



**National Water
Safety Management
Programme**

Syllabus

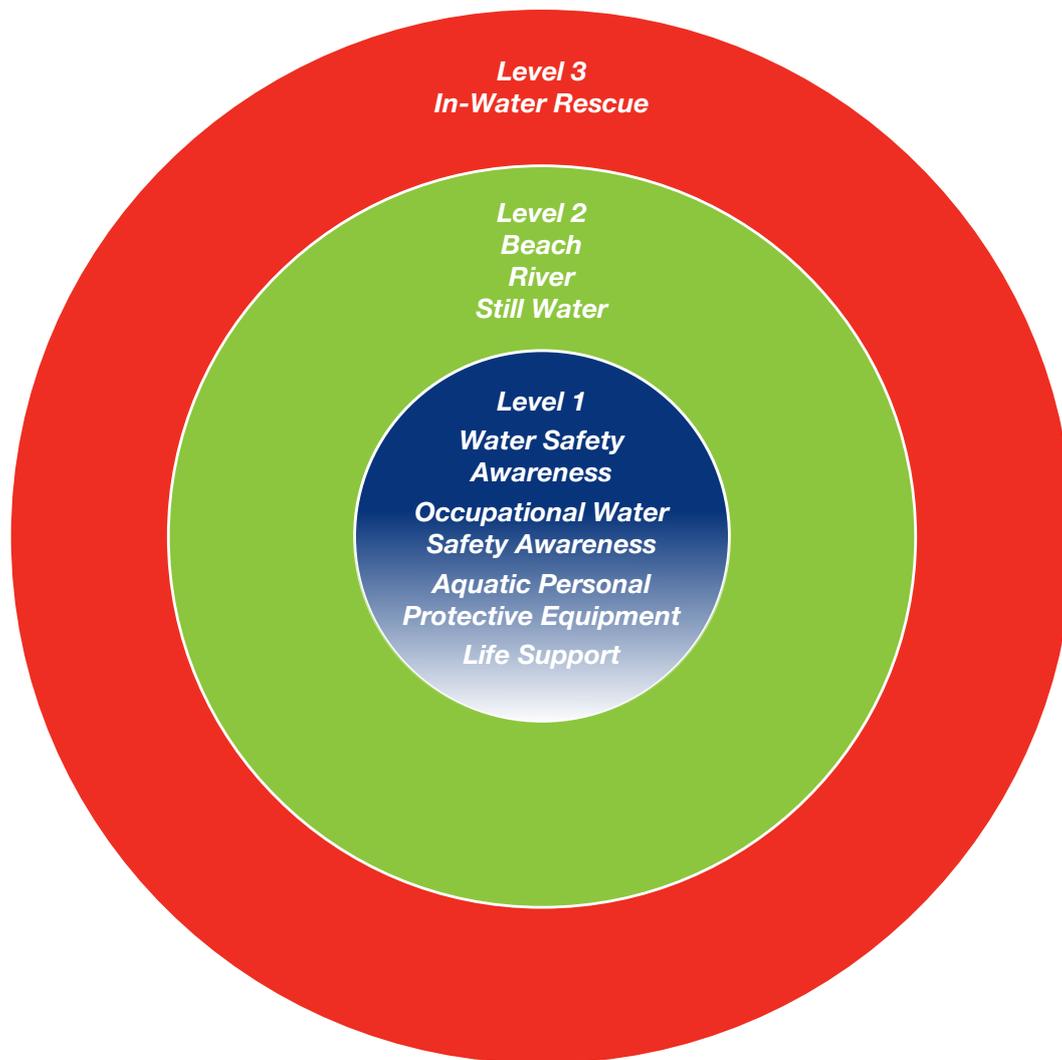


Safeguarding lives in, on and near water

This resource is the approved material for the RLSS UK's National Water Safety Management Programme and has been specifically designed to support your learning as you develop your water safety awareness competencies.

Programme Structure

Demonstrates how the different levels relate to each other.



Hierarchy of Modules



RLSS UK NWSMP Syllabus

Level 1 Water Safety Awareness Module (min. 6 hrs learning hours)

The programme starts with the Level 1, 'Water Safety Awareness' module which is comprised of two units. Candidates progressing to Levels 2 and 3 must first successfully complete Level 1.

The course begins with the Self Study unit which takes approximately 2 hrs to complete leading to the Guided Learning unit which provides a 4 hr class room based programme, facilitated by a RLSS UK approved Instructor. Candidates are required to competently perform a risk assessment exercise and a land based rescue. Candidates do not enter water at Level 1.

