INCIDENT MANAGEMENT CLINIC TOPIC OUTLINE.

Does not need to be presented in this order. Combination of discussion and on-water practice.

1) Management vs. Avoidance discussion; which is better?

Risk assessment discussion (discuss the weather, water conditions, location, and group) prior to each trip. May use a risk assessment plot to encourage participation within the group.

Trip Planning.

All participants should plan the trip individually, not just the leader.

Who is in charge?

Who is SKOFA leader for a paddle?

What to do if there is an incident? See below.

Encourage participation in skills clinics

2) Common incidents discussion

Sea sickness prevention and treatment

Hypothermia prevention and treatment

Hypoglycemia prevention and treatment

Lost hatch cover

How to fix a hole in boat or drysuit

Drysuit gasket tear

3) Preventing incidences on water (CLAP).

Communication

Line of sight maintained between all individuals in group

Avoid dangerous situations

Position yourself for maximum usefulness

4) What to do if an incident occurs (SAFER)

STOP

Assess the situation

Formulate a plan

Execute the plan

Reassess the situation

5) Signaling

Whistle use

Paddle signals

Vhf radio use including weather channel and boat-to-boat communication (demo)

Introduction to signal flares and other devices (discussion only)

6) Rescues

Self-rescue practice

Paddle float, scramble (cowboy), sling

Encourage participants take a roll class so they can roll or re-enter and roll

Assisted rescue practice

T-rescue with “seal launch” onto back deck

T-rescue with “heal hook” onto back deck

Bow/stern (formally Eskimo bow) rescue technique

Paddle across

Scoop

Hand of god (boat to boat)

7) Towing, discussion and practice

Discussion of when to tow, and what type of tow is recommended in different situations.

In water tow (toggle tow, bulldozer)

Back deck carry

Contact tows

Short tow system and use

Long tow system and use

Rafted tow

In line tandem tow

8) Kits (discussion)

First aid for leaders vs. participants

Repair

Spare clothes

Weather protection (Shelter, cag, poncho, bivy)

Signaling