding of rescue / safety protocols
- 1.02 To apply the appropriate method and equipment for particular situations
- 1.03 Execute self rescue
- 1.04 Rescue others in Grade 2 water
- 1.05 Rescue of equipment in Grade 2 water

### **Course Outline**

This is designed to be a flexible course depending on trainee's needs and previous experience levels-notwithstanding this the core elements of the syllabus must include:

- 2.01 Personal Equipment
- 2.02 Prioritising Rescue
- 2.03 Systematic approach to a rescue
- 2.04 Self Rescue
- 2.05 Throwrope rescue techniques
- 2.06 Basic Hydrology /Dynamics of river features
- 2.07 Shallow Water Crossings
- 2.08 Defensive/Offensive swimming
- 2.09 Communication
- 2.10 Leadership roles and decision-making on a riverbank
- 2.11 Stabilisation lines

### **3.00 Requirements to attend a Course**

This Course is open to any canoeist who wishes to improve river safety skills

#### **Recommended Equipment List**

- 4.01 River Rescue Buoyancy Aid with integrated harness
- 4.02 Throw Bag
- 4.03 Knife
- 4.04 Length of Webbing / Open Sling 4-5 metres long
- 4.05 Closed Sling
- 4.06 Screw Gate Karabiner x 2
- 4.07 Adequate Footwear
- 4.08 Wetsuit or Drysuit
- 4.09 Thermals
- 4.10 Helmet
- 4.11 Whistle

#### **Guidelines**

- The RSR 1 course should be delivered and run on water of grade 2 difficulty
- The Course Provider must be a Level 3 Kayak Instructor on the RSR I Course Trainer Panel
- The student /trainer ratio is a maximum of 6:1

# River Safety & Rescue 2 (RSR 2)

- . General Aims
- . Course Outline
- . Applying to attend a Course
- . Recommended Equipment List
- . Guidelines

## Introduction

The RSR 2 is a two -day course designed for intermediate and advance level canoeists who wish to undertake relevant training in River Safety and Rescue techniques appropriate to water of Grade 3 and above difficulty. This is a follow on from RSR 1 introducing more advanced rescue and safety training and techniques.

### 1.00 General aims of the RSR 2

The RSR 2 aims are to enable candidates to

- 1.01 To further enhance the understanding of rescue / safety protocols
- 1.02 To apply the correct method and equipment for a given situation
- 1.03 Execute self-rescue
- 1.04 The rescues of others in grade 3 / 3+ water
- 1.05 The recovery of equipment from grade 3 / 3+ water

### 2.00 Course Outline

This is designed to be a flexible course to allow for students needs and previous experience- notwithstanding this the core element of the syllabus must include:

- 2.01 Personal Equipment
- 2.02 Prioritising Rescue
- 2.03 Systematic approach to Rescue
- 2.04 Extraction of Foot / Body Entrapments, Broaching / Pinning
- 2.05 Self Rescue
- 2.06 Throw Rope Rescue Techniques
- 2.07 Advance Hydrology / Dynamics of River Features
- 2.08 Advance Anchor Points and Belaying
- 2.09 Shallow Water Crossing Methods
- 2.10 Defensive, Aggressive and Combat Swimming

- 2.11 The Use and Applications of Vector Pull, Tensioned Diagonal, V-Lower, Z Drag
- 2.12 Communication
- 2.13 Leadership roles and decision making on a riverbank.

### **3.00 Applying to attend a course**

This course is open to all who have completed RSR1 and wish to build on their river safety skills.

- 4.00 Recommended Equipment List
- 4.01 Buoyancy Aid with integrated harness
- 4.02 Throw Bag
- 4.03 Knife
- 4.04 Length of Webbing / Open Sling 4 /5 metres in length
- 4.05 Closed Sling
- 4.06 Screw Gate Karabiner x 2
- 4.07 Prussic Loop x 2
- 4.08 Adequate Footwear
- 4.09 Wet suit / Dry suit
- 4.10 Thermals
- 4.11 Helmet
- 4.12 Whistle

### **Guidelines**

- The RSR 2 training course should be delivered and run on water of Grade 3 / 3+ difficulty

RSR 2 course can only be delivered by a currently registered Level 4 Instructor who is a member of the RSR 2 Course Trainer Panel.

