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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 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  May use practice scenarios to practice decision making.  OLYMPIA  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**: 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. |