

NCC Meeting & AGM - November 3rd 2017

Held at RNLI Training College, Poole, Dorset

Promoting Safe Coasteering



Attendees

Chairman	Jethro Moore (Jet)
Vice Chairman	Vacant
Secretary + Isle of Man	Keirron Tastagh (KT)
Treasurer + S Devon	Mark Agnew (MA)
Executive Officer	John Paul Eatock (JP)
Cornwall	Jorrin Massingham (Jey)
Cornwall	Charlie Rusted (CR)
S Wales	Tony Rees (TR)
Dorset	Sophie Tanner (ST)
RNLI	JoJo Mains - Community Safety Intelligence Manager
RNLI	Tony Wafer - Community Safety Manager

Apologies

ROSPA	David J Walker
AALS	Ian Read (on behalf of Marcus Bailie)
N. Devon	Mark Garland
N. Wales	Mark Richards (Baggy)
W Wales	John Byrom
N. Ireland	Oisin Hallissey / Trevor Fisher
Dorset	Russell Thompson
Scotland E	Stevie Boyle

Absent

Channel Islands	Penny Setubal
NE England	Lloyd Murray
Scotland W	Andy Spink

Reminder

A role of the rep is to represent providers in your region, disseminate information regionally, and share relevant information nationally.

We have produced collective interpretation of what is reasonably practicable.

- Developed 4 main Coasteering guidance documents, which are sensible & pragmatic.
<http://www.nationalcoasteeringcharter.org.uk/docs/>
- Coasteering activity has changed from being a safety issue in the eyes of HSE, to a success case study in the UK Drowning Prevention Strategy. Professionally led Coasteering is now considered a safety solution on many levels.
- “The skillsets of the UK’s Coasteering leaders have been recognised by the National Water Safety Forum, which is itself a huge accolade. Furthermore, participation in professionally led Coasteering journeys (by NCC members) has been identified as a solution to people’s lack of real risk management experience. A practical realistic prevention of future drowning risk.”

As the NCC, we have achieved a lot. The following minutes are ACTION focused.

Coordinating Group Meeting - Agenda

1. Minutes from Newquay 2016 discussed and agreed
2. Regional news / items impacting the Coasteering industry, discussion of incidents and near misses, and learning outcome
3. Update on ENOS and Get WET project - Keirron Tastagh
4. National Drowning Prevention Strategy - JoJo Mains / Tony Wafer
5. Website / development & anonymous Incident Reporting form online - Mark Agnew
6. Finance update - Mark Agnew
7. Membership - retention, proof of membership
8. Vote in new constitution & Safeguarding policy.
9. 2018 AGM and Symposium in Dorset
10. A.O.B.

NCC AGM

- Proposals for vice chair (presently vacant)
- Replacement secretary in place by 2018 AGM and Symposium

Practical Workshop in the Sea Survival Centre

Have the 'full effect' of a real situation with noise and waves to ensure the basics we are promoting at regional workshops / training courses is actually realistic and will work in real conditions as well as a nicely sheltered beach. In other words, some realistic scenario playouts.

Record time it actually takes to execute rescues / reverse incidents, so that folk can make informed decisions.

"Would I be better landing a casualty, swimming to the next available safe landing, staying still and awaiting a Lifeboat, keeping the casualty warm in a survival bag, in the water."

What role can the Coasteering guide take in a rescue, and what can they do to cut down the time it takes to retrieve a person / multiple persons?