Syllabus for Unit 1 (2 hrs Pre-course Self Study)

Where, Why and How do people drown?
 Effects of temperature : differences between Indoor & Outdoor
 UK Drowning Statistics
 Causes of Drowning and the Drowning Prevention Model
 Understanding Open-Water Hazards
 Physiology of Drowning and Associated Medical Conditions
 Key legal obligations and Duty of Care
 Principles of Risk Management
 Operating Procedures, Emergency Action Plans and Emergency Management
 Personal Protective Equipment and Rescue Equipment
 Question Paper

Syllabus for Unit 2 (4 hr Guided Learning)

Practical Open Water Safety Management and Personal Safety
 Challenging Perceptions of Water Safety
 Revision of Classification of Hazards
 Development of Risk Assessments and Appropriate Control Measures
 Group Activity Management
 Casualty Recognition
 Rescue Principles and Sequence
 Rescue Skills Breakdown
 Application of Basic Emergency Response (land based)

Level 1 Syllabus

Who is it for?

This module is aimed at those working near known waters under controlled conditions with programmed activities, either for personal safety or for those with supervisory responsibility. People who need a minimum level of water-safety awareness and a basic emergency response capability.

Examples:

- A leader with responsibility for a group taking part in field work at the water margins. Water is calm with minimal current and no higher-risk factors such as steep edges, ledges and/or deep water with no intention for anyone to enter the water.
- Lone worker operating from the bank or simply working near a water margin.
- A park ranger with basic water safety rescue capability (land based).

Learning Outcomes

Level 1 is primarily knowledge based, although basic principles of rescue will be discussed and candidates will practice land based rescue techniques. By the end of the module candidates will be expected to:

- Identify a range of open water hazards
- Understand the effects of cold water immersion on the body
- Demonstrate a minimum level of water safety and personal safety awareness
- Show an understanding of legal requirements and duty of care applicable to group leaders
- Understand principles of water safety, group management and risk assessment
- Show an understanding of the principles of rescue and rescuer safety
- Understand how to manage a group safely around the water margins
- Understand key water safety issues
- Apply practical risk management skills and show confidence in applying appropriate controls
- Demonstrate competence in land based 'Emergency Response' rescues

To check candidates have acquired the basic knowledge to progress to Unit 2 candidates are required to score 80% in the questions detailed in Unit 1. Where candidates fail to achieve 80% the Instructor must address the learning needs and make a decision on whether the candidate is competent in all areas of the syllabus by the end of the Unit 2.



SYLLABUS

Occupational Flood Safety

The Occupational Flood Safety module has two units, covering theory and practical elements. Unit 1 takes 2 hours and can be completed as a self study unit accompanied by a set of multi-choice questions or included as a guided learning unit alongside Unit 2. The course takes a total of 6 hours to complete, facilitated by a RLSS UK approved Instructor. We explore concepts of water safety and develop our understanding of water safety management techniques, in particular flood hazards.

Key aspects of this unit are application of the knowledge acquired through risk assessment exercises, practical use of common rescue equipment and interactive workshops.

Syllabus - Occupational Flood Safety Module

- Flood Events Policy context
- DEFRA standards
- Flood hazards
- Personal and team safety
- Risk management
- Rescue skills

Who is it for

The Occupational Flood Safety module is aimed at employees (or volunteers) who are required to work in a flood environment. The module covers both personal and team safety with land based water rescue.

Examples include a member of the local authority emergency planning team, required to provide support to the community such as installing sand bags and help transporting vulnerable people. The DEFRA compliant module is also useful for emergency services, working around flood waters.

Learning Outcomes

- Identify a range of open water & flood hazards
- Understand the effects of cold water immersion on the body
- Demonstrate a minimum level of water safety and personal safety awareness
- Understand principles of water safety and risk assessment
- Show an understanding of the principles of rescue and rescuer safety
- Understand how to work safely around the flood water margins
- Understand key water safety issues
- Apply practical risk management skills and show confidence in applying appropriate control measures
- Demonstrate competence in land-based 'Emergency Response' rescues

Level 1 Syllabus

Aquatic Personal Protective Equipment

The Aquatic Personal Protective Equipment (APPE) module covers the underpinning principles of aquatic risk management, and specifically how the safe and appropriate use of specialist Personal Protective Equipment (PPE) can help manage exposure to risk.

