**DIDACTIC**

The Class should focus on Incident prevention as priority:

Class should have didactic and practical on the water rescue and towing practice:

(List of types of rescues and towing options here; list of possible complications i.e.: snagged tow line)

 Class topics should emphasize: Risk Management to avoid events:

**May** review various mnemonics used as judgement tools to manage risks:

PACE: (Planning tool) Primary plan, Alternate plan, Contingent plan, Emergent plan

Heuristic Traps: FACETS (Familiarity, Acceptance, Consistency, Expert Halo, “Tag Along” [social facilitation],

 Rule of Three: Go/ No Go decision

CLAP: Communication (have some tool for) Line of sight grouping. Avoiding trouble / danger (fun spots)

“avoidance is easier than curing”, Position. Where are you most effective.

SAFER (process for managing problem): Stop. Assess the situation. Form a plan. Execute the plan. Re-assess and return to SAFER process.

Circle of Defense: (circle of safety declines as each zone is violated). AVOID/ SURVIVE/ RECOVER FROM CAPSIZE/ SIGNAL HELP. \*\* Recommend practice with scenarios and decision making\*\*

Class discussion on VHF radio use

FIRST AID / REPAIR

REVIEW OF COMMON PROBLEMS:

May include:

Human: hypothermia, hypoglycemia, dehydration, sunburn, blisters, shoulder,wrist, elbow injuries, sea sick, etc.Equipment: Leaky boat, skirt, paddle damage, backband broken, skeg stuck, etc.

**PRACTICAL:**

Should include: currents in conditions

**TOWING**: single, assist crippled paddler (tie in victim thru assistant), assisted rescue in current (tie in rescuer), team tows, snagged tow release, back deck tow, toggle tow, 3 person bulldog.

**PRACTICE WITH VHF RADIOS**: practice MayDay; Seattle Traffic Control. Boater to boater.

**RESCUES:** Scoop, T rescue in current, separated swimmer (boat to swimmer), bulldog & toggle rescues, Hand of God, Needle rescue. Leg hook and heel hook tips.