

Post Workshop Assignment Swiftwater Personal Skills

Course number:
Due by:
Workshop location:
Workshop dates:
Student name:
Student address:

Send completed assignments to:

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Riccarton
Christchurch 8440

Contact for assistance:

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Post Workshop

Introduction

The purpose of this post workshop assignment?

This assignment aims to continue the process of applying theory to practical situations, and reflect on your learning from the workshop.

How long do you get?

This assignment is due for completion 3 months after the practical workshop or as advised by SARINZ. Some of you may find the concepts here to be difficult and therefore be tempted to leave the assignment. It is therefore important that you start this assignment as soon as possible and ask for assistance early.

How long will it take?

It is expected with reading, research, inquiry and answering the questions you are likely to put in several hours of work to complete this assignment.

Access to a course instructor?

If you have any questions with regard to this post workshop assignment please make contact with one of your course instructors or alternately contact SARINZ.

Assessment

You need to answer every question and follow the instructions given in the tasks. This is an individual assignment and is to be your own work.

This assignment provides exercises for you to show that you are competent in the learning outcomes SAR3 137: Maintain personal safety in swiftwater during search and rescue operations (level 4, Credit 12, version 2).

You will be assessed as competent (C), not yet competent (NYC) or insufficient evidence (IE). If you are assessed as competent then your pass will be forwarded to Tai Poutini Polytechnic Search and Rescue Programme; if you are assessed as not yet competent an instructor will work with you to achieve competence where possible. If not, the matter will be referred to the SARINZ Administration Officer to process. If there is insufficient evidence, for example not completing an assessment task then it will be dealt with similarly to not yet competent.



Scenario 1 Swimming

Learning outcomes

Swimming technique to maintain personal safety in unobstructed swift water is demonstrated.

Strainer is negotiated

Reference

Swiftwater Personal Skills Course Manual, Module 6 Personal safety.

Exercise

You have fallen into the river. You cannot make the side and have to commit to swimming this unpleasant stretch of water (see following page). What is your plan of attack?

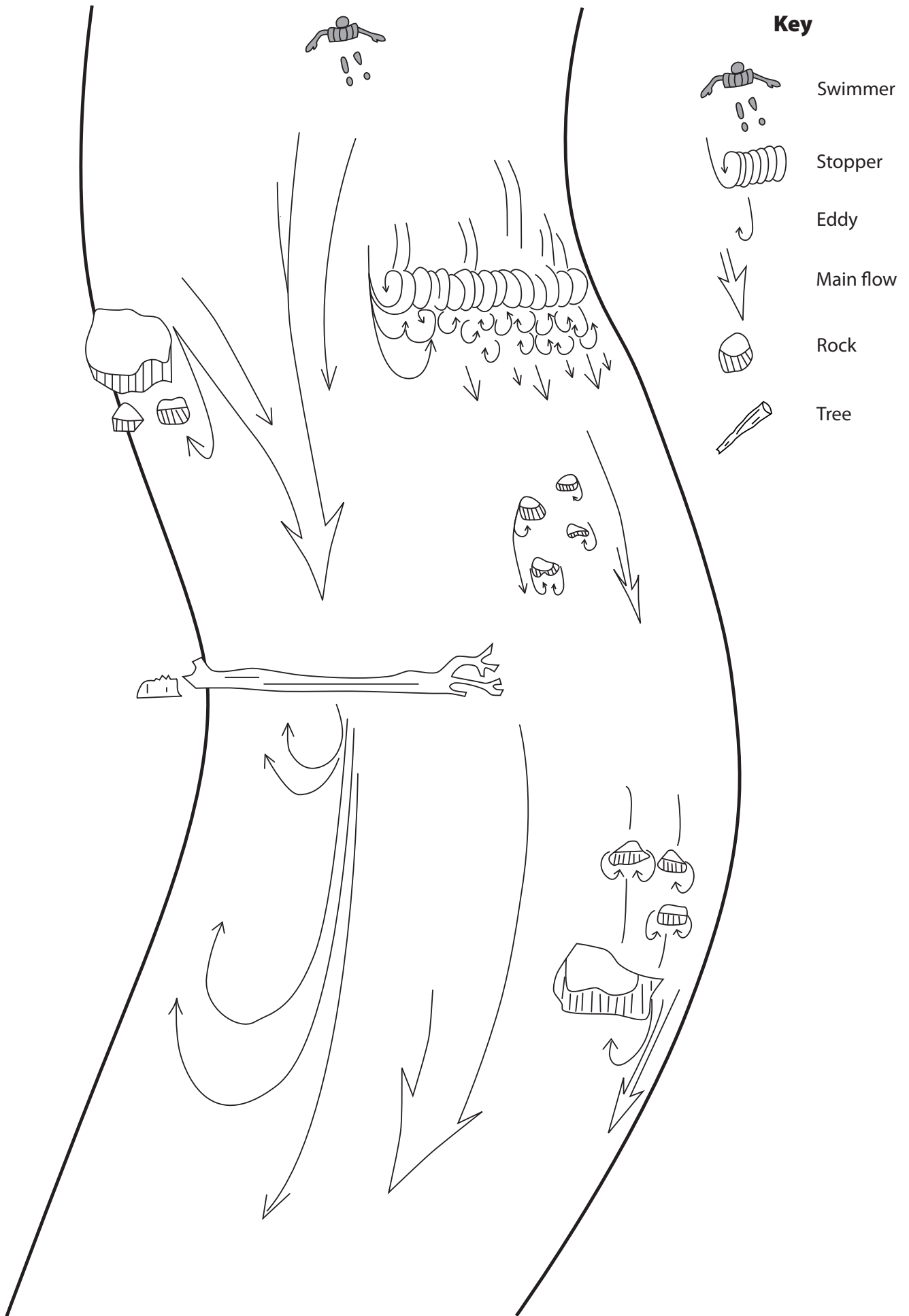
1. Where are you going to swim and why? Draw your path on the picture.