1. Previous minutes - Newquay 2016	Action
<p>Minutes approved, with some actions outstanding:</p> <p>Mark Agnew to send the up to date members list to Secretary Secretary to have a complete current data base for communication.</p> <p>Database inputted to MailChimp (in regions), enabling NCC officers to keep this updated and communicate with Coasteering providers.</p> <p>Send our Regional minutes to NCC Secretary after each meeting.</p> <p>The National Trust (NT) will be coming back to England with regards to what their plan is for managing activities on their land. (Still undecided, Phil Sadler is the main point of contact for us).</p> <p>Jet to find out who the England version of WATO is.</p> <p>Remind membership of Riddor reporting. Follow link below: http://www.hse.gov.uk/riddor/report.htm</p> <p>Wade Database - the only way that this is going to be of use to us / available to us is if we put info into it properly.</p>	<p>Mark Agnew</p> <p>(To be completed)</p> <p>All Reps</p> <p>NT</p> <p>Jet</p> <p>See online incident report form.</p>
<p>2. Regional news, incidents and learning points:</p> <p>N. Wales: No meetings regionally. No incidents or near misses reported. 2 helicopter rescues have taken place. Only Baggy as regional rep, as reps are required to be paid members. Status quo (no appetite for further learning) Plan for Feb '18 for a regional meeting.</p> <p>W. Wales: Number of incidents, not much sharing or reporting. 2 helicopter rescues have taken place. 1 was a member of the public, 1 was a commercial provider. Barnacle cuts and twisted ankles remain the frequent risk. Peoples basic movement skills absent in participants. Increasing larger wetsuits required, and knees wearing out.</p> <p>S. Wales: 1 incident brought to light, where a participant incurred a scratch to top of ankle. Weeks later claimed they had broken their ankle in shallow water. They were proven to be a 'career litigator'.</p>	<p>For information For all Providers</p>

<p>The session had taken place as part of a large group, and they were all asked if any injuries at end of session. Took statements from other participants to prove this.</p> <p>Important to ask providers “What learning points from the season”? Minor incidents have occurred, including a panic attack. Questions over access to aggress points for new routes. An instructor was out in conditions, swept off rock leading to a near miss. Understanding own limitations important. Promoting regional culture of ‘Why sharing is good’.</p> <p>Closed FB groups have worked very effectively for regions. Portuguese Man of War jellyfish influx over the 2017 season. Regional meeting to be held on 15th November ‘17. Propose FB page called NCC.’region’ as standard throughout UK. N Wales happy to share guidance on management of FB group. Share and Pin NCC generic statement to each regional group page.</p> <p>Dorset: Large push (and actual turnout) to the regional workshop. Few incidents reported, 2 minor injuries. 2 helicopter rescues have taken place. 1 was a broken leg, 1 was a broken ankle. From incidents was there was no learning points. There is no Dorset Air Ambulance, reply on N Wales. Feedback suggests keeping casualty on ledge, do not carry people out, due to the time factor.</p> <p>Cornwall: 1 meeting regionally in May. No incidents have been reported. There was a false call-out. Also 2 managed medical conditions on sessions. 1 was a Hypoglycaemic who was prescribed sugar. Spotted early. 1 was a panic attack in deep water. Questions on call-out procedure of the Coastguard as not ‘local’.</p> <p>N. Devon: An instructor broke their ankle on a commercial session. Discussion - footwear was supportive, management, person slipped. No realistic prevention. Managed incident where a client had fallen over, and their helmet had cut their head. Concern raised about ‘National Citizen Scheme (NCS) visiting led groups without local knowledge / familiarity of routes or egress. Run residential with funding, guides are not from region being used and are on-siting locations.</p>	<p>For information For all Providers</p> <p>TR set one up for S. Wales</p>
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<p>S. Devon: 1 regional meeting per year. 20 participants, included environmental workshop and RNLI exercise. No incidents recorded. There was an unavoidable broken ankle by an instructor. Next meeting April / May '18</p> <p>Regions to aim for 2 meetings per year: End of Season - learning focus Start of Season - training focus</p> <p>Isle of Man: Minimum 1 meeting per year, practical workshop followed by a brew and sharing of ideas, information from national meetings. No serious incidents reported (or known of). Cuts and bruises occur. Discussions over exercises with local Coastguard and RNLI crews.</p> <p>N. Ireland: Not been a regional meeting for some time. Oisin Hallessey from Tollymore organised 2 single day workshops in October '17 with all coasteering providers invited to attend. A small charge was required to cover costs. Well attended, and plans for the next regional workshop to be held in 2018.</p>	<p>For information For all Providers</p>
<p>Annual NCC Meetings The NCC Coordinating Group meeting (previously referred to as the National meeting) and the AGM will continue to take place annually. A practical workshop <u>OR</u> a symposium will also take place, on a Bi Annual Process:</p> <p>Year 1: Coordinating Group Meeting, AGM and Symposium Year 2: Coordinating Group Meeting, AGM and mini workshop to share practice, concentrating on a specific area.</p> <p>The Coordinating group consists of all regional reps, committee officers and specified industry partners. The AGM is open to all current members. The Symposium is open to all providers, with the NCC covering the costs of members attending. Next Symposium 10th - 11th Nov '18.</p>	<p>Mini-workshop themes / practice, reps send ideas to the Secretary</p>
<p>3. ENOS and Get WET Project:</p> <p>There is increasing appetite for setting some longer-term goals, as well as supporting further research into every day Coasteering issues / challenges we face as providers.</p>	

