NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

Water Safety Awareness



Register yourself on our system!

ROYAL
LIFE SAVING
SOCIETY UK

rlssuk.tahdah.me/account/registernew

New to RLSS UK

Use the link above to create an RLSS UK Account so you can access your certificate(s) following this course.

You will also get access to online learning opportunities and RLSS UK membership.

Carefully input your email address to ensure you receive the account verification email from us and make a note of your Society Number to provide to your Trainer.

History with RLSS UK

Use the link above to activate your RLSS UK Account.

You will need your Society Number (found on your certificates or any correspondence from RLSS UK).

Update your details to ensure you receive the account verification email from us and notification of when your certificate is ready.

Housekeeping and Etiquette

- Fire exits, toilets and breaks
- Turn off mobile phones
- Time keeping
- Respect - no foul language, bullying etc
- Put litter in the bin
- Ask questions
- Be willing

Introduction to the Programme



Scope of the Award

The Water Safety Awareness award is for those working **near** water and not entering the water intentionally.

This award will teach you about the hazards surrounding different open water environments and how to perform land-based rescues.

This is not a Lifeguard qualification. If you wish to complete a lifeguard qualification, please visit RLSS.org.uk

Attendance and Assessment

- 100% attendance required
- Ongoing assessment throughout the course
- Written, oral and practical Assessment at the end of each module

Water Safety Awareness Assessment

End-of-course multiple choice question paper

You will need to answer questions on the following topics:

- Effects of cold water
- Risk management and hazards
- Generic open water hazards
- Life support and first aid
- PPE and aquatic clothing

Throw Bag rescue practical

You will need to do a practical test on the following activities:

- Complete a risk assessment
- Performing a throw bag rescue
- Recoil the bag and perform a re-throw
- Pack the throw bag

NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

1A

What we are going to cover

- Legislation and agency policy
- Drowning and casual factors
- Effects of cold water
- Working with groups near water
- Working alone near water

Legislation

The law (in the UK) in an open-water environment is no different to the law anywhere else. Both common and statutory law apply in the usual way.

Please note that it is beyond the scope of this programme to provide a comprehensive review of the legal system pertaining to management of groups around the water margins.

Key legislation to be aware of:

- Health and Safety at Work Act 1974
- Management of Health and Safety at Work Regulations 1999
- Occupiers Liability Acts 1957 and 1984
- Countryside and Rights of Way Act 2000

Drowning

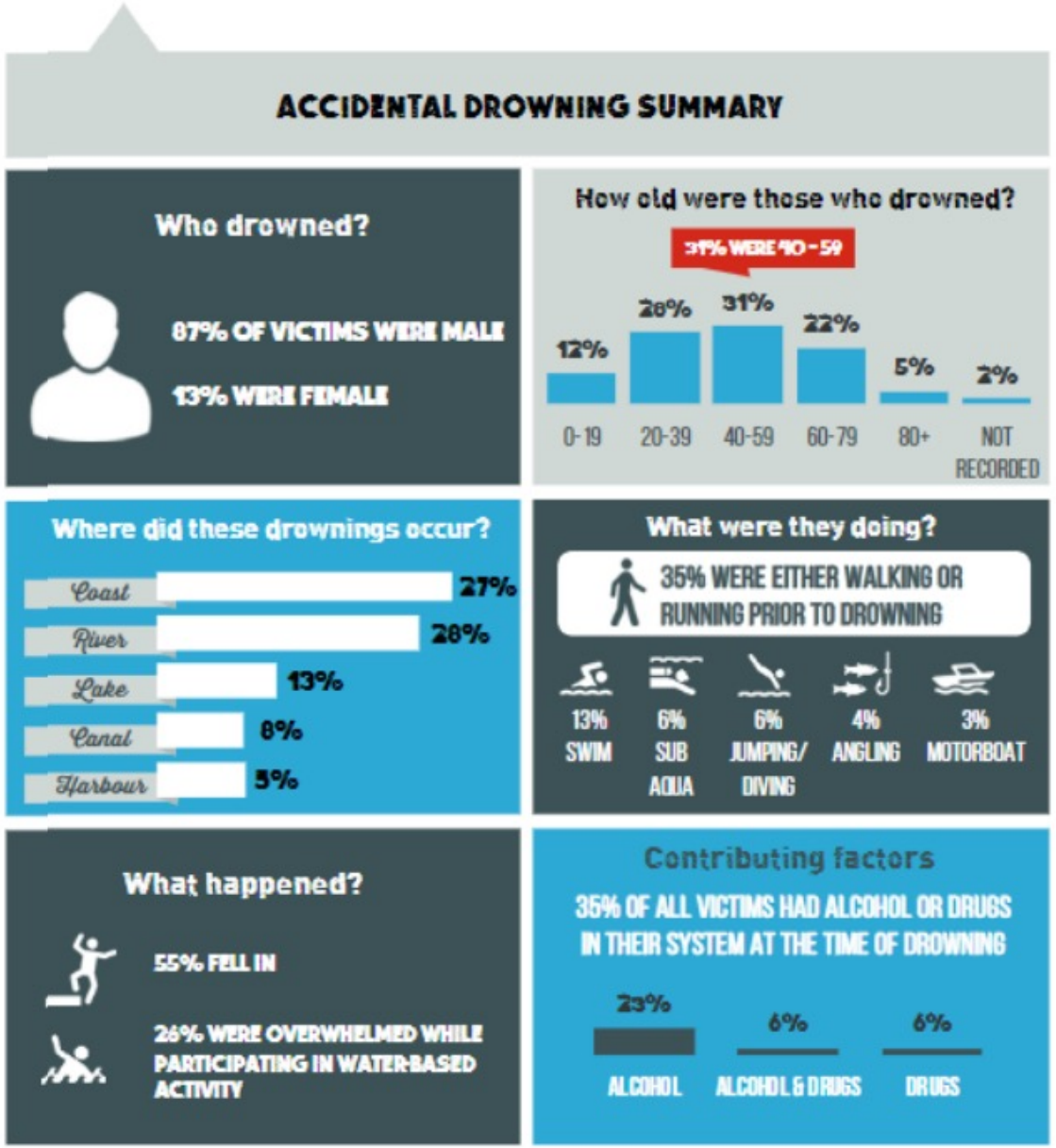
Definition of Drowning

The International Life Saving Federation (ILS) defines drowning as:

“The process of experiencing respiratory impairment from submission/immersion in liquid”

There are three defined outcomes of drowning, these are:

