

Workplace Water Safety

Hands-on risk management programme for staff working in and around waterways

Programme Outline

Outcomes <ul style="list-style-type: none"> participants to be able to assess hazards at a new site and make cautious decisions on how to proceed with their required task participants know what safety equipment to bring within their job requirements and how to use it participants to have the skills and knowledge to address water-based emergency situations 	Accommodation Can be provided if required at our off-grid Eco Lodge or Cabins
	Catering Not provided
	Transport To be provided by participants. PFOC may be able to provide transportation to/from sites on request.

Session Options

Activity	Location	Ratio	Notes
Water Safety Theory Classroom-based	Peel Forest Outdoor Centre Classroom	1:10	We can travel to you! Other locations available on request.
Water Safety On-foot	Orari or Rangitata River	1:8	
Water Safety Kayak	Moving water: Orari or Rangitata River	Flat water 1:10	
	Flat water: Lake Hood, Lake Opuha	Moving water 1:6	
Water Safety Raft	Rangitata River	1:7	

Sample 1-day Water Safety Course

Day	Timings	Activity	Notes
Day 1 Theory and foot-based	8:30am	Water Safety Theory Classroom Session <ul style="list-style-type: none"> • River conditions, weather, flow and previous flow • River features • Clothing/gear/equipment and safety 	
	10am-12pm	Water Safety On-foot <ul style="list-style-type: none"> • Gear up and head to river • River Crossings/wading techniques + safety considerations • Avoiding being washed off your feet • Dealing with being washed off your feet 	
	12:30-1pm	Lunch	Bring packed lunch
	12:30-3:30pm	Water Safety On-foot <ul style="list-style-type: none"> • Using gear – waders/gum boots/PFDs • River swimming techniques • Throw Bagging • Unconscious swimmer 	
	3:30-4pm	Wrap up <ul style="list-style-type: none"> • Gear pack up • Debrief +Questions 	

Sample 2-day Water Safety Course

Day 1 as described above plus day 2 as described below

	Timings	Activity	Notes
Day 2 Craft-based	Full Day 8:30am-4pm	Water Safety Craft-based (Kayak or Raft) <ul style="list-style-type: none"> • Craft-based hazard assessments • Additional Craft-based considerations for gear, travel or technique • Craft-based rescues • Capsize procedure 	For courses where river travel is involved, PFOC may be able to provide transport/shuttle options Bring packed lunch

Gear List

We will be spending lots of time outside exposed to all elements. Come prepared for the weather and the season knowing that we will definitely be getting wet!

Any gear **highlighted** can be provided to you when you arrive if you do not have your own. Please make sure you have everything on the compulsory gear list as described that is not highlighted, as we cannot provide those items.

Compulsory

- Thermal, polypro or woollen shirt
- Thermal bottoms
- Fleece or wool jersey
- Warm woollen/fleece beanie and gloves
- Lace-up trainers
- Shorts/togs to wear over wetsuit
- Towel
- Spare change of clothes
- Drink bottle
- Lunch and snacks
- Sunscreen
- Any medications you take

Optional

- Camera
- Your own wetsuit (at least 3mm)
- Any PPE or necessary equipment for your work around waterways (waders, gumboots etc.)

We provide

- Any and all technical equipment required for an activity
- Emergency and rescue equipment