This guided learning session will take a minimum of 4 hours, and includes a practical hands-on session checking and fitting a lifejacket.

Who is it for

The APPE module is aimed at those working around the water margins. The module provides guidance on using the correct personal protective equipment, that is suited to the work tasks, including lifejackets and both wetsuits and drysuits.

Examples include construction workers conducting groundwork operations near a water environment and a dockside employee, operating around the water's edge.

Syllabus - APPE

- Water hazards
- Personal floatation devices
- Drysuits and wetsuits
- Appropriate selection and use of APPE

Learning Outcomes

- Demonstrate selection, size and fitting of a buoyancy aid
- Demonstrate selection, size and fitting of a lifejacket
- Understand the Personal Protective Equipment Regulations relating to inspection and servicing
- Be able to perform a pre-use check of lifejacket
- Be aware of the different lifejacket inflation mechanisms
- Understand the advantages & limitations of a wetsuit
- Understand the advantages & limitations of a drysuit

Unlike the other modules the Occupational Flood Safety and Aquatic Personal Protective Equipment (APPE) modules do not require the mandatory Level 1 module to be completed before attending. They can be taken as standalone programmes.



RLSS UK NWSMP Syllabus

Level 2 Environment Specific Modules and Life Support Option

On completion of the Water Safety Awareness module, candidates can elect to further their training by progressing to Level 2 selecting one or more of the environment specific modules offered, covering Beach, River and Still Water. Candidates can also achieve Life Support. At Level 2 candidates are required to enter the water, to experience the challenges of open-water.

Candidates need to be water confident. Water rescue techniques and other water safety management skills will be addressed but candidates are not required to swim. A key element at this level is a clear understanding of why it is essential for people to understand their personal limitations and stay within them.

Syllabus for Level 2 Environment Specific Modules (3-4 Hours of Classroom/Fieldwork)

- Interaction and variability
- General water hazards
- Generic hazard categories
- Site and activity selection
- Development of water safety management plans
- Personal protective equipment
- Understand principles of rescuer safety including entries and exits
- Principles of rescue, Shout, Signal, Reach, Throw Wade
- Application practical risk assessment & implementation of appropriate control measures
- Application of Operating procedures and emergency action plans
- Practical simulated group management
- Practical emergency response and rescue techniques

Environment Specific Hazards

River	Beach	Still Water	Common
Estuaries	Tides	Dams	Composition
Banks & Freeboards	Cliffs	Canals	Depth
Force	Waves	Locks	Silt, Mudflats & Quicksand
Eddies	Long-shore currents	Quarry/Gravel Pits	Water Quality and Litter
Pillows	Rip Currents		Cold Water
Undercut Rocks	Sea Life		Water Bed Composition
Hydraulics	Beach Composition/Cliff		Entrapment hazard
Weirs	Sandbars and Holes		Water and Speed
Strainers			Effect of Weather
			Human Hazards

Table: Environment Specific Hazards Covered

Level 2 Syllabus

Who is it for?

Those who need to be able to risk assess a water environment and work in, on or around water. Level 2 is aimed at those who, for personal safety, require the skills to operate safely around water. In addition, Level 2 provides a higher level of understanding for those who have an increased level of supervisory responsibility and are required to manage a group safely around the water margins, under controlled conditions. The programmed activities at Level 2 would be considered to be low risk where a programmed activity is defined by having a clear structure and is closely controlled by the group leader or supervisor.

Examples:

- A Countryside Ranger who may be required to manage activities at the water margins and respond in an emergency
- A leader with responsibility for a group doing field work at the water margins which may present a somewhat higher risk – could include, for example, wading, pond dipping or rock pooling. Water is calm, minimal current. No higher risk factors such as steep edges, ledges and deep or fast moving water.
- A lone worker conducting water sampling where they are required to wade out

Learning Outcomes

Level 2 Environment Specific Modules cover the hazards associated with those environments, tabulated overleaf including generic open water hazards common to the 3 types of environments. However, the key focus of Level 2 is the practical application of the knowledge gained in Level 1. The classroom based work takes approximately 1hr and the field work is estimated at 2 hrs.