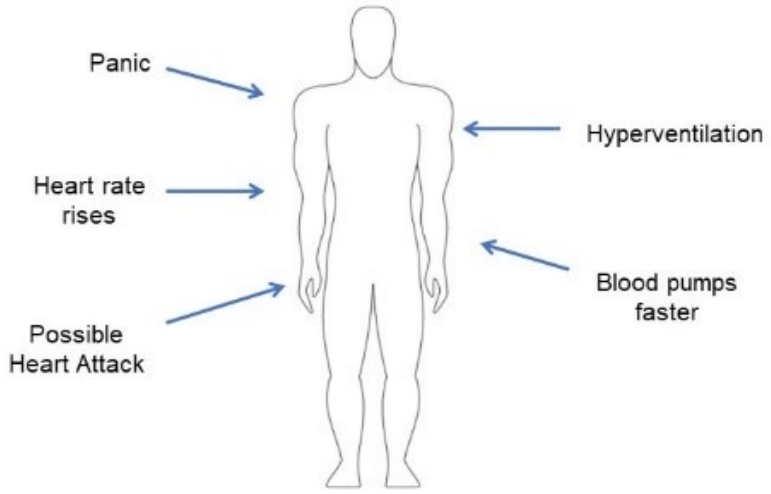
- Death
- Morbidity (injury)
- No Mobility (no injury)



Effects of Cold Water

Cold Water Shock

Stage 1: Shock Response (0-3mins)



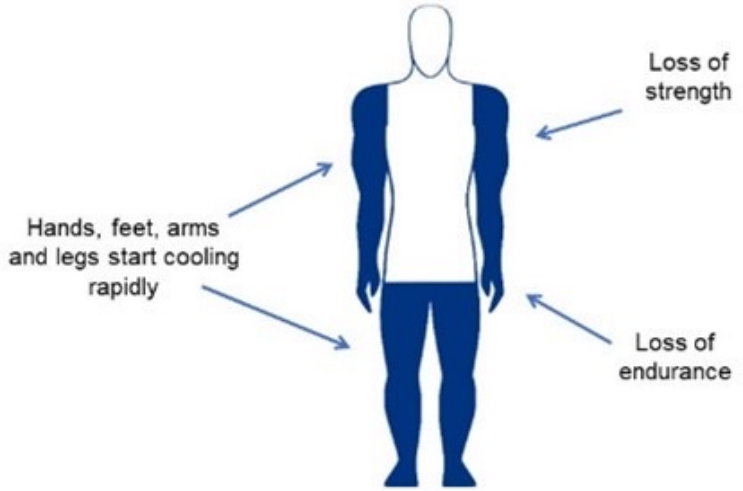
Stage 1: Shock response (0-3 mins)

- Gasping – cold water shocks the system which can cause gasping, this shock also makes holding your breath difficult.
- Panicking – Rapid breathing, combined with the surprise of falling into cold water, commonly causes panic.

Effects of Cold Water

Cold Water Shock

Stage 2: Muscle Response (3-30mins)



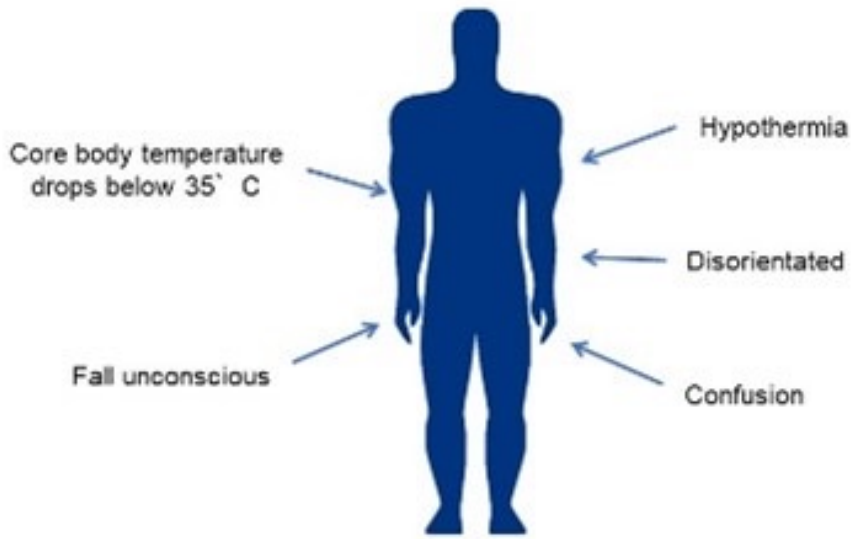
Stage 2: Muscle response (3-30 mins)

- Loss of strength – muscle strength decreases
- Loss of endurance – arm and leg use endurance rapidly decreases, making swimming difficult.
- Swim fatigue – Reduced strength and endurance rapidly leads to swim fatigue

Effects of Cold Water

Cold Water Shock

Stage 3: Core Response (30+ mins)



Stage 3: Core response (30 mins+)

- Being in cold water over a long period of time, will cause the core body temperature to begin to drop. As the core body temperature drops, the casualty becomes confused and disoriented until they eventually fall unconscious. A casualty with a core body temperature of 35°c or below is medically hypothermic.

Working with Groups near Water

There are several factors that effect the safe management and leadership of an activity or task.

- Participant/team ability and limitations
- Suitability of the group
- Group communication

By ensuring you address these points before undertaking any activity or task, you stand the best chance of having a safe and enjoyable experience.

Working Alone near Water

It is strongly advised you do not work alone near water due to the inherent risks. If the circumstances dictate you must work alone near water the following advice should be followed to minimise the risk:

- Ensure you have communicated with someone to let them know your plans and expected finish time.
- Brief the person what to do if you are not heard from after the cut-off time.
- Ensure you are wearing the correct PPE for the environment you are working in.

While these steps will help to reduce the likelihood of getting into serious difficulty when working near water. This is not a reason to replace working as part of a team to ensure everyone’s safety is the focus.

Summary & Questions

- Legislation and agency policy
- Drowning and casual factors
- Effects of cold water
- Working with groups near water
- Working along near water

NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

1B

What we are going to cover

- Generic Hazards and Hazard Categorisation
- Risk management
- Control Measures
- Practical Risk assessment

Hazards & Risks

The terms hazard and risk are both often used when completing risk assessments and safety cover arrangements.

These can be defined as:

Hazard – Something with the potential to cause harm

Risk – How likely it is that harm will be caused

Risk Management

The Health and Safety Executive (HSE) define risk assessments as ‘identifying practical actions (controls) that protect people from harm and injury’ and they fall into three main categories:

Generic – applicable to the general environment or activity

Site or activity specific – at that site or for that particular activity

Dynamic – performed *in situ*, during an activity and acted upon, based on knowledge and experience. Results of a dynamic risk assessment can be used to inform a written generic or site-specific risk assessment for future reference.

Risk Management

Risk assessments can also be conducted to assess risk to equipment and/or facilities. Before going any further, let's start by defining some key definitions. To help illustrate the definitions more fully, consider a group on a kayaking trip:

Hazard – something that has potential to cause harm, e.g., a weir, capsizing

Risk – the probability that the hazard is realised, e.g., chance that a kayaker may get caught in the weir and drown

Severity – the extent of harm and how many people will be affected. (The number of kayakers that enter the weir and experience harm)

Risk Rating – evaluate risk and prioritisation of based on combination of risk and hazard

Control – measures and procedures put in place to mitigate against risk, e.g. provision of training, appropriate guidance, wearing of a buoyancy aid and a safety drill in case someone gets trapped in the weir.

