



SURF LIFE SAVING®
NEW ZEALAND

Rescue Water Craft

**Candidate Workbook
2020 V2**



Candidate Details:

Rescue Water Craft Award Workbook

Name: _____

Date of Birth: _____

Membership Number: _____

Club: _____

I, _____ endorse that the above named
has satisfactorily completed the required sessions for the award as
indicated and is a member of the Club named above.

Signed: _____

Club Committee Member

Date: _____

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Intro

The Rescue Water Craft Candidate Workbook (RWC-CW) is designed to help you prepare for your RWC Award examination. This workbook is also used to gather information about what you have learnt during the instruction phase of the RWC Award.

Award Requirements

Minimum Age:	20 years of age minimum at course commencement
Pre-Requisites:	Current member of a SLS Club Surf Lifeguard Award (refreshed) Senior Lifeguard Award – IRB Driver (refreshed)* Marine VHF Radio Operators Certificate Full Motor Vehicle Licence (Class 1) First Aid Level 1 & 2 (current)** 400m Pool Swim under 7.30min
	*A minimum of 24 months from operator award including 2 seasons of operating as an IRB Driver (at a minimum one IRB driver refresher must have been completed in the last year) is required.
	**An RWC Operator must have a First Aid Level 1 prior to their training and probationary period, and they MUST have the First Aid Level 2 completed in order to complete/gain the full award.
	Highly recommended: First Aid Level 3 (current) Advanced Lifeguard Award

Exam Components (RWC-CW)

Candidate(s) must be accompanied by a Club representative who will have a completed workbook for each candidate i.e.

- All relevant questions completed correctly
- The front page of the relevant section completed by a Club Committee Member (Located inside the cover page of the workbook)
- The relevant workbook completion page filled out and signed at the exam

Workbook Completion Tables

The tables below identify the workbook sections and practical tasks that must be completed prior to attending the examination. The tasks in bold are those that will also be completed during the examinations.

RWC Operator and Crewperson workbook completion table:

Workbook Section	Tick when completed	Date
Equipment		
Fuel		
RWC setup		
Basic skills and technique		
Rescues		
RWC closedown		
Operations		

Prior to the exam completion table

Task to complete prior to exam	Tick when completed	Date
Setup RWC for use		
Assist and lead in launching the RWC		
Assist and lead in retrieving the RWC		
Crew an RWC in and out through surf		
Perform a single conscious person rescue as an operator and crew		
Perform a single unconscious person rescue as an operator and crew		
Perform a capsized drill		
10 hours of logged operating		

Examiner: _____

Signature: _____

RWC Operation Instruction Beach Card

Candidate Name: _____

Club: _____

Venue: _____ Date: _____

Score key:

- 1 = Not yet able to demonstrate skills, knowledge, &/or protocols
- 2 = Able to demonstrate skills and knowledge sufficiently (ready to practice solo)
- 3 = Consistently demonstrates skills competently (exam ready in this aspect)

Day One

Observed/Expected skills, actions and/or behaviours	Notes	Score 1-3	Instructor Initial
RWC and rescue sled features & required equipment identified			
Minimum PPE identified and used appropriately			
RWC Setup and pre-operational checks completed			
Demonstrated theoretical knowledge of: <ul style="list-style-type: none">- Maritime regulations- Communication- Fuel- Basic principles of operations			
Operating skills demonstrated for basic solo operation: <ul style="list-style-type: none">- Launching and recovery- Appropriate positioning- Turning- Speed control- Basic craft control- Emergency stop- Capsize drill			
Single person rescue techniques demonstrated: <ul style="list-style-type: none">- Presenting the rescue sled- Wrist to wrist			
Operator and crewperson rescue techniques demonstrated: <ul style="list-style-type: none">- Wrist to wrist- Presenting the rescue sled			
Unconscious rescue techniques demonstrated: <ul style="list-style-type: none">- Tube rescue- No equipment- Patient transfer to beach			
RWC close down and post operational checks completed			
Recover RWC from beach onto trailer & secure RWC to trailer			

Instructor comments and things for the candidate to work on and study for Day 2:

Day Two

5

Observed/Expected skills, actions and/or behaviours	Notes	Score 1-3	Instructor Initial
RWC and rescue sled features & required equipment identified			
Minimum PPE identified and used appropriately			
RWC Set up and pre-operational checks completed			
Demonstrated theoretical knowledge of maritime legislation & basic principles of operation			
Operating skills demonstrated for basic solo operation: <ul style="list-style-type: none"> - Launching and beaching RWC - Appropriate positioning - Ins and outs (negotiating waves) - Holding position in surf - Power to turn - Turns within surf