<p>To this end the NCC has instigated preliminary research in water depths reached after entry from height, which added some important considerations to discussion on step heights.</p> <p>The NCC invited Andy Middleton to speak about our opportunity as an industry to have a real impact on environmental health and stewardship.</p> <p>Keirron Tastagh (NCC Secretary) attended the Get WET seminar in Brussels in March, representing the NCC. The seminar was a focus point of an ENOS network project which brought together bodies from all over the EU to share ideas. This partnership has led to the creation of a toolkit to support the development of watersports across Europe.</p> <p>The Get WET toolkit which the NCC helped to develop at the seminar in Brussels is now available to download from http://www.beactive-getwet.eu/tool-kit</p> <p>ENOS have acknowledged the involvement of the NCC in the development of this document.</p> <p>If your business or the NCC is interested in being involved with the secondary project there are 2 steps that we need to take:</p> <ul style="list-style-type: none"> • Firstly as the project is being driven forward through ENOS the NCC should join ENOS. http://www.nature-sports.eu/join-enos/ • Attend and take part in discussion at the bi-annual ENOS conference: bringing together academics, professional researchers, students and practitioners in the area of outdoor sports. The 5th Nature & Sports Euro'Meet will take place in Viana do Castelo (Portugal), from 24 to 26 September 2019. 	<p>For information For all Providers</p>
<p>4. National Drowning Prevention Strategy - update</p> <p>The strategy has now been running for 18 months, focusing on drowning prevention at strategic level. The NDPS has promoted the NCC as a working case study of drowning prevention education.</p> <p>NCC's primary role is Promoting Safe Coasteering. This is from operational level up to long-term strategy for the Coasteering industry. The NCC are a key partner of the NDPS.</p> <p>The National Drowning Prevention Strategy has:</p> <ul style="list-style-type: none"> • Made inroads into the National Curriculum. • Developed SwimSafe - a program joint ran by RNLI and Swim England. 	<p>For information For all Providers</p>