Control measures are usually considered in the context of a cost benefit analysis.

Risk Assessment

Subject Area	Hazards/Effects	Who	Current Risk (✓)	Control Measures (examples) Underline those you have in place, add any others you use	Current Risk (✓)
Activity Area	**Drifting outside span of Control**	Candidates		Activity area clearly defined for candidates (marker buoys), candidate briefings, defensive position of on-water safety cover, establish activity away from currents.	
	Drifting markers	Candidates		Ensure markers are placed accurately and weighted for the conditions, visual checks through the session.	
	Inclement weather/poor water conditions	Candidates & Safety Team		Reduce the Activity Area or move to sheltered area.	
Climate and Weather	**Sun glare:** Visibilty for sighting, sunburn	Candidates & Safety Team		Ensure position of activity is appropriate to time of year. Sunglasses for Safety team, sun cream and First Aid cover	
	Storms/lightening	Candidates & Safety Team		Check the weather forecast, visual check, cancel session if a storm approaches, emergency evacuation plan-candidate briefing	
	Winds/Swell/Waves: visibility and hearing	Candidates & Safety Team		Check Weather, move activity to sheltered bay.	
	Mist/Fog: Visibility	Candidates & Safety Team		Check local conditions, delay activity until fog/mist lifts, reduce the activity site to maintain visual contact.	

Risk Assessment

Fill in the blank risk assessment at either an Inland or Coastal venue.

Subject Area	Hazards/ effects	Who	Current Risk (✓)			Control measures	Current Risk(✓)		

Questions & Summary

- Generic Hazards and Hazard Categorisation
- Risk management
- Control Measures
- Practical Risk assessment

NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

1C

What we are going to cover

- Inland Water hazards
- Coastal Water Hazards

Inland Water Hazards

Personal safety during a rescue is paramount. You must always prioritise your own safety for the benefit of yourself and the casualty.

Hazards such as currents, deep or cold water, water speed and force, are all things that can cause an injury.

As if you were performing a rescue, identify the hazards present in these images:







Coastal Water Hazards

Coastal environments share some of the same hazards are inland open water. Such as Cold-Water Shock, Entrapment, etc. There are some additional hazards that should be considered whilst near coastal water:

- Tides
- Rip Currents
- Waves
- Cliffs
- Piers and Groynes
- Bites and Stings







Questions & Summary

- Inland Water hazards
- Coastal Water Hazards
- Practical Risk assessment

NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

1D

What we are going to cover

- Water Safety PPE
- Aquatic Clothing
- Limitations
- Correct selection and fitting
- Maintenance

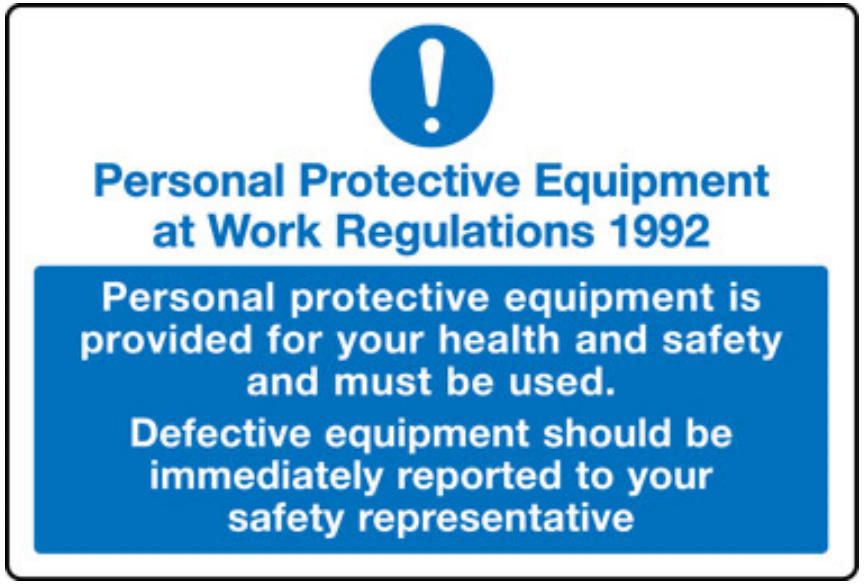
Personal Protective Equipment (PPE)

The Personal Protective Equipment at Work Regulations 1992 is based on European Council (EC) Directive 89/656/EEC requiring similar basic laws throughout the European Union on the use of PPE in the workplace.

There was a revision made to this policy in April 2022. This states that you need to ensure workers are provided with PPE free of charge, when required. This means assessing the residual risk once all other measures have been taken.

You then need to ensure suitable PPE is:

- Provided
- Compatible
- Maintained
- Correctly stored
- Used properly



What is Personal Protective Equipment (PPE)

PPE is equipment that will protect the user against health or safety risks at work. It can include items such as safety helmets and hard hats, gloves, eye protection, high-visibility clothing, safety footwear and safety harnesses.

PPE should be used as a last resort. Wherever there are risks to health and safety that cannot be adequately controlled in other ways, the Personal Protective Equipment at Work Regulations 2022 require PPE to be supplied.

This training course fulfils all these legal requirements within the area of aquatic PPE.

Choosing Suitable PPE

Consider the following when assessing suitability:

- Does the PPE protect the wearer from the risks and take account of the environmental conditions where the task is taking place?
- Does using PPE increase the overall level of risk or add new risks, eg. by making communication more difficult?
- Can it be adjusted to fit the wearer correctly?
- What are the needs of the job and the demands it places on the wearer?

For example, the length of time the PPE needs to be worn, the physical effort required to do the job or the requirements for visibility and communication.

- If someone wears more than one item of PPE are they compatible?
- For example, does wearing a lifejacket make it difficult to fit a helmet properly?

Buoyancy Aids

Buoyancy aids are commonly used where the requirement to swim or move around freely in the water is important. Due to their design it is important that the buoyancy aid is correctly sized for the wearer.

- Does not maintain an open airway
- Typically made of foam so will float for extended periods of time
- Adjustable to fit
- Waist and Shoulder adjusters







Life Jackets

Life jackets are designed to turn the unconscious wearer onto their back and maintain the airway clear of the water level. To achieve this, life jackets have significantly more buoyancy than a buoyancy aid – and almost all that buoyancy is located around the neck and front of the chest.

This large amount of buoyancy means that a deployed lifejacket is a very large and unwieldy item to wear. It is particularly difficult to move around in the water and is difficult to see.

- Can come permanent buoyancy or inflatable
- Adjustable to fit
- Typically used when not planning on entering the water







Helmets

Helmets are designed to protect the head where impact is possible, such as against a hard object. Helmets require careful selection and specialist advice to ensure the right equipment is used.