2. What swimming techniques will you use for different parts of the river?

3. What are the obstacles and issues on your chosen route?

4. How are you going to negotiate these obstacles?

5. Where will you exit?



6. Why should you avoid trying to stand up in a fast flowing river over knee deep?

7. You are swimming and see a tree strainer that you cannot avoid. What are you going to do?

8. What are the limitations of the following outdoor equipment used in the swiftwater environment?

Pack

Outdoor clothing

Footwear

Scenario 2 Throw bagging

Learning Outcome

A rescue throw bag is used.

Reference

Swiftwater Personal Safety Course Manual, Module 7 Basic rescue.

Exercise

The following picture of a river with associated river features and hazards has 8 sites labeled A – H. These are all possible sites for setting up throw bags in case of swimmers.

9. Comment on the effectiveness (pro and cons) of throw bags at each of these sites.

A.

e.g Good visibility, has eddy behind, swimmer will be in fast flowing chute making it difficult to receive throw bag, difficult to give a dynamic belay as the weight comes on.

B.

C.

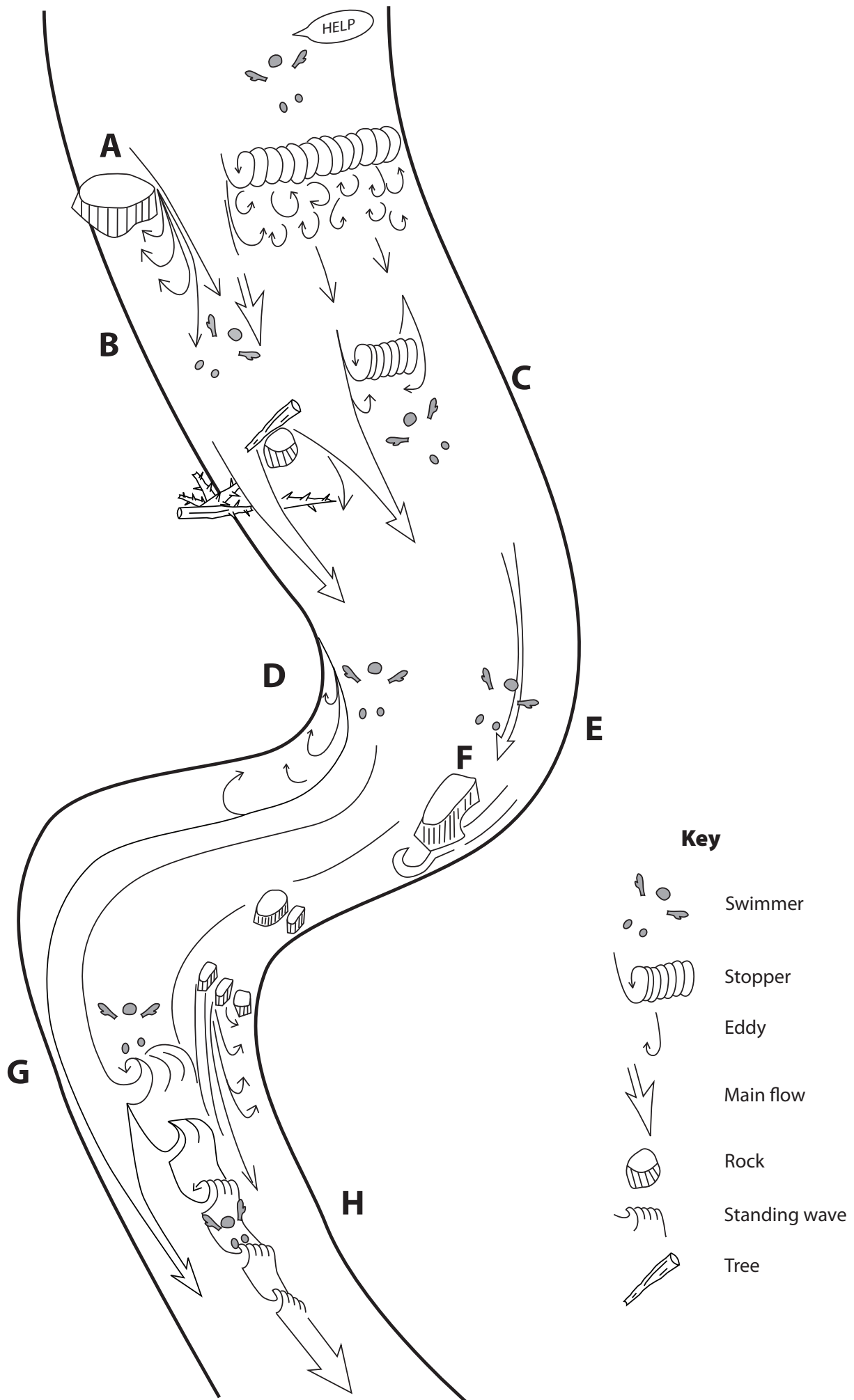
D.