<ul style="list-style-type: none"> • Combined educational materials from partners. • Formed area (water based) plans for areas with access to water: <ol style="list-style-type: none"> 1. Cities (canals etc) 2. Beaches (high risk areas management) 3. Cliffs and un-manned areas (National Trust, other landowners want to access water). <p>Water related self-harm Work includes holistic picture of wellbeing & mental health. Concept of mental health 'first aiders' who can recognise the signs. NCC can contribute, link to AALS, regional App to be developed, also forums SwimSafe franchise - can be delivered by approved providers (with appropriate skills). Get WET franchise - can be used by NCC members.</p>	<p>For information For all Providers</p>
<p>5. Website Development</p> <p>Changes - Data of members is now directly on the website. Providers page has had 5,000 views It is now current (only paid up members displayed) Decision: only 1 national NCC Facebook page required (drop organisation page, retain the open public group).</p> <p>Anonymous Incident Report form is now online on the website. (Diving industry already has a working example). learning@ncc</p> <p>6. Finance</p> <p>Bank Account stands at: £7200.46 01/11/2017</p> <p>Outgoings: for year from 01/11/2016: £3380.05</p> <p>Outstanding bills: None</p> <p>Petty Cash: as at 01/11/2017 £32.24</p> <p>Outstanding invoices: 8. These will be voided at the end of November if still unpaid.</p> <p>Receipts for all reasonable out of pocket expenses are needed to get to Mark as soon as possible after meetings. Chasing invoices for membership is proving a very difficult task.</p>	<p>Details to follow in an email to membership, please share with all providers</p> <p>Coordinating Group</p>

<p>7. Membership</p> <p>Membership stands at 66 full members, 2 individual members. (19 less full members than 2016) Discussion over necessity for a certificate for paid up members. Agreed that if proof required, request a letter headed confirmation from Mark at time of payment.</p> <p>Retaining and increasing membership (see agenda point 10. AOB)</p>	<p>For information For all Members</p>
<p>8. Constitution & Safeguarding</p> <p>Discussed and voted in unanimously. Agreement to raise its profile to membership. JP to proof read agreed and hand to Baggy. Baggy to format the document and hand to Mark. Constitution to have a holding place on the website and be live end December 17. Share document in its holding place on social media.</p> <p>Discussion on Safeguarding: Conclusion - members are responsible for their own Safeguarding Policies and Processes.</p>	<p>Reps to ensure their region's providers know it's there</p> <p>For all members</p>
<p>9. Symposium & AGM 2018</p> <p>Symposium 2018 is in Dorset. The AGM will begin promptly at 9am on Saturday 10th November. Main symposium welcome 9:30am with outline of activities. The weekend will finish in the afternoon of Sunday 11th. (Poster out by 15th Jan 2018).</p> <p>Coordinating Group Meeting Fri 9th Nov at 9:30am, at RNLI Training College, Poole. The meeting may be followed by an afternoon mini-workshop such as "handling the media in a crisis".</p> <p>Symposium organised by Sophie, Tommo and a small team. Scoping and ideas include: Geology & Education - Kit Provision - Various locations. Small charge to cover costs.</p> <ul style="list-style-type: none"> • Event itself FREE for members. • Accommodation & food package available. 	<p>For information For all Providers</p>
<p>10. Any other business:</p> <p>Discussion on the direction of the NCC. Refer back to 'Promoting Safe Coasteering' - sharing learning. See also Agenda Points 3 & 4.</p>	

<p>Membership retention Retaining and increasing membership needs to be driven regionally. Discussion on the perceived benefits of membership. Main focus: Support by the NCC, sharing of knowledge, disseminating current good practice. Added incentives such as Symposium costs covered for current members, voting rights, opportunity to make a positive impact.</p> <p>Regional Reps Regional reps are required to hold Current membership. Any new reps in place need to inform Secretary. Discussion on benefits & responsibilities of being a rep, and hope to use these to fill current vacancies.</p>	
<p style="text-align: center;">National Coasteering Charter - AGM</p> <p>New Secretary Keirron had circulated his intention to resign as Secretary, and a replacement needed to be in place before the next AGM. Jorin Massingham (Jay) volunteered and was voted in as Interim Secretary. There will be a hand-over period until 1st April '18, at which point Keirron will effectively step down.</p> <p>The committee thanked Keirron for his 8 years in post. Keirron volunteered and was voted in to be the interim secretary of the 'national coasteering safety working group', at the stakeholder meeting chaired by the National Water Safety Forum on 7th October 2010, at RNLI HQ, Poole. He worked with the steering group, through the successful formation of the National Coasteering Charter in November 2011. He continued into the Elected Role as Secretary of NCC, and has worked closely with providers, regions, ROSPA and industry stakeholders.</p> <p>New Vice Chair Tony Rees volunteered and was voted in to the position of Vice Chair.</p> <p>Current Chair (Jet) was voted to remain in post until the next AGM on 10th November 2018.</p> <p>Role of Development Officer remains vacant.</p>	



