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| Tacoma | Olympia |
| **Courses**The content of the Incident Management Course shall include:On- and Off-water instruction (at least eight hours) covering:* Incident avoidance, including seasickness, cuts, dehydration, “shore-break” requirement, hypothermia, hypoglycemia, broken rudder, lost hatch cover, drysuit seal tears, sunburn, stuck skeg, broken foot peg, leg pain (sciatica), broken back band, punctured boat
* Training clinics that promote skills development and paddler competency
* Equipment and immersion wear
* Risk Assessment plot
* CLAP- Communication, maintain Line of sight, Avoid dangerous situations, Position yourself for maximum usefulness
* Incident Management: SAFER- Stop, Assess the situation, Formulate a plan, Execute the plan, Reassess the situation
* Rescues in dynamic waters- self and assisted
* Towing- contact, short, long, toggle, double-inline, back deck carries
* VHF Radio usage and protocol
* First Aid kit
* Signaling methods
 | **Class should have didactic and practical on the water rescue and towing practice:** **DIDACTIC****The Class should focus on Incident prevention as priority:**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 decisionCLAP: 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 useMay use practice scenarios to practice decision making. OLYMPIAFIRST AID / REPAIRREVIEW 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**: May have practice MayDay; Seattle Traffic Control. Boater to boater.**RESCUES: At least 3 types.:** Scoop, T rescue in current, separated swimmer (boat to swimmer), bulldog & toggle rescues, Hand of God, Needle rescue. Leg hook and heel hook tips.  |