



## **Technical Syllabus**

### **Remit of the NCC Guide Award**

The candidate is required to perform all skills in up to sea states at the maximum environmental remit of a 1m swell at a 15 second period, (in relation to the venue), comfortably and with confidence in their own ability.

Ideally, there must be minimum conditions found within the assessment to test all of the criteria. If the maximum conditions have not been experienced, then the trainer can simulate them where reasonable. If it is not possible to assess up to maximum conditions, the assessor can only give the award as a 'Coasteering Guide in Calm Conditions', to be assessed in conditions at another time.

### **Part A – Personal Coasteering Skills**

#### **A.1 Swimming in the upper end of the remit over a distance of 200m, in a proactive and continuous manner, this is to be undertaken in full coasteering kit.**

The assessment could include a variety of ways to do this so that the swimmer can swim the distance, whilst taking safety equipment with them in one go.

#### **A.2 Entering and Exiting in a range of areas at the upper end of the remit.**

Candidates will be able to show a variety of techniques to enable safe entry and egress on wave-washed ledges, murky water, steep climbing exits and through plunging waves.

#### **A.3 Be fit and healthy enough to operate in the upper end of the remit for a 3-hour coasteering session.**

Candidates will show that they are fit for purpose as a coasteering guide and able to deal with a variety of scenarios in this environment and timescale without being a danger to themselves or their group. A Guide may be expected to run 2 coasteering sessions in one day.

#### **A.4 Make correct decisions about the way that a variety of features can be used, or not, or navigated along the way.**

Candidates will be able to read and explain how water works over a variety of features, including a pour-over, a funnel, a wash through and a swirl, to inform good decision making. Plus, to be confident in how these features work to allow themselves to immerse themselves and play within them. A dynamic risk assessment and judgement is key. During the assessment, the guide would be expected to manage a group in any or all the features of a coasteer.

### **Part B – Rescue Skills**

Candidates will have a broad awareness of the challenges and problems associated with leading coasteering in the intertidal zone.

Candidates will implement simple solutions to common problems that they may encounter whilst coasteering. This will include undertaking dynamic risk assessments for them and the group they are coasteering with. The Candidate will show a broad awareness of the hazards and potential common issues that they may come across in the dynamic intertidal coasteering environment.



**B.1 Have knowledge of and demonstrate the skilful application of appropriate rescue skills at the upper end of the remit**

Candidates will be able to implement a range of rescues and show how to adapt them to the prevailing conditions and features, including dealing with incapacitated coasteers.

**B.2 Be able to use the group to self-rescue**

Candidates will use Assistant Guides and the coasteering group members, where required, to the advantage of enabling a rescue to be executed well if the Guide were to be compromised. Guides may be solo with groups and the need to be able to manage the group to support the session is often required.

**B.3 Be conversant with different methods of towing**

Candidates will be able to show the use of a variety of tows in a range of conditions to the upper end of the remit e.g. Foot tow, shoulder strap tow, husky tow, safety bag tow, Peterson tube tow (only if used by the Provider/Company), tow line tow (only if used by the Provider/Company), towing using a throwline, an anchored tow, towing the line and not towing the casualty.

The variety of tows should be done over a reasonable distance (100m plus) and include sections of the sea in the upper end of the remit. The candidate must maintain clean lines and use quick release methods.

**B.4 Be conversant with different methods of using throw lines.**

The candidate will know how to use a throwline as one of the main sources of rescue device for most rescues, including throwing rescues and throwline management, reaching rescues, and body belaying in addition to using a throwline to tow.

As well as being able to:

- Re-throw and coil a line
- Anchor a line to cross a zawn
- Use a throwline as a swim line
- Use a throwline to do a simple body belay
- Use others/wider group to help with throwline methods

**B.5 Be conversant with the use of Tape/ Sling use to help AVOID problems occurring.**

The Candidate will be able to use this as a method of rescue and or support. They will know the advantages and disadvantages of slings vs tapes vs short length of floating rope vs full Throw lines. Length of tape 3- 5 M.



## **Part C – Safety, Leadership and Group Skills**

The assessment will give the chance for the candidate to show all of the elements which make up a coasteer. They will be able to use both SOFT and HARD skills to help make the coasteering session a safe enjoyable learning experience.

### **C.1 Skilful application of leadership principles**

The candidate should be able to apply a robust strategy such as C.L.A.P. to ensure safe group management at an appropriate coasteering site and/or situation.

- Communication
- Line of Sight
- Avoidance
- Position (best place)

### **C.2 Appropriate leadership strategies, judgement and decision making**

The candidate will show a range of strategies and leadership styles to suit the Group, Site and Situation which are flexible and clear in their communication and application. These include, but are not restricted to:

- Concise briefings
- Autocratic leadership style
- Democratic leadership style
- Self/Team/Casualty/Kit for an order of rescue

### **C.3 Safety awareness and risk management**

The candidate will follow any strategies to their final point when leading a rescue situation, including being able to execute an EAP correctly.

- Emergency
- Action
- Plan

### **C.4 Exercise appropriate group control and management and show concern for the general welfare of other group members**

The candidate will be able to exercise appropriate group control using a dynamic risk process while managing and showing concern for the general welfare of group members to the upper level of the award remit. This will include (in an appropriate order for the session):

- Welcome
- Medical checks
- Water confidence
- Good group briefings that are concise, short and appropriate to the stage of the coasteer
- Identifying hazards
- Exits and entries - the guide should be able to show groups methods of entry and exit.
- Swimming techniques in waves and near rocks
- Appropriate movement over rocky, slippery or steep ground when needed
- Choosing suitable routes for the group/conditions
- Use of the group where appropriate
- Prompt and suitable decision-making
- Jump Management



- Positioning during communication and pre-empting issues
- Use of signals for communication
- Play Spots
- Emergency exits

The candidate will positively add to the group dynamic, showing that they can make swift decisions and communicate clearly towards positive outcomes.

Candidates will show a consistent ability to judge the conditions, the route, with the ability of the group (both physically and mentally), to make appropriate decisions along with the need to modify plans as required.

### **C.5 Demonstrate the capability to manage a range of incidents**

Candidates will be able to deal with a wide variety of incidents, selecting and using the appropriate equipment.

Whilst doing this, the candidate will maintain an overview of the situation so that the safety and well-being of the whole group are never forgotten, including:

- Various strategies for group control, communication, leadership styles and positioning, keeping a group together e.g. group huddle.
- Moving groups in more challenging situations e.g. rips, waves, caves, zawns, boulder fields.
- Incidents that involve people, e.g. a broken limb, hypothermia, unconsciousness, suspected spinal, stings, foot entrapment, panic, incidents in caves, fishing line etc.
- Incidents that involve rescue in different circumstances and conditions thereby requiring a working knowledge of a variety of approaches which may include the use of the Group and/or Assistant Guide.

The equipment that they will be able to use professionally includes:

On Person equipment such as a whistle, knife, rescue tube etc.

Communication

- A suitable means of summoning help in an emergency in 2 different ways to an outside agency e.g. flares, mobile phone, VHF, PLB etc. depending on the operational area

Essential safety bag\*

- A first aid kit and familiarity with the use of its contents whilst in the coasteering environment

### **C.6 Provide guidance through top tips and handy hints**

Guides will show their ability to share and teach top tips to group members to improve their coasteering ability and confidence, as well as giving sufficient information in order to achieve a successful outcome for the session.



**C.7 Be able to connect how we can learn from coasteering activities to the challenges that are threatening our coastlines and communities**

Coasteering connects people to nature in ways that are more visceral than many other outdoor activities and provides the opportunity for understanding risk, challenge, and response. The candidate is expected to demonstrate ways of using coasteering and the environment they are moving through to make connections between climate-related sea-level rise, pollution, and plastics and personal response to risk. As a result of this, clients will be able to better connect personal action

wherever they are, to the protection of the ocean and coastal environment we treasure so deeply. Done well, all education elements to coasteering will enrich the client's experience, not dim it.

**Part D – Theory**

Candidates will show an awareness of potential risks, safety precautions and safety thresholds pertinent to leading groups to the upper end of the remit.

**D.1 Equipment and design**

The candidate will show knowledge and experience of using a range of equipment including the most up to date. When questioned, they will be able to explain how and why modern equipment has evolved, and which equipment best serves the situation.

**D.2 Safety (includes Coastguard and Rescue Services)**

The candidate will know how the national and local emergency services function.

**D.3 Planning weather, waves, and tides**

The candidate will be aware of a variety of sources of weather, wave, and tidal forecasts. They will be able to interpret weather, wave and tidal forecasts and be mindful of the conditions actually experienced. They must show an understanding of the impact of weather, tide, and sea on the conditions that they encounter at the venue.

The candidates will decide on the correct location for the conditions of the day given all macro and micro forecasts available; the group dynamics; and any external factors i.e. access issues and if necessary adjust plans as required by the conditions and or clients.

**D.4 Wellbeing, health and first aid**

Candidates will show that they can deal with the most likely injuries that may occur as part of coasteering. It should be evident that the candidate can deal with an incident and see it safely through to its conclusion (including simple evacuations, dealing with emergency services and group care).

**D.5 Group awareness and management**

Candidates will have an awareness of the full spectrum of responsibilities whilst being a Coasteering Guide, to the upper remit of the award.

Including:

- National Coastguard Organisations and rescue services
- Personal, legal and ethical responsibilities.



## **D.6 General knowledge**

Candidates will have a knowledge and awareness of the development, both current and past of coasteering and the National Coasteering Charter.

## **D.7 Leadership responsibilities**

Candidates will understand their role and responsibilities as a leader in the intertidal environment.

## **D.8 Water features and hazards**

Candidates will understand the characteristics of swell, tidal height, and surf on a range of features.

## **Part E - Environment**

### **E.1 A knowledge of codes of conduct/legislation relating to local native marine life and coastline ecology.**

#### **Delivery of an NCC Guide assessment**

Assessments are normally run over 1 full day (split into 2 sessions) with a maximum of 2 candidates being assessed. They are part assessed whilst leading a real group, against the criteria written in these notes. If certain areas of the criteria are not seen during the lead session, then additional safety and rescue scenarios will be required during the second session.

The maximum number of candidates to be assessed is 2, this would take place over two separate sessions in one day: one with clients and one for rescues. (This is in place and will be reviewed after the first year).

The candidate will be assessed from the stage of preparing for the session to closing the session.

If there has not been the opportunity to assess certain aspects of the Award, then the Assessor will ask the candidate to show their competence after the group has departed (unless some group members are willing to be casualties), either by questioning, practical scenarios or a mixture of both.

Each candidate will get individual feedback on their performance and how they can do even better for the future, whether they attain the Award or not.

The minimum time period that the candidate can represent themselves for re-assessment will be on advice from the Assessor, with a minimum experience of five additional coasteering sessions from their assessment. This can be ongoing and requires a good level of individual feedback from the Assessor.

The successfully assessed Guide will need to follow their company policy for deployment. They may still need to be signed off for deployment by the employer at the specific site that they will be working, either by the in-house or external Technical Advisor.

**\*For additional notes please refer to the NCC Guide Training Doc V3 2015**

**For additional notes regarding environmental impact and education, please see the NCC Guide Code of Conduct**

**We recommend sitting a WiSE course to upskill your marine environmental knowledge**