

NCC Guide Training course – Sample Programme

Program for Coasteering Day 1	
AM – classroom-based	PM (while Coasteering at location)
<p>The aim of this session is to ensure that the coasteerers gaps are identified, their needs are being met and their knowledge of coasteering is increased.</p> <ol style="list-style-type: none"> 1. Introductions, Housekeeping, Complete forms 2. Expectations of the course 3. Reviewing the Pre- Course Self-Assessment Research Paper will lead to a discussion about the following topics: <ul style="list-style-type: none"> ● Understand and demonstrate knowledge of signals relevant to a coasteering environment ● Equipment for the coasteering guide/group ● Venue selection (what, where, why) ● Risk assessment & Operational Procedures (height of jumps, reduce impact injuries, environmental considerations, dynamic risk assessing) ● The coasteering environment: Swell, waves, refraction, tides, basic met (a basic understanding of these areas is expected by all participants prior to course). Environmental impact of Coasteering. Access agreements. ● Guides role (Lead/assistant) ● Environment - Flora and fauna (responsibility) 	<p>The aim of this session is to exemplify what Brilliant Coasteering Guiding includes – as demonstrated by the trainer.</p> <ul style="list-style-type: none"> ● Warm-ups ● Briefings ● Group management systems (CLAP, Buddy, in front, behind and middle) ● Communication systems ● Entering the water (calm, surf, surging) ● Exiting the water - feet first? Knees up, use of surge, Supporting each other. ● Moving over rocks, Seaweed, ● Climbing/traversing (location choice/dealing with falls, Spotting) ● Jumps (height, correct body position, do's/don'ts, risk V benefit – 3 C's) ● Reading the group and body language. ● Proactive and passive swimming techniques (inc techniques for getting out in swell) demo over 200meters ● Reading the water ● Challenges & games suitable for groups - Challenge by choice! ● Managing play spots (Gullies, waves, pour overs, etc) Toilets, Reefs, rips, Ledges, Caves - Group control, (Torch) ● Environmental - adding knowledge as you go, building people love and understanding for this amazing place. The guide should know the basics of what is around, why, facts etc. ● Review of the day and feedback

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Program for Coasteering Day 2	
AM (while coasteering at relevant location)	PM
<p>The aim of this session is to allow the coasteerers to recall and deliver crisp briefings and deal with a range of scenarios. Rescues and scenarios: WHAT IF?</p> <ul style="list-style-type: none"> ● Teamwork – working with and managing assistant/2nd guides ● Panic management (Avoidance) ● Using a throwline for security/body belaying over steep ground ● Rescue a casualty in the Coasteering environment using a suitable aid and tow over 100 metres. ● Towing (contact, swimming the line, husky, Rescue bag/Peterson tube tow, the concept of towing the line and not the casualty. Anchored tow, throwing a line whilst swimming). ● Use of tape - to support exit allowing the guide to stay safe. ● Egress options and practice along a coasteer route ● Negotiate surf and swim using swell to your advantage (consider refraction from rocks/reefs and shelves) ● Effectively manage a spinal injury in the Coasteering environment. ● Casualty extraction to safety in the Coasteering environment ● Swim line - Crossing Zawns ● Rips ● Cave ● Foot entrapment ● Stings ● Cold ● Dehydration ● Cuts and bruises ● Group getting split 	<p>The aim of this session is to continue to learn how to deal with a range of scenarios and to gain feedback on what they will need to do in order to present themselves for assessment.</p> <p>Where possible, get a group of people for the delegates on the course to lead on a proper coasteer that include scenarios.</p> <p>And/or</p> <p>More rescues and scenarios/practice of methods covered. E.g. Broken limb, hypothermia, laceration, asthma, cold water panic, panic attack, semi-conscious casualty, unconscious casualty, spinal, anaphylactic shock (e.g. jellyfish)</p> <p>Review of course and individual feedback.</p>