Practical Workshop in the Sea Survival Centre

JoJo Mains and Tony Wafer (RNLI) attended the coordinating group meeting, and the group received a briefing prior to the afternoon practical session.

It has been clinically proven that hypothermia will not begin for at least 30 minutes in UK waters (sea) without wetsuits. Participants wearing wetsuits will extend this period. (Session duration prior to incident also needs to be considered).

Stage 1. Initial Responses – first 3-5 minutes.

Stage 2. Short-term immersion – 5-30+ minutes: neuromuscular dysfunction leading to physical incapacitation caused by cooling of superficial nerves and muscle.

Stage 3. Long-term immersion – 30 minutes plus. Hypothermia.

Stage 4. Circum-rescue collapse: just before, during, or just after rescue.

Golden & Hervey

From paper on Immersion Research by Professor Mike Tipton

https://www.researchgate.net/publication/292960724_Cold_Water_Immersion

Priorities by emergency services are decided on whether a casualty is BIG sick 'Load & Go', or LITTLE sick. (How serious is the current condition).

The RNLI aim to launch within 8 - 10 mins of being called.

From launch to casualty within 25 mins.

Identifying a Spinal injury

If fallen, if pain in neck or back, pins and needles, incontinence, erection (in males); treat as a suspected spinal injury and follow protocol.

Only 2% of suspected spinal injuries are actually spinal injuries.

Notes from the RNLI training session in the Sea Survival Pool

For efficient handovers to the inshore rescue crews - by Tony Rees

Getting the casualty in the boat while conscious will either happen legs in first, one leg in first or facing out (away from the boat).

Unconscious casualty in the water - priority is the airway, followed by C spine if history indicates there maybe spinal trauma.

Before moving an unconscious casualty consider the following (look after self, team, casualty):

- How long has the casualty been in the water during the session and the rescue so far?
- How long will it take for the lifeboat to reach you from the local station?

- Where is the nearest dry exit for you and the casualty?
- What is the access to the exit like? How easy is it to extract up and out from there?
- What is the water temp? (time of year related)

You will be using these questions to decide whether to stay in the water with the casualty and wait for the lifeboat, or to evacuate overland with the coastguard.

An anecdote used to draw our attention to the big picture was; the lifeboat arrived 10 minutes after coastguard on an incident, however extraction by boat would have seen the casualty in an ambulance within 30 mins and the coastguard extraction (hoisting and carrying) back to the road took 4 hours.

When managing a suspected spinal after turning the casualty, efficient solutions in coasteering kit is to use the 'Vulcan Death Grip' (in photo 1) or better still the shoulder strap grip and clamp (Photo 2). With both methods the head is "clamped between the forearms. (The efficient method for turning a casualty while wearing a buoyancy aid is the log roll).

Once you have control of the head in this way you remain there, in control of all action around the casualty until relieved; taking over control of the casualty's head can be done by using the standard 'vice grip'.

On arrival, the RNLI boat crew will decide which course of action they will take. Both stretcher solutions have a number of colour coded straps the sequence of which will easily be relayed to you at the scene.

Offering the stretcher into the boat, this again will depend upon the stretcher used and the boat use, the cleanest entry achieved even with the most cluttered sponson, was head first (this may differ on the ground).

Ultimately, what was reinforced was that the speed that help arrives, has a huge bearing on the outcome of the incident so early requests for help are imperative.

The information above is not meant to be ground breaking rather just reinforce what we do already with the odd handy hint thrown in.