There are some features you should look out for when selecting your helmet regardless of the use:

- Adjustable cradle to provide a snug fit on the skull
- Chin strap to hold the helmet in place

There are two main uses for helmets in the water environment, recreational and professional.







Aquatic Clothing

Waders

Waders are a waterproof boot or overalls typically extending from the feet to the thigh, chest or the neck. They are usually made from PVC, neoprene and Gore-Tex variants.

Features you should be aware of when selecting waders:

- Air can get trapped if wearer falls in water, leading to their head being forced underwater.
- Highly recommended that a life jacket is worn with waders.
- Can balloon and become heavy when waterlogged.







Footwear

Appropriate footwear should be worn. Anyone who may be required to perform a rescue should be wearing footwear which are:

- Strong enough to protect the feet from jagged stones and possibly other debris, including needles and sharps or rough surfaces
- Light and flexible enough not to impede movement or become waterlogged and weighty. The specific operating environment will determine the most appropriate footwear.

There are some clear limitations to wearing footwear in an environment that you may have to enter the water. The main being suitability for swimming, this should be assessed to manage the risk.







Wetsuit

A wetsuit works by allowing water to flow into the suit and trapping it between the skin and the suit. Over time, the body will warm this water. For the wetsuit to work effectively it must be very tightly fitting to the individual. Any gaping or looseness will mean that the water will flush from the suit, and the wearer will cool down more quickly.

- Uncomfortable to wear out of the water for long periods of time
- Provides insulating layer when wet







Drysuits

Dry suits are an all-in-one suit that is made from a robust material with a heavy-duty zip. A correctly fitted dry suit will keep the wearer dry when they are immersed in water. There are many different types of drysuit, the two main types are designed for SCUBA diving or water sports.

Drysuits need to be fitted correctly with all the air expelled from within before entering the water, this will make the suit easier to move around in the water with. To do this, follow these simple steps:

- Ensure all seals are on bear skin & tighten the zip fully
- Crouch down and open the neck seal
- Allow the air to escape and release your grip on the neck seal before standing back up.







Maintenance

Maintenance is a vital part of ensuring both PPE and aquatic clothing remains safe and fit for purpose.

When carrying out maintenance you should ensure:

- Equipment is well looked after and properly stored when it is not being used, eg. in a dry, clean cupboard, or for smaller items in a box or case
- Equipment is kept clean and in good repair – follow the manufacturer's maintenance schedule (including recommended replacement periods and shelf lives)
- Maintenance should only be done by specialists
- Ensure all maintenance and checks are recorded

Questions & Summary

- Water Safety PPE
- Aquatic Clothing
- Limitations
- Correct selection and fitting
- Maintenance

NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

1E

What we are going to cover

- Casualty recognition
- Danger zones near water
- Problems during rescue
- Casualty management

Weak Swimmer

A weak swimmer is someone who has a poor swimming stroke and struggles to keep their head above the water.

This may be because they:

- Only have basic swimming skills
- Are tired
- Have a minor injury

Signs of a weak swimmer:

- Shouting for help
- Weak swimming stroke
- Panicking



Non-Swimmer

A non-swimmer is someone who can not use basic swimming strokes to keep their head above the water.

This may be because they:

- Are physically exhausted
- Are panicking
- Do not know how to swim

Signs of a non-swimmer:

- Not being able to call for help
- Being vertical in the water
- Kicking their legs but this isn’t helping them
- Moving their arms vigorously and splashing



Injured Swimmer

There are many different injuries that can happen in open water including Cramp, cuts, bruises, broken bones along with others.

Signs that someone is injured:

- Shouting for help
- Lying still in the water
- Holding the injured part of the body
- Looking as if they are in pain



If someone is injured, then adjust your rescue techniques to:

- Avoid making the injury worse
- Make sure the casualty is comfortable

You may need extra help from other trained individuals to help get the casualty out of the water.

More than One Casualty

When a swimmer is in difficulty they may panic and only be able to think about staying above the water to breathe. They'll often grab hold of another swimmer which puts both swimmers in danger.

- If a swimmer sees a friend or family member struggling and tries to help they may get themselves into difficulty too.
- The swimmers may be very close together, grabbing each other for support, and showing signs of distress.



When there is more than one casualty adjust your rescue techniques by:

- Placing a support between the casualties to help them stay afloat
- Taking enough rescue equipment to support both casualties, such as a rescue board and a torpedo buoy

Unconscious Casualty

A person may become unconscious for many reasons. For example:

- A bang on the head, perhaps from another swimmer, kayak or paddle board
- A medical emergency, such as a heart attack, a stroke, or being drunk



Without help a non-swimmer will soon become unconscious. An unconscious person may:

- Float face down on the surface
- Sink underwater

If an unconscious person is face down in the water they will stop breathing. To save their life you must start their breathing again as soon as possible.

Danger Zones near Water

Hot Zone

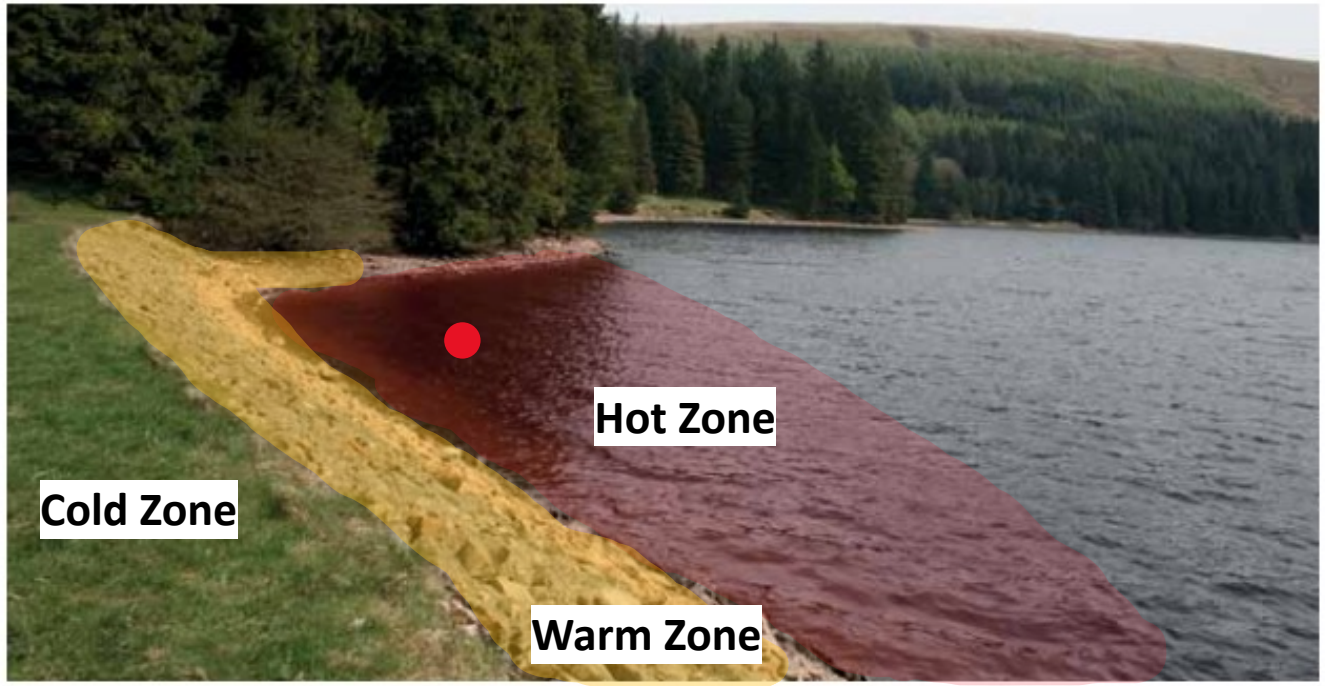
- This is the water
- Appropriate PPE must be worn
- Correct level of training for environment

