

Seafari

Marine Services (Oban)

Water Awareness and Safety Training available through Seafari Marine Services.

Course Details:

Level 1 – Water Awareness and Safety

Aims

To develop individuals to water awareness level 1 in water safety.

Outcomes

After successful completion of the course, candidates will be able to:

- Identify and apply suitable dynamic risk assessment.
- Detail a range of hazards associated with working near water.
- Detail suitable control measures.
- Select the suitable water safety PPE.
- Describe and understand various rescue options.
- Demonstrate the effective use of rescue throw lines.

Outline of Requirements

1. Identification of the basic characteristics and hazards of the water environment.

1.1 Water Temperature.

1.2 Current and Flow.

1.3 Pollution and Contamination.

1.4 Public, Bystander and Moral Pressures.

1.5 Equipment.

1.6 Locks and Weirs.

1.7 Access

1.8 Entrapment.

1.9 Debris.

1.10 Casualties.

1.11 Noise, Visibility and Communications.

1.12 Effects of the weather.

1.13 Changeable Water Conditions.

2. Basic Principles of Dynamic Risk Assessment.

2.1 Understanding the HSE Basic 5 Steps to Risk Assessment.

3. Awareness of the Physiological Effects of Entry into Cold Water.

3.1 Cold Water Reflex.

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3.2 Short and Long Term Effects.

3.3 Secondary Drowning.

4. Have an Understanding of Flowing Water Hydrology.

4.1 Eddies.

4.2 Forces of Water.

4.3 Strainers.

4.4 Main Current and Flow.

4.5 Helical and Laminar Flow.

4.6 Flood Water Situations.

5. Selection, Use and Care of Personal Protection Equipment (PPE).

5.1 Life Jackets.

5.2 Buoyancy Aids.

5.3 Ancillary Equipment.

6. Have Knowledge of Prioritised Rescue Attempts, Low to High Risk.

6.1 State Safety Protocols for Water Safety and Rescue.

6.2 Understanding of Talk, Reach and Throw Rescue Techniques.

6.3 Awareness of Row and Go Limitations.

7. Awareness of Casualty Management.

7.1 Basic Casualty Care.

7.2 Basic Understanding of Hydro-static Shock.

8. Demonstrate the use of Rescue Throw Lines.

8.1 Design and Limitations.

8.2 Care and Maintenance.

8.3 Dry Land Practice.

8.4 Receiving the Throw Line as a Casualty.

Qualification

Each Candidate will be issued a WaterSafe UK certificate.

Course Times

Courses will run from approximately 9am to 5pm unless otherwise requested.

Resources

All equipment and training resources will be provided throughout the course.



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Level 2 – Water Awareness, Safety and Self Rescue

Aims

To develop individuals to water awareness level 2 in water safety and introduce them to self rescue techniques.

Outcomes

After successful completion of the course, candidates will be able to:

- Identify and apply suitable dynamic risk assessment.
- Detail a range of hazards associated with working near water.
- Detail suitable control measures.
- Select the suitable water safety PPE.
- Describe and understand various rescue options.
- Demonstrate the effective use of rescue throw lines with live casualties in still & moving water.
- Demonstrate self rescue techniques.
- Demonstrate “Defensive” and “Offensive” swimming positions.

Outline of Requirements

1. Identification of the basic characteristics and hazards of the water environment.

1.1 Water Temperature.

1.2 Current and Flow.

1.3 Pollution and Contamination.

1.4 Public, Bystander and Moral Pressures.

1.5 Equipment.

1.6 Locks and Weirs.

1.7 Access, Noise, Visibility and Communications.

1.8 Entrapment & Debris.

1.9 Casualties.

1.10 Effects of the weather & Changeable Water Conditions.

2. Basic Principles of Dynamic Risk Assessment.

2.1 Understanding the HSE Basic 5 Steps to Risk Assessment.

3. Awareness of the Physiological Effects of Entry into Cold Water.

3.1 Cold Water Reflex.

3.2 Short and Long Term Effects.

3.3 Secondary Drowning.

4. Have an Understanding of Flowing Water Hydrology.

4.1 Eddies.

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- 4.2 Forces of Water.
- 4.3 Strainers.
- 4.4 Main Current and Flow.
- 4.5 Helical and Laminar Flow.
- 4.6 Flood Water Situations.

- 5. Selection, Use and Care of Personal Protection Equipment (PPE).
 - 5.1 Life Jackets.
 - 5.2 Buoyancy Aids.
 - 5.3 Ancillary Equipment.
- 6. Have Knowledge of Prioritised Rescue Attempts, Low to High Risk.
 - 6.1 State Safety Protocols for Water Safety and Rescue.
 - 6.2 Understanding of Talk, Reach and Throw Rescue Techniques.
 - 6.3 Awareness of Row and Go Limitations.
- 7. Awareness of Casualty Management.
 - 7.1 Basic Casualty Care.
 - 7.2 Basic Understanding of Hydro-static Shock.

- 8. Demonstrate the use of Rescue Throw Lines.
 - 8.1 Design and Limitations.
 - 8.2 Care and Maintenance.
 - 8.3 Dry Land Practice.
 - 8.4 Dynamic Belaying.
 - 8.5 Receiving the Throw Line as a Casualty on land and in moving water.
 - 8.6 Deploying the throw line to a casualty in still & moving water.

