

# Award, Organisation and Administration

## Emergency Response – Open Water

This award has four sections, any sections may be taken and certificated. The award is trainer assessed and successful candidates will receive a certificate of qualification.

**A – Theory – oral**

**B – Life Support – Adult CPR – practical test**

**C – First Aid**

**D – Water Rescue Test**

All sections to be included should be completed within 28 days.

### Venue

The open water venue should be approved for use and have suitable rescue equipment during training.

### Preparation

- Read the handbook

### Resources

- Handbook containing the guidelines and candidate assessment guidelines
- Adult manikin
- Manikin cleaning
- Training first aid kit
- RLSS UK approved barrier resuscitation pocket masks
- RLSS UK Code of Practice
- RLSS UK Policy Statements
- Site Normal Operating Procedure and Emergency Action Plan
- Open water training evaluation document
- Open water rescue equipment

Other useful publications as appropriate:

- Safety on Beaches
- Safety at Inland Water Sites

### Candidates

Must be 16 years of age at the time of assessment

### Dress

Emergency Responders will wear normal work clothing but footwear must be worn.

Simulated casualties will be in swimwear, a brightly coloured hat and appropriate clothing to the venue. Protective wetsuits or drysuits maybe worn if necessary.

## Training and Assessment

Must be delivered by:

- TA (N) Trainer Assessor Lifesaving or Pool (with Open Water Assessor endorsement)
- TA (N) Trainer Assessor Beach

Any TA (N) MUST be in current TA membership of RLSS UK and hold a valid card of authority.

Where the trainer is also a FAW Instructor, candidates may receive the Emergency Aid Certificate provided the Trainer registers such a course with their FAW training organisation and candidates complete both the First Aid and CPR sections.

## Training

The training programme for the award will be directed by an approved Trainer Assessor. A record of all training must be kept and may be checked periodically. The Trainer will be deemed the responsible person for ensuring that a Risk Assessment of the training site has been undertaken and that safety provision of all the training and assessing persons deemed through the risk assessment to be competent to provide such safety cover. If the site operator undertakes the risk assessment a copy should be made available to the RLSS UK Trainer. As with all RLSS UK training programmes the Trainer should ensure they have completed a risk assessment for the skills within the training assessment syllabus.

## Recommended Training Time

Training time can include pre-course reading, completion of worksheets, practical sessions, theory and discussion.

It is essential that sufficient time is given to ensure that the theory is understood and that all skills have been practised.

Individuals should be confident and competent prior to assessment.

The flexibility in recommended training times is to allow different group sizes and skill level of participants, for example:

- Open Water emergency responders with no previous experience of aquatic rescue or life support skills – minimum 8 hours
- Open Water emergency responders with some previous experience of aquatic rescue or life support skills – minimum 4 hours

## Assessment

The maximum number of candidates to be assessed simultaneously at one time by one Assessor is four.

## Assessment time

A period of 1.5 hrs is considered reasonable in most circumstances for the assessment of four candidates for section A, B, C, D by a single Assessor.

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### **Validation and further training**

The Emergency Response Certificate (Open Water) is valid for 24 months from the date of the assessment. Where it is necessary for holders to maintain evidence of competence, the certificate must be renewed within the validity period.

In addition, candidates must undertake regular in service training that must be recorded. Participation in CPR training is recommended on at least a monthly basis. Candidates who show evidence of having completed regular in-service training and covering the full range of skills prior to undertaking a renewal programme may have a three hour revalidation session followed by the assessment.

### **Insignia**

A certificate which indicates:

- The name of the candidate
- Expiry date

### **Assessment Administration and fees**

Course organisers must register training courses with RLSS UK at River House. Contact River House for the current candidate fee. Training fees are at the discretion of the trainer and may reflect facility and equipment hire charges. Application for candidate materials should be made to RLSS UK.

The Trainer Assessor will sign off each section of the assessment report form only when the appropriate level of competence has been demonstrated.

### **Affiliation to Lifesavers The Royal Life Saving Society UK**

Candidates undertaking the ER (OW) are not required to be in membership of Lifesavers. However, membership is strongly recommended so that Open Water Responders will receive personal insurance and technical updates via society magazine.

### **Insurance and Indemnity**

Before undertaking training and assessment for the ER (OW), candidates who are not members of the Royal Life Saving Society UK must ensure they are fully insured against personal injury and indemnified against a third party claim against them for the same. Candidates must also ensure they fully understand the risks to their own safety ie. the danger of lifting.

Trainer Assessors must inform candidates of the risks of personal injury by bringing these to their attention prior to the commencement of training and assessment. The award conditions require the Trainer Assessor to read these out to the candidates.

# Award Content and Guidelines

## Section A: Theory

### TEST CONDITIONS

The candidate will correctly answer five questions in total from the topics:

- Principles of accident prevention
- Casualty identification
- Principles and methods of rescue
- Use and maintenance of rescue equipment

### GUIDELINES REFERENCE

## Section B: Life Support – Adult

### TEST CONDITIONS

#### 1. Initial Assessment

On a live simulated casualty demonstrate the technique for turning a face down casualty to the face up position.

Casualty found to be breathing.

#### 2. Action for Vomiting

Demonstrate the technique to manage a casualty who vomits during resuscitation.

#### 3. Recovery Position

Demonstrate the technique used to place a casualty in the recovery position.

#### 4. Adult CPR

Demonstrate on an approved adult manikin the correct assessment and sequence of action for a casualty who is not breathing normally following a sudden collapse. This test will conclude after 3 minutes of CPR being demonstrated by a single operator when a trained member of staff will take over adult CPR with a pocket mask for at least another 2 minutes.

The Assessor can request a change from 'mouth to mouth' to 'mouth to nose' technique.

#### 5. Child and Infant CPR

Explain the differences – life support for children and infants

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## Section C: Practical Emergency First Aid

### TEST CONDITIONS

### GUIDELINES REFERENCE

The Assessor will ask the candidate to

**Answer six questions covering the areas listed below**

- Choking (adult )
- Shock
- Drowning
- Bleeding
- Fractures
- Medical Conditions (asthma, epilepsy, diabetes, heart attack)
- Cold shock, hypothermia
- Bites and stings

The Assessor will ask the candidate to

**Demonstrate technical competence in managing basic injuries of one of the following:**

- Apply a dressing to manage bleeding from the arm or leg
- The effective control of a nose bleed
- The application of an elevation or arm sling
- The techniques used to manage choking where an adult casualty is conscious

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## Section D: Open Water Assessment

### TEST CONDITIONS

### GUIDELINES REFERENCE

1. A conscious casualty is less than 10m from a point of safety. Determine if the casualty is a non or weak swimmer, select an appropriate item of rescue equipment and effect a reach or throw rescue as determined by the casualty type. Assist the casualty from the water at a safe place and provide suitable aftercare.
2. The candidate will demonstrate initiative in carrying out a rescue of two casualties. The candidate will determine the casualty types and respond accordingly using a range of shout and signal, reach, throw and wade rescue techniques.

The candidate will assist the casualties from the water at a safe place and provide suitable aftercare.

The candidate will then complete the accident report form used at their place of work. (If one is not available the RLSS UK Incident Report form may be used).