Warm Zone

- This is the buffer zone between hot and cold
- A slip, trip or fall could result in entering the hot zone
- Should wear appropriate PPE
- Typically, area up to 3 metres from safe entry/ exit point

Cold Zone

- Lowest risk area
- There are no PPE or training requirements
- Area more than 3 metres away from waters edge



Problems during Rescue

During a rescue there are several things that can impact and hinder your attempt. These can include, but are not limited to:

- Moving Water
- Mud
- Quicksand
- Ice
- Night Operations
- Flooded areas

Moving Water

- Casualties will move with the current.
- Can be swept into entrapments/strainers
- Chance of casualty floating past the rescue aid



Mud & Quicksand

- Rescuer can easily get stuck
- Specialist equipment is needed to perform an effective rescue
- Clothing and Equipment can get clogged up with mud



Ice

- Ice is extremely fragile
- Hypothermia
- Slippery surface



Night Operations

- Lack of visibility
- Lack of rest
- Compromised visual communication



Flooded Areas

- Lifted drain covers
- Debris
- Water Quality



D.R.A.B.C

D - Danger

R - Response

A - Airway

B - Breathing

C – Circulation (CPR)



Turning a Casualty onto their Back









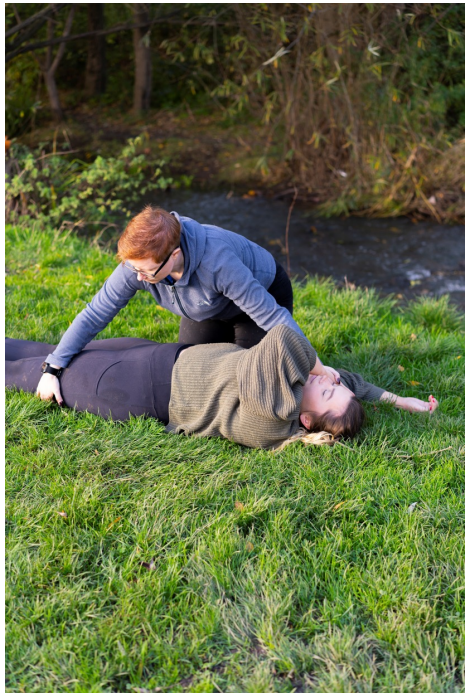
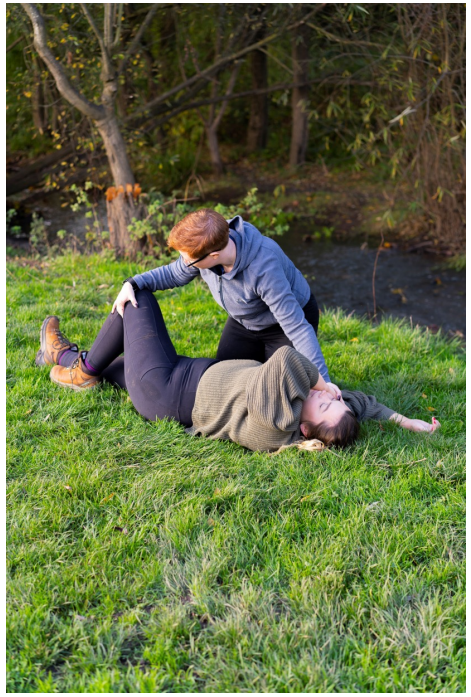
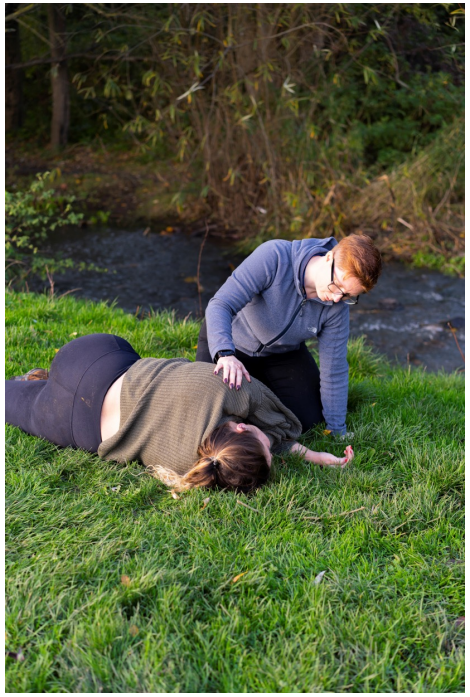