On completion of Level 2, the candidates will be expected to:

- Identify and communicate site and, where appropriate, activity management arrangements
- Conduct a risk assessment, understand the dynamic risk assessment process and response
- Identify environment specific hazards
- Prepare a water safety management plan and implement appropriate control measures
- Manage a group safely and organise a group activity with water contact
- Identify appropriate personal protective equipment (PPE)
- Identify and assign other emergency response options
- Practise rescue techniques with standard or improvised equipment
- Apply basic emergency response procedures
- Understand the principles of rescue, rescuer safety, entries and exits
- Practical application or risk assessment and simulated group management

Activity/Practical Exercise

Exploration of personal competencies through experience of open water is considered a valuable learning tool. Candidates will not go out of their depth or be required to swim. Skills in this element include, for example, a wade, wade/reach and wade/throw rescue.

Candidates will be expected to participate in a simulated group scenario-based incident in order to practice appropriate emergency response and aftercare. The incidents will be followed by group feedback and review sessions.



Life Support

Life Support is an additional module that can be studied at Level 2, providing candidates with training in basic emergency first aid with the capability to perform basic life support. Candidate with no training in life support would be advised to complete this module.

Syllabus for Level 2 Life Support (3-4 Hours of Classroom/Practical)

Initial assessment

Action for vomiting

Recovery position

Adult cardio-pulmonary resuscitation (CPR)

Choking

Bleeding

Shock

Learning Outcomes

By the end of this module candidates will be able to:

- Demonstrate life support including action for vomit
- Demonstrate the recovery position
- Explain the difference between basic adult Life Support and Life Support for a child or drowned adult
- Apply and explain the principles of basic first aid including choking, bleeding and shock

RLSS UK NWSMP Syllabus

Level 3 'In-Water Rescue'

The pre-requisites to the Level 3 'In-Water Rescue' module are that candidates are required to be water confident and be able to complete a continuous swim of 100m on their front and 100m on their back. In addition, candidates should be able to surface dive and tread water for 2 minutes.

The Level 3 'In Water Rescue' module includes swim rescue skills. Level 3 is a separate module delivered over a minimum of 4 hrs. The theory needs to precede the practical.

Syllabus for Level 3 (Approximately 3 Hours)

Principles of rescue involving towing techniques

Personal safety

Safe entries and exits

Approach to casualties

Casualty management and aftercare

Principles of casualty spinal injury management

Liaising with Emergency Services

Simulated non-contact tow of a conscious casualty in deep water (30m)

Simulated contact tow of an unconscious casualty in deep water (15m)

Underwater Search

Application of operating procedures and emergency action plans

Note: adequate safety cover must be maintained throughout this activity

Emergency and Incident Management

Level 3 is intended to utilise the knowledge and skills acquired in all other Modules by demonstrating them through practical application. Candidates will be required to show an understanding of the specific nature of the environment and show appropriate selection of equipment. They will work with the Normal Operating Procedures and Emergency Action Plans at the training and assessment venue to effectively manage an emergency incident.

- Candidates should be able to identify specific hazards where a member of the group could be in danger or difficulty
- Candidates will show competence in the management of a simulated emergency to be set by the Instructor, including
 - Application of normal operating procedures and emergency action plans
 - Perform a swim and tow rescue
 - Demonstrate basic casualty aftercare
 - Justify course of actions



Who is it for?

Those who need to be able to operate safely in open water, risk assess a water environment and who have a greater likelihood of the need for a swim rescue, beyond standing depth. This may apply to those with supervisory responsibility for a group engaging in programmed activities (under controlled conditions) with the intention to enter deep water. Level 3 'In-Water Rescue' is for programmed activities that would not be expected to carry a high risk and where it would be appropriate to have an 'in-water' rescue capability.

Examples:

A leader with responsibility for a group who will be swimming in known waters (beyond standing depth) under controlled conditions or where there is a risk that a member of a group may enter deeper water and need assistance.

Learning Outcomes

Basic principles and practice of emergency response and rescue skills in deeper water.

On completion of Level 3 candidates will be expected to:

- Demonstrate and have a clear knowledge of hand and whistle signals
- Show competence in different rescue techniques and where appropriate improvise with available equipment
- Understand the principles of rescuer safety
- Demonstrate entering and exiting water safely
- Swim 30m and perform a non-contact tow of a conscious casualty, land the casualty with assistance & provide aftercare
- Swim 15m and demonstrate a contact tow of an unconscious casualty back to shore and provide basic life support
- Perform a surface dive to a maximum of 1.5m
- Understand the principles of stabilisation of a casualty with suspected spinal injury
- Perform two life saving defences