E.

F.

G.

H.



Scenario 3 Pinned kayak

Learning outcomes

Demonstrate knowledge of swiftwater hydrology and hazards.

Reference

Swiftwater Personal Safety Course Manual, Module 2 Reading river features.

Exercise

As part of a search team you have found a submerged kayak pinned in a river and cannot tell if the missing kayaker is still in the boat. Picture this being at a site you used for your swiftwater training. You need to pass on useful information to a White Water Response Unit so they can attempt to recover the kayak/er.

10. Describe the:

river corridor (e.g. gorge, open, style if rapid, river grade, rocks, hazards ...)

river flow (e.g. cumecs – width/depth, present flow – normal/flooded ...)

type of anchors available?

11. What other information would be useful (at least two)?

Scenario 4 Stretcher river crossing

Learning outcomes

Describe methods of moving a stretcher across a river.

Reference

Swiftwater Personal Safety Course Manual, Module 7 Basic rescue.

Exercise

You are considering moving a stretcher across a river.

12. What are at least 2 considerations for a stretcher carry across a river?

13. Describe the following methods of moving a stretcher across a river?

Raft

Caterpillar pass

Scenario 5 Flooded environment

Learning outcomes

Describe hazards of the flooded environment.

Reference

Swiftwater Personal Safety Course Manual, Module 2 Swiftwater features.

Exercise

Flooding in an urban and other environments presents a host of hazards over and above a normal river environment.

14. List 4 of these hazards and describe how you would control exposure to them.

Hazard	Controls
1.	
2.	
3.	
4.	
5.	

Swiftwater Personal Safety – Assessment – Student Results

<p>This column lists the performance criteria that the student will have to demonstrate to the assessor to be deemed competent.</p> <p>A student must be assessed as competent in all aspects to be awarded the standard.</p>	<p>This column records your results. If you wish to challenge the findings of the assessor you can either make a statement on this page or attach it to this record. This will go to the Tai Poutini Polytechnic SAR Programme Coordinator.</p>
Competency Demonstrated	Results of Exercises
Swimming	C / NYC
Throw bagging	C / NYC
Pinned kayak	C / NYC
Stretcher river crossing	C / NYC
Flooded environment	C / NYC
Assessor comments	
Assessor name:	
Assessor signature:	
Date:	

The following can be used when the student wishes to challenge the findings of the assessor:

<p>Student: I have sighted my assessment result above and wish to challenge the findings of the assessor. I have made a statement, which is attached.</p>	
Signed Student:	Date:
<p>Student statement</p>	

Additional information

Video

Follow this link for some informative short on-line videos that will assist you with understanding the type of practical skills we have undertaken on the Personal Swiftwater Skills workshop.

http://www.ehow.com/videos-on_3672_white-swift-water-rescue-techniques.html

Reading

Want to read more about the topic of swiftwater skills and rescue? Try these books:

- “White water safety and rescue” by Franco Ferrero, 2nd edition 2006;
- “Swiftwater Rescue: A Manual for the Rescue Professional” by Slim Ray, 2004;
- “River rescue: a manual for whitewater safety” by Les Bechdel & Slim Ray, 4th edition, 2009.