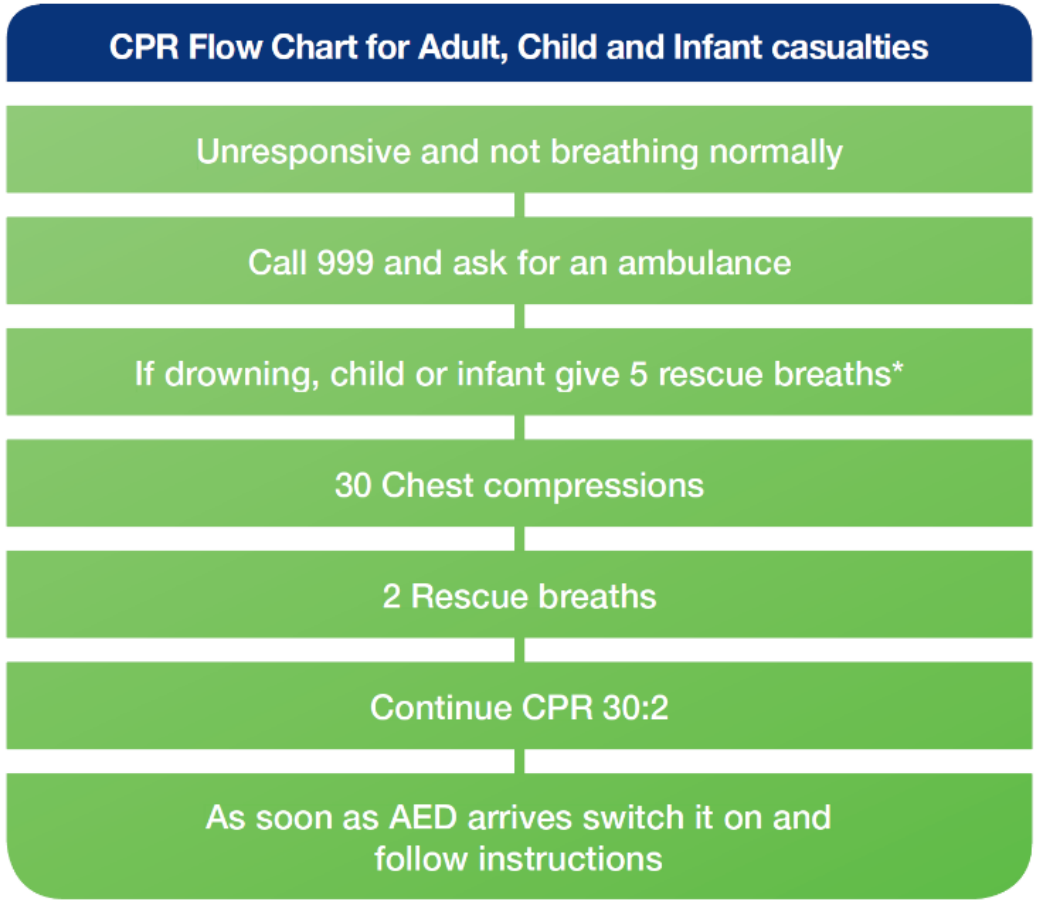
Recovery Position

- An unresponsive casualty, whose airway is clear and who you are sure is breathing normally, should be placed into the recovery position.
- This prevents the tongue falling back to block the airway and reduces the risk of regurgitated stomach contents entering the airway.
- In certain situations, such as when the casualty has suffered significant physical injury, it may NOT be appropriate to move them into the recovery position, unless their airway is in imminent danger from regurgitation, or if you have to leave them.

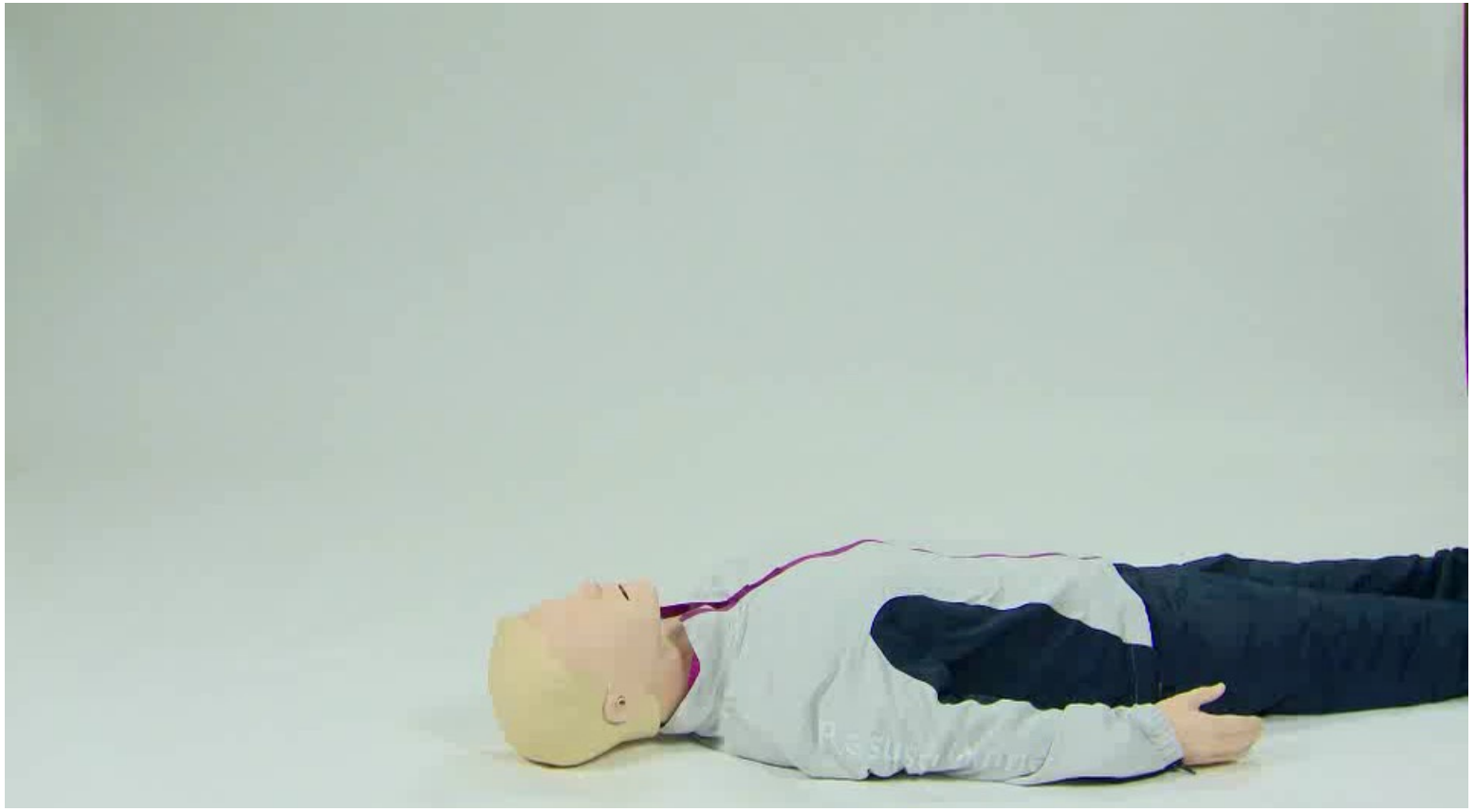
Recovery Position


CPR


CPR Flow Chart for Adult, Child and Infant casualties
Unresponsive and not breathing normally
Call 999 and ask for an ambulance
If drowning, child or infant give 5 rescue breaths*
30 Chest compressions
2 Rescue breaths
Continue CPR 30:2
As soon as AED arrives switch it on and follow instructions

CPR



What is Drowning

"Death caused by asphyxia following immersion in water"

Due to the shortage of oxygen it is more important to give rescue breaths first, therefore commence CPR with 5 initial rescue breaths

Drowning

- Lift the casualty's head clear of the water and to make sure their airway is open
- If the casualty remains submerged they will start to swallow water. Because of a lack of oxygen they will become unconscious and stop attempting to breathe



Adult CPR – Drowning Casualty



When to stop CPR

Do not interrupt resuscitation until:

- An on-duty health professional tells you to stop
- You become exhausted
- The casualty is definitely waking up, moving, opening their eyes and breathing normally

Cold Water Shock and Hypothermia

Stage 1: Initial Immersion Responses – Cold Shock Response (0-3 minutes)

- Immediate Gasp Response
- Panic
- Vasoconstriction



Stage 2: Short Term Responses –

Loss of Performance (3-30 minutes)

Stage 3: Long Term Responses – Hypothermia (30+ minutes)

Hypothermia

Medically, hypothermia starts when the casualty's core body temperature falls below 35°C. Even if the drop in temperature does not go below this point casualties may still suffer ill effects; particularly the very old and very young.