- The course student / trainer ratio is a maximum of 4:1

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## River Rescue & Safety

It is the ethos of RSR to use a **Prioritising Rescues & Systematic approach** to ensure the simplest and safest approach to all river rescues.

### **Prioritising rescue.**

**Self:** Are you safe at all time? Will you become a casualty if you proceed?

**Group:** Will your action endanger the rest of the group? Are they safe before you proceed?

**Casualty:** Will your actions put the casualty in further danger? Can you proceed with the rescue?

**Equipment:** Despite the fact it's shiny and new it is only plastic and can be replaced.

## *Systematic approach to Rescue*

**Talk** Talk to the casualty- can he help himself ?

**Reach** Reach out with you hand, branch paddle, boat.

**Throw** Throw a rope or flotation device

**Go** Make its safe for rescuer to get into the water, swim on a line or use appropriate methods of water access rescues.

**Helo (outside help)** Outside help or helicopter rescue is required.

### **Guidelines on how to use a session planner**

The purpose of the session planner is to help you plan, implement and evaluate your session.

#### **Essentially it should help you answer the following questions.**

1. What do I want the participants to be able to do?
2. How will I organise it?
3. What content/ resources/ questions, do I need

#### **Clearly state your outcomes.**

- What should the participants be able to do by the end of the session?  
Change behaviours/ attitudes, develop a skill, Apply knowledge...
- Concentrate on coaching/ instruction skills.....Plan, implement, observe analyse, provide good feedback.
- Keep it realistic! Avoid over complication of sessions/ coaching/ scenarios.

#### **A well thought out session should keep everyone involved and active.**

- How will I start the session? What size groups will I be using?
- What main points of the content/ knowledge/ information will I tell/ demonstrate etc.
- How will I challenge the participants to think, plan discuss, share... to be involved.
- What tasks will I use to get the participants to apply the skill to their own situation?
- What precise questions will I ask to and when? (What, why, if and how).

#### **List your resources.**

- What equipment do I need?
- What equipment (if any) will the participant have?
- Do I need visual aids, handouts, models, pictures etc....?

#### **A means of evaluation.**

- Did the participants learn/ improve/ perform as planned?
- How do I know the session was successful?
- What checks will I put in place?
- What could I do differently to improve for the next time?

# Session Planner

## Outcomes/ Aims

By the end of the session the participant should be able to...

- 
- 
- 

## Time allocation to session...

<p><b><u>Teaching points</u></b> Identify the key components of the skill</p>	<p><b><u>Delivery method.</u></b> How will you get it across</p>
<p><b><u>Exercises/Task</u></b></p>	<p><b><u>Things to remember</u></b> Instructor key notes.</p>

## Resources.

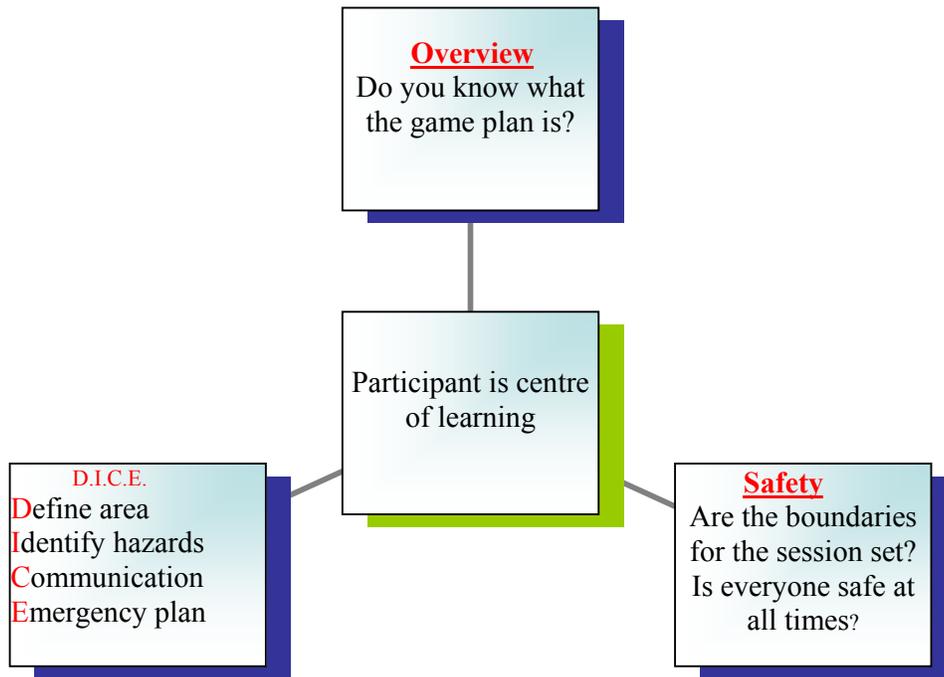
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## Methods of assessment/Evaluation of students

