

WV Public Service Training Safety Guidelines for Water Rescue Training

Safety is the primary consideration for all training evolutions. No one set of guidelines can cover every situation due to different river conditions, skills being taught, weather conditions, etc., but the list below must be followed. Additional safety requirements are at the discretion of the Lead Instructor or Regional Public Service Training Coordinator. If all safety guidelines are not met the training will be cancelled or rescheduled.

- 1. All students must provide verification of required prerequisites.**
- 2. Participants must be at least 18 years old.**
- 3. All students must pass a swim test (description attached).**
- 4. Lead Instructors must have a current Adult Teaching Permit, be certified at the Technician Level (Level 2), and have completed a Train-the-Trainer class.**
- 5. Assistant Instructors must be certified at the Technician Level (Level 2), and be approved by the Lead Instructor.**
- 6. All instructors must be approved by the Regional Public Service Training (PST) Coordinator.**
- 7. Student and instructor equipment requirements are defined per the skill being taught but will include a minimum of foot protection, helmet, Personal Floatation Device (PFD), and a whistle.**
- 8. The Lead Instructor will inspect and approve all student Personal Protective Equipment (PPE) and other equipment.**
- 9. A Site Safety Plan should be completed using the attached form.**
- 10. Notifications are to be made when training is conducted to the local 911 center and other agencies as deemed appropriate by the Lead Instructor or Regional PST Coordinator.**
- 11. Practical skills training will be conducted by a Lead Instructor with a maximum student teacher ratio of 6 to 1. Any students not actively engaged in practical skills training will be under the direct observation of a Lead or Assistant Instructor.**
- 12. All instructors will have a clear understanding of instructor placement during training.**
- 13. A General Safety Briefing will be conducted at the beginning of each class, and a safety briefing specific to the skills being taught will be conducted prior to each skills session.**
- 14. The Lead Instructor will verify that all required equipment to conduct the class is in place and in proper working order.**
- 15. An additional watercraft will be available while skills sessions are conducted in the water. The Lead Instructor and Regional PST Coordinator will verify that the watercraft operator is properly trained.**
- 16. The Lead Instructor will determine a Go – No Go for training to include at a minimum:**
 - a. Air temp (65 or higher with wetsuits, 55 or higher with drysuits and thermal protection)**
 - b. Water temp (65 or higher with wetsuits, 55 or higher with drysuits and thermal protection)**
 - c. Water depth (At 3 feet or higher above normal local conditions must be assessed)**
 - d. Water speed (No greater than class 4 rapids as defined by international scale of river difficulty)**
 - e. Weather conditions (No one is allowed in the water when thunderstorms are near – flash to bang of 40 seconds or less)**
 - f. All required PPE and equipment**

WV Public Service Training Swim Test for Water Rescue Training

The swim test consists of:

- **Swimming the length of the pool a number of times (depending on the size of the pool) for a total of 200 yards without touching.**
- **Treading water for 15 minutes without a PFD.**
- **Push or tow an inert victim wearing appropriate PFD on the surface 50 yards non stop without assistance.**
- **Diving down to a depth of 8 to 10 feet, picking up a 5-pound weight, and bringing it up to the side of the pool.**
- **While the candidate is treading water, a PFD completely zipped up and buckled up is thrown to the candidate. The candidate has to take it apart, put it on back on, zip everything up, and then get out of the pool.**
- **A 10-minute break between each interval**

NOTE: The test description is for a swimming pool but can be conducted in a natural body of water such as a river or lake.

WV Public Service Training Site Safety Plan for Water Rescue Training

Date	
Class Location	
Lead Instructor(s) Printed Name(s)	Lead Instructor(s) Signature(s)
Assistant Instructor(s) Printed Name(s)	Assistant Instructor(s) Signature(s)
What to do and who to notify in case of emergency	

	Yes	No
Communications established (All must understand audible and hand signals)	<input type="checkbox"/>	<input type="checkbox"/>
PPE and Equipment inspected and in good working order	<input type="checkbox"/>	<input type="checkbox"/>
Local 911 center notified	<input type="checkbox"/>	<input type="checkbox"/>
Additional watercraft available and operator is properly trained	<input type="checkbox"/>	<input type="checkbox"/>
Lead Instructor gives "Go" for weather and water conditions:	<input type="checkbox"/>	<input type="checkbox"/>

NOTE: The class will be cancelled or rescheduled if any item above is checked "No".

	18 or older	Verified Prerequisites	Passed Swim Test	Has Required PPE	Attended Safety Briefing
Student Name					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

NOTE: A student cannot participate in the class if any item above is not checked.