Core body temperature will drop if the body loses more heat than it can produce. This could be caused by:

- Exhaustion
- Immobilisation caused by injury or accident
- Immersion in cold water/long periods in cool water
- Cold weather conditions

Hypothermia - Recognition

Symptoms:

- Cold
- Very slow pulse
- Tired

Signs:

Early signs include:

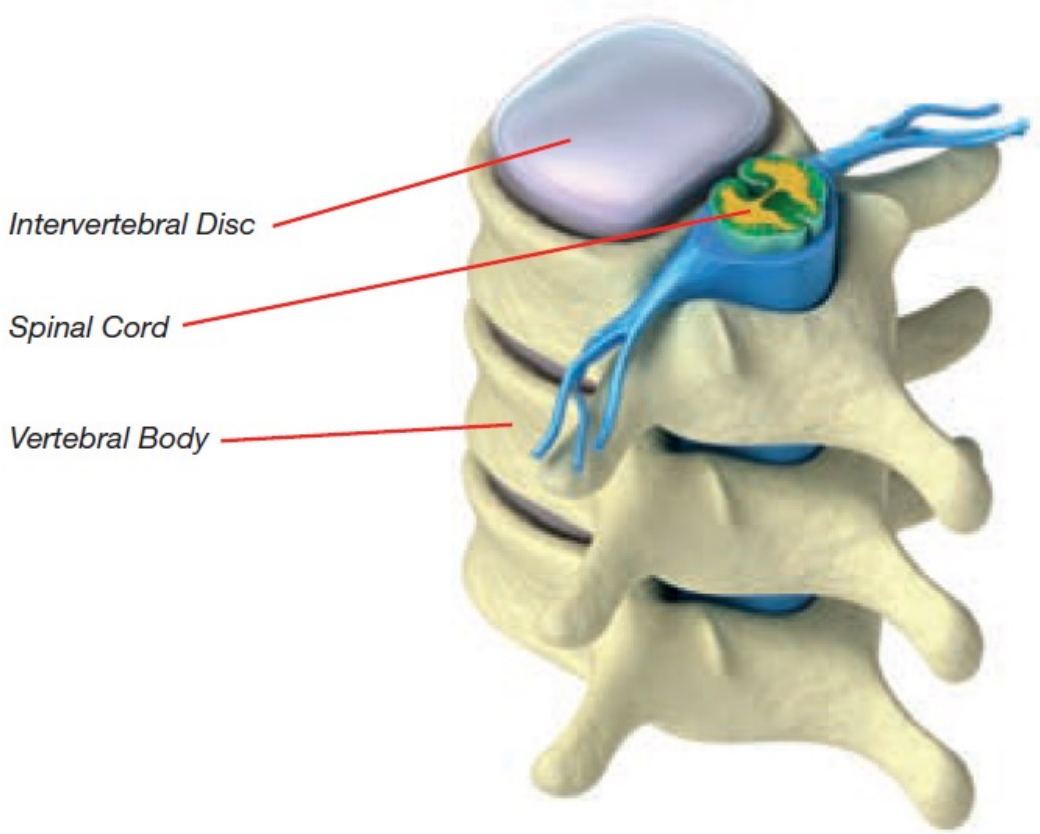
- Shivering
- Changes in behaviour
- Slurred speech
- Confusion and/or forgetfulness
- Stiffening of muscles
- Pale, cold skin
- Infants may become quiet

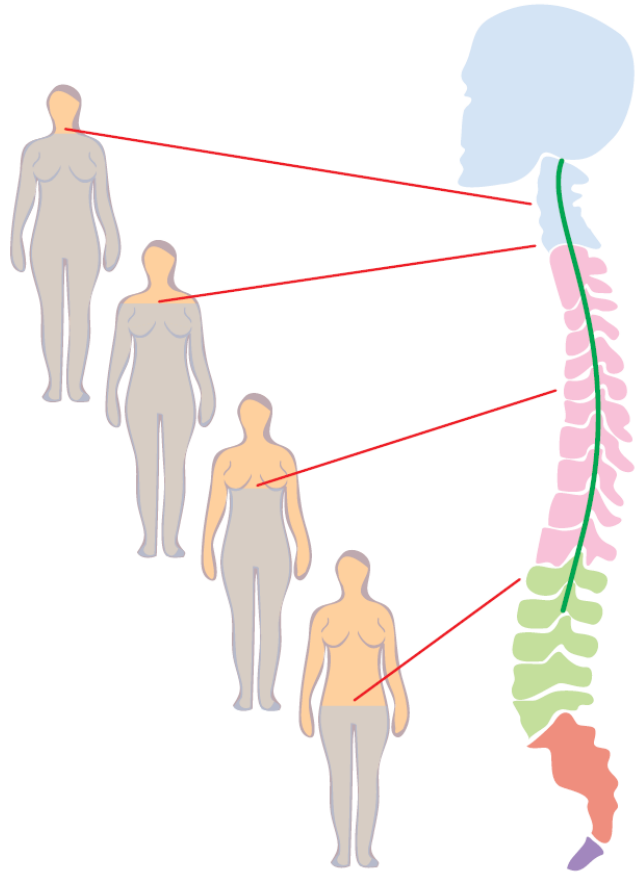
Hypothermia - Treatment

- Summon emergency services
- Handle the casualty gently, because in severe cases, rushed treatment or movement may cause the heart to stop
- Move the casualty to a warm place
- Remove wet clothing
- Assist the casualty to sit in a comfortable position
- Wrap blankets around the casualty to gradually increase their body temperature
- In remote circumstances, or if the casualty is wet, put them in a plastic bag up to their neck (this develops a localised warm environment) and cover their head to prevent further heat loss
- Sip a warm drink and eat high energy food (chocolate)
- Maintain close observation of the casualty's breathing and level of consciousness
- If the casualty is unconscious and you are sure they are breathing normally, place them in the recovery position and monitor breathing

Spinal Injuries

The Spinal Cord and the Nervous System





Priorities when Managing Spinal Incidents

1. Save life
2. Stabilise the casualty’s head, neck and spine
3. Keep the casualty in a horizontal position

Rescue Techniques

Conscious Casualty



Unconscious Casualty



Questions & Summary

- Casualty recognition
- Danger zones near water
- Problems during rescue
- Casualty management

NATIONAL
WATER SAFETY
MANAGEMENT
PROGRAMME

ROYAL
LIFE SAVING
SOCIETY UK

1F

What we are going to cover

- Types of Rescue Aid
  - Improvised
  - Specific
- Principles of Rescue
- How to throw a throw bag
  - Process for rescue
  - Rope in bag
  - Loose coiled
- Maintenance and Checks

Public Rescue Equipment

Public Access Water Rescue Equipment

Public access water rescue equipment enables members of the public to rescue casualties in the water from a safe distance, minimising the danger posed to themselves.