## Personal improvement goals.

## *Instructor's template for setting up and running rescue Scenario's*

When setting up scenarios it is important to keep them realistic to the possibilities that may arise in relation to the level of the group and the grade of river the group will be operating on. Just adding things in to make it harder is not a fair or realistic way of pressurising a situation. Try to use time restraints and boundaries as a way of increasing urgency.



**Feedback** should be held back until end of session unless you consider it in anyway unsafe. If this arises you will have to redefine the boundaries and the outline of the session.

## **Feedback on sessions**

When providing feedback focus on what you saw/ happened in the session and not on what didn't!

REINTEGRATE – REASURE - PERSONAL INVOLVMENT - GROUP PARTICIPATION / INVOLVEMENT - OPEN DISCUSSION – PERSONAL ACTION STEPS

### **Positive.**

Well done.....That was enjoyable..... What worked well? etc.

.....  
.....

### **Suggestions for improvements.**

Was it effective?..... What might you do differently next time? What other ways could ..... How could we apply this.....?

.....  
.....

### **Other comments.**

Possible coaching points on the actual hard skill.....

.....  
.....

### **Personal improvement goals.**

What they can take away and work on.....

.....  
.....

## **RSR 2- Techniques and Skills**

**“All rescue situations/ scenarios should follow the principle of prioritising rescue and the systematic approach to rescuing”**

### **Systematic approach to rescue**

*Talk, Reach, Throw, Go, Helo (outside help)*

### **Prioritising rescue.**

Self, Group, Swimmer/casualty, Equipment

### **Defensive & proactive/combat swimming**

Methods of swimming in grade 3/3+ water. Avoiding obstacles, running rapids, Eddyline rolling, surfing and getting out off stoppers and pourovers.

Methods of self rescue, self/ equipment

### **Advanced throw rope techniques**

Explore the uses of:

- Vectors in relation to throw bag rescues.
- Situations that call for the use of live bait rescues, its use and potential hazards.
- Tag line in relation to closed stopper rescues.
- Snag line for stabilising the situation, progression to a two line loop/ (putting a vector onto a snag.).
- Two line cinch to further stabilise the swimmer.

### **Foot / Body entrapment**

Develop methods of contacting and stabilising the entrapped person/ situation,

### **V lower**

Use a V lower to access a casualty/equipment.

Define a clear communication system with back up safety

### **Tension diagonals**

Solve the problem of getting a group/ casualty across a stretch of water using a tensioned diagonal. Make good use of rope length, anchor points and the flow of the water.

### **Advanced anchors knots and belays**

Identify good anchors and their uses .i.e. Body position, backup person, trees and secure objects. Use of slings, crabs, cows tail. Multiple belay points, self equalising systems. Different methods of body belaying and friction reducing techniques.

### **Evolution of extraction.**

Solve the problem of pinned/broached equipment by systematically applying

reach and tug, direct line pull, tieoff line and vector, z-drag. Applying mechanical advantage-leave alone until water level drops.

### **Communication**

Agree a set of **clear & concise** river signals

### **Self Rescue**

Methods of swimming with equipment to safety.

### **Clean rope principle.**

Identify what is a clean rope. Safety implications and uses.

### **Shallow Water Crossings.**

Outline the benefits of the types of crossing-wading, pole/paddle crossing, three man tripod, line astern, the wedge.

### **Advance water dynamics / hydrology**

To be able to show and explain different river features encountered on a grade 3 /3+ river, the participants having an understanding of the effect it has on a rescuer and a rescue situation.

### **Leadership**

Different types of leadership styles that can be used and their implications in a rescue situation. Decision making on the river bank under pressure and the possible consequences.

### **Planning a safe river trip**

Develop a method of evaluating the skill level and experience of your group.

The type and amount of equipment and clothing the group is using.

The grade and difficulty of the river.

How the individuals feel on the day.