- 9. Self Rescue Techniques.
 - 9.1 Defensive Swimming Position.
 - 9.2 Offensive Swimming Position.
 - 9.3 Eddy Line Rolls.
 - 9.4 Eddy Hopping.
 - 9.5 Exiting Fast Moving Water.

Qualification

Each Candidate will be issued a WaterSafe UK certificate with the option of a Rescue 3 International accreditation. Both certificates will be valid for 3 years.

Course Times

Courses will run from approximately 9am to 5pm unless otherwise requested.

Resources

All equipment and training resources will be provided throughout the course



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Level 3 – Swift Water Rescue Technician

Aims

The aims of this intensive course, is to develop individuals to Level 3 Swift Water Rescue Technician.

Outcomes

After successful completion of the course, candidates will be able to:

- Identify and apply suitable dynamic risk assessment.
- Interpret the impact of water flow and hydrology.
- Apply safe working practices and understand the issues with water PPE and rescue principles.
- Use ropes and lines to perform a variety of rescue operations.
- Apply rescue swimming skills in a variety of situations.
- Understand the issues of shallow water crossings, use of ropes and evacuation procedures.
- Achieve both low and high risk rescues.

Outline of Requirements

1. Identification of the basic characteristics and hazards of the water environment.

1.1 Water Temperature.

1.2 Current and Flow.

1.3 Pollution and Contamination.

1.4 Public, Bystander and Moral Pressures.

1.5 Equipment.

1.6 Locks and Weirs.

1.7 Access, Noise, Visibility and Communications

1.8 Entrapment & Debris.

1.9 Casualties.

1.10 Effects of the weather & Changeable Water Conditions.

2. Basic Principles of Dynamic Risk Assessment.

2.1 Understanding the HSE Basic 5 Steps to Risk Assessment.

3. Awareness of the Physiological Effects of Entry into Cold Water.

3.1 Cold Water Reflex.

3.2 Short and Long Term Effects.

3.3 Secondary Drowning.

3.4 Hydro-Static Shock.

4. Have an Understanding of Flowing Water Hydrology.

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- 4.1 Eddies.
- 4.2 Forces of Water.
- 4.3 Strainers.
- 4.4 Main Current and Flow.
- 4.5 Helical and Laminar Flow.
- 4.6 Flood Water Situations.

- 5. Selection, Use and Care of Personal Protection Equipment (PPE).
 - 5.1 Life Jackets.
 - 5.2 Buoyancy Aids.
 - 5.3 Ancillary Equipment.

- 6. Have Knowledge of Prioritised Rescue Attempts, Low to High Risk.
 - 6.1 State Safety Protocols for Water Safety and Rescue.

 - 6.2 Understanding of Talk, Reach and Throw Rescue Techniques.
 - 6.3 Awareness of Row and Go Limitations.

- 7. Demonstrate the use of Rescue Throw Lines.
 - 7.1 Design and Limitations.
 - 7.2 Care and Maintenance.
 - 7.3 Dry Land Practice.
 - 7.4 Receiving a Throw Line as a Casualty on land and in water.
 - 7.5 Deploying a Throw Line to a casualty in Swift Water.
 - 7.6 Deploying a Throw Line Standing in the Water (Wading Technique).
 - 7.7 Deploying a Throw line to multiple casualties (Twice in 20 Seconds).

- 8. Boat Based Rescue Techniques.
 - 8.1 Tyrolean Boat Lowers.
 - 8.2 2 and 4 Point Boat Tethers.
 - 8.3 Paddle Boat Handling.
 - 8.4 Approaching Victim in Boat.
 - 8.5 Pulling Victim into Boat using various Methods.

- 9. Swimming Rescue Techniques.
 - 9.1 Defensive & Offensive swimming position.
 - 9.2 Channel Crossing and Eddie hopping (Breaking in and out of Eddies).
 - 9.3 Survival Swim in Swift Water.
 - 9.4 PFD Harness Release.
 - 9.5 Tethered Rescue Swim in Swift Water (Live Bait Rescues).
 - 9.6 Contact and Go Rescues.

 - 9.7 Strainer Swim.
 - 9.8 Entrapment Drill.

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- 10. Channel Crossing Techniques.
- 10.1 Tensioned Diagonal.
- 10.2 Zip Lines.
- 10.3 Offensive Swimming.
- 10.4 V and Y Lowers in Swift Water.
- 10.5 Downstream Backup Safety Systems.

11. Introduction to Technical Equipment.

- 11.1 Introduction to Various Knots & Ropes Used in the Water Rescue Environment.
- 11.2 Anchor Systems.
- 11.3 No Knots.
- 11.4 Introductions to Mechanical belay devices.
- 11.5 Prussiks and Tape knots.
- 11.6 Simple Pulley Systems (Mechanical Advantages 3:1)
- 11.7 Belaying Devices.

12. Scenarios.

- 12.1 Water Rescue Scenarios, Entrapment.
- 12.2 Strainer Scenarios.
- 12.3 Generic Rescue Scenarios.

Qualification

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Both certificates will be valid for 3 years.

Course Times

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Resources

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