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