Developed in response to repeated reports of vandalism with existing water rescue systems, Reach and Rescue have developed Portsafe, which securely houses a long-reach telescopic rescue pole with an emergency throwline inside vandal-proof lockable boxes.

These are accessible via a code granted when you quote the Portsafe’s location number to the emergency services.



Life Ring

Life rings are also known as perry buoys and are common sight at inland waters in the UK.

They are made of very hard plastic and designed to be dropped on someone who has fallen from a height.

It is very difficult to throw a life ring and can be dangerous if it hits the casualty.

It is also difficult to swim with one. They are very buoyant, so are good for keeping a casualty afloat.



Reporting Missing Equipment

It is important to report any damage, broken or missing equipment that you come across as the equipment could be called upon in an emergency.
Usually the equipment can be reported to the local authority in which the equipment is located and will have information on or around the Public Rescue Equipment.

If in doubt, contact RLSS UK



Improvised Rescue Aids

If you do not have access to one of the above rescue aids, there may still be something you can use to perform an effective rescue. This can be any item that floats and won't cause any injury to yourself or the casualty.

These are some examples of improvised rescue aids:

- Empty plastic container
- Broom handle
- Branch
- Football
- Paddle



Throw Bags

These are bags containing a coil of rope.

There are many types of throw bags in a variety of styles and lengths. Usually, bags with 15m to 20m ropes are adequate.

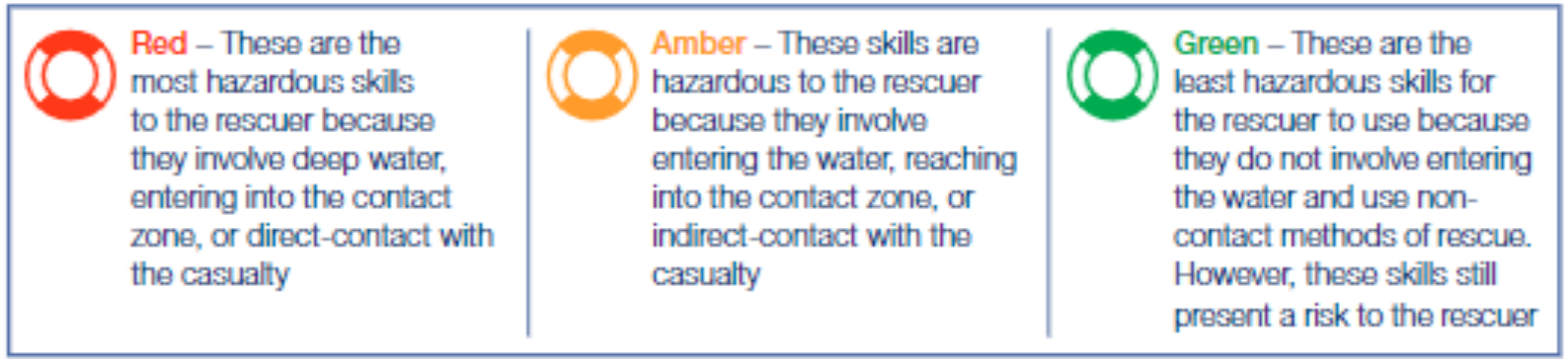
The thickness of the rope will affect the size and weight of the bag. Typically ropes are either flat or round depending on the manufacturer. Bags with flat rope are usually smaller and therefore easier to hold and throw.



Principles of Rescue

Rescuer safety is paramount, and prevention is the best form of safety, but situations present themselves where a rescue is required. Drowning casualties see the rescuer as a flotation device and will try to grab the rescuer. This presents a very significant risk to the rescuer limiting their ability to keep their head above water.

Candidates trained to NWSMP Water Safety Awareness level should not consider entering the water to perform a rescue. Rescue techniques that are land based are acceptable to attempt after a dynamic risk assessment.



Shout and Signal Rescue

A land based, non-contact rescue, using verbal and visual guidance to instruct the casualty to self-rescue.

Green Skill

How to perform:

- Attract the attention of the casualty.
- Keep eye contact with the casualty.
- Clearly instruct the casualty by:– Explaining and demonstrating (with your arms) the leg kicking movement.– Explaining and demonstrating a circular arm movement (doggy paddle arms).– Encouraging and reassuring casualty.
- Guide them to a safe exit point away from danger.

Continually reassess your personal safety, exit route and the casualty until the rescue is completed.



Reaching and Throwing Rescue

Reaching and throwing rescues are extremely effective where a casualty is within easy reaching distance of the rescue aid.

Amber Skill

How to perform:

- Alert team members
- Get yourself firmly fixed in a low position
- Get a firm grip on the rescue aid and reach out with it
- Instruct the casualty to take hold of the rescue aid
- When they have a firm grip, pull them to a position of safety
- Help the casualty out of the water

When using a Perry Buoy, push it directly towards the casualty while keeping hold of the strap to pull them to a position of safety





Throw Bag Rescue

A land-based, indirect-contact rescue, using a throw bag as a reaching aid

Amber skill

How to perform:

- Call for help
- Communicate, tell the casualty to:
  - Stay calm
  - Keep their arms and legs in the water and use them to stay at the surface
- Locate a throw bag
- Open the top of the throw bag
- Hold the free end of the rope in your none throwing hand and the bag in your throwing hand. Throw the bag using an underarm throw (keeping hold of the end of the rope):
  - If the casualty and the water is stationary/still, or if the casualty is moving with the water flow, aim directly over/past the casualty
  - If the casualty is stationary but the water is flowing, throw the bag upstream from the casualty
- Instruct the casualty to hold the rope firmly with both hands









Re-throw the Bag

If you miss the casualty with the first throw attempt, you will need to follow the following steps to perform a re-throw:

- Pull the rope back, allowing it to fall into loose coils on the ground
- Scoop water into the bag (to increase its weight)
- Swing and re-throw the bag, making sure that your feet are clear of the rope on the ground

Packing the Throw Bag

After a throw bag has been deployed you will need to ensure it is repacked correctly.

This will guarantee the equipment is ready for the next potential rescue (Rescue Ready).







Questions & Summary

- Types of Rescue aid
  - Improvised
  - Specific
- Principles of rescue
- How to throw the bag
  - Process for rescue
  - Rope in bag
  - Loose coiled
- Packing the Throw Bag

Next Steps

NWSMP Level 1 Water Safety Awareness lasts for 2 years from successful date of completion

If you would like to further your knowledge:

Inland Waterways Module

Coastal Waterways Module

Any Questions?

NATIONAL
WATER SAFETY MANAGEMENT
PROGRAM 2.0

ROYAL
LIFE SAVING
SOCIETY UK