



Course Title : Coasteering Guide Training programme.

Course duration : 16 Hours.

Course Aim : To equip the candidate with the essential skills and knowledge that combined with site specific training, enable them to confidently deliver and/or assist on commercial coasteering sessions.

Aims and Objectives

Section 1 - Personal skills :

- (a) Swim 200m in full coasteering gear in no more than 5 minutes in an appropriately controlled and risk assessed open water environment.
- (b) Show competency and confidence in and around the littoral coastal zone. (Impact zone)
- (c) Show sound judgement and attitude to act professionally and safely in the coasteering environment.
- (d) Show competency in the use of a variety coasteering guide equipment.

Section 2 - Plan a coasteering activity for participants

- (a) Assess the skill level, experience and physical ability of each member of the group.
- (b) Establish attainable group objectives.
- (c) Select suitable level of activity and site(s) to suit abilities of the group.
- (d) Demonstrate knowledge about access.
- (e) Obtain and interpret local weather, sea and tidal information relevant to the group.
- (f) Ensure correct guide/client ratios are met, according to operational procedures.
- (g) Assess minimise and eliminate any hazards where possible while forming a risk management plan.
- (h) Understand the process of risk assessments, including the difference between a formal and dynamic process.

Section 3 - Ensure appropriate equipment is selected and prepared for the activity

- (a) Supervise equipment selection to ensure it is safe and suitable for the planned activity.
- (b) Ensure all equipment is fitted and adjusted correctly.
- (c) Check safety and rescue equipment to ensure suitability for the planned activity.

Section 4 – Briefing participants

- (a) Communicate the aim of the guided activity to participants.
- (b) Communicate logistic details to participants.
- (c) Brief group on safety procedures, techniques and equipment.
- (d) Explain signs and symptoms and prevention of hypothermia to assist in self monitoring.
- (e) Outline procedures following an incident to a group member.
- (f) Explain signals that will be used.
- (g) Establish verbal and non verbal cues to use during the activity.

Section 5 – Lead Activity Safely

- (a) Fulfil the requirements of the Late Back protocol.
- (b) Ensure all participants are adequately equipped for the activity.
- (c) Identify and respond appropriately to potential hazards.
- (d) Lead with awareness and accordance to the C.L.A.P principles.
- (e) Use of flexible leadership styles.
- (f) Recognise situations where hazards need to be scouted.
- (g) Provide guidance on how to negotiate/avoid the hazard clearly and concisely to the group.
- (h) Monitor participants performance and needs.
- (i) Monitor weather and sea conditions and evaluate implications on plans.
- (j) Implement appropriate modifications to the activity with regards to all variable factors being monitored.

Section 6 – Maintain physical welfare of group (Initiate emergency response)

- (a) Manage the activities of the group to maintain the safest situation.
- (b) Respond to any emergency or non routine situation.
- (c) Apply the risk management plan.
- (d) Initiate and maintain communications with appropriate emergency services.

Section 7 – Maintain physical welfare of group (Lifesaving)

- (a) Implementation of a hierarchy of rescue (shout, reach, throw, go) .
- (b) Demonstrate casualty assessment, approach and releases .
- (c) Use of a throw line, rescue tube - sling and crab uses, improvised equipment rescue.
- (d) Contact, non-contact and 2 person tows over 50m.
- (e) Deep and shallow water entry techniques.
- (f) Awareness of cold water shock immersion, cold water survival and the HELP position.

Section 8 – Maintain Physical welfare of group (First Aid)

- (a) Provide emergency care appropriate to the environment, potential risks, your training.
- (b) Knowledge of basic life support.
- (c) Management of hypothermia.
- (d) Management of severe bleeding.
- (e) Management of fractures and suspected spinal injuries.
- (f) Management of stings from marine life.
- (g) Management of minor injuries such as sprains and strains.
- (h) Management of head injuries.

Section 9 – Environmental Awareness

- (a) Show knowledge of any access issues/land ownership/conservation areas covering the location, especially any site specific access agreements to protect the environment/wildlife.
- (b) Minimize disturbance to wildlife/damage to environment during activity.
- (c) Lead activity with respect to other users of the coastline.
- (d) Leave sites clean and tidy
- (e) Brief group on maintaining modesty when changing and ensure groups use appropriate toilet facilities.

Section 10 – Conduct activity in a professional manner

- (a) Control the group to maintain a safe, enjoyable atmosphere.
- (b) Provide clear and concise direction and advise the group during the activity.
- (c) Provide encouragement and show empathy.
- (d) Use positive words throughout the activity to refer to participants and avoid using negative or disparaging words.
- (e) Lead by example.
- (f) Implement challenge by choice.
- (g) Recognise the difference between positive/negative peer pressure, bully and positive encouragement.
- (h) Avoid negative statements about own organisation, competitors, public bodies and other individuals.

Section 11 – Complete post activity responsibilities

- (a) Fulfil Late Back Protocol.
- (b) Complete any post activity admin as per procedure.
- (c) Retrieve, inspect, repair and store or quarantine equipment according to procedures
- (d) Evaluate, including participant feedback, all aspects of the activity.
- (e) Record any incidents, accidents or near misses.
- (f) Suggest modifications to senior management/instructors if necessary.



Programme

Day 1

AM

- 0830 – Arrival and registration
- 0900 – Introductions and course overview
- 0930 – Sections 2 & 3
- 1100 – Break
- 1115 – Section 7 (DRY)

PM

- 1200 – Group planning exercise
- 1230 – Lunch
- 1315 – Get kitted for coasteering
- 1330 – Sections 1, 4 & 7 (WET)
- 1600 – Return to NAC, section 11
- 16.30 – Debrief
- 17.30 – Finish

Day 2

AM

- 0900 – Section 4
- 1030 – Section 9
- 1130 – Break
- 1145 – Section 5 (DRY) Operating procedures and Risk assessment.

PM

- 1300 – Lunch
- 1345 – Get kitted for coasteering
- 1400 – Sections 5,6,7,8 and 10 (WET)
- 1700 – Return to centre, debrief , de-kit, review.