

**Course title:****Coaster Guide Training Programme****Aim:****Part 1 (1.5 days):**

Coaster guide training (in accordance with the National Coaster Charter Group guidelines)

**Part 2 (1.5 days)**

Establish a level of competence in rescue and Life Saving techniques for Coastering Guides.

**Duration:**

Part 1 – 1.5 days

Part 2 – 1.5 days

**Pre Requisites:**

- Minimum of 16 years of age on the date of assessment.
- This qualification is only open to candidates who hold a valid and recognised 18 hour First Aid certificate. At the start of the Course
- All candidates will be required to demonstrate CPR to the standards set out by the Resuscitation Council (UK).
- Able to swim 400 metres in 9minutes 30 seconds.
- Medically and physically fit.

**Course content:****Part 1 please see programme****Part 2:  
Syllabus**

- Fitness test and releases.
- Complete a swim of 200 metres in the sea whilst wearing typical Coastering PPE. This is understood to comprise of a wetsuit or dry-suit, appropriate footwear, helmet and buoyancy aid.
- Demonstrate two releases and appropriate handling of the situation.

**Life Saving Skills, Rescue & Knowledge**

- Rescue a casualty in the Coastering environment using a rescue tube and tow over 100 metres.
- Rescue a casualty in the Coastering environment using a throw line.
- Demonstrate two appropriate contact tows.
- Negotiate surf and swim using swell to your advantage.

- Effectively manage a spinal injury in the Coasteering environment.
- Effectively extract a casualty to safety in the Coasteering environment.
- Communicate using a variety of techniques.
- Demonstrate understanding of beach environment, Coasteering hazards, mechanism of common injury and drowning.
- Demonstrate action for vomit, if not evidenced in pre-requisite first aid qualification.
- Have an understanding of generic and site specific emergency procedures.
- It is recommended that Unit 1 of the CSR course consists of eight Guided Learning Hours.

## Assessment and certification

Demonstrate the ability to carry out the practical skills as well as support actions with underpinning knowledge as defined in the syllabus. Candidates will receive a Certificate of attendance for Part 1 and a SLSGB Coasteer Safety & Rescue certificate for Part 2. The SLSGB award is valid for two years, which can be revalidated with a proficiency test\*.

*\*Candidates will be registered as members of SLSGB for one year as part of the course fee.*

## Other useful information:

### What to bring:

- |                              |   |   |
|------------------------------|---|---|
| • Helmet                     | • Long shorts (to protect your wetsuit) | • Towel   |
| • Wetsuit (5/3 winter)       | • Windproof cag                         | • Warm clothing   |
| • Rash vest                  | • Throw line                            | • Waterproofs   |
| • Gloves                     | • Dry bag                               | • Pen & paper   |
| • Water shoes/wetsuits boots | • First aid kit                         | • Packed lunch (there is a shop at the training location) |
| • Buoyancy aid (min 50N)     | • Flask                                 |   |
|                              | • Bivi bag                              |   |

We will be looking at a range of equipment during the course. If you need to borrow any of the above equipment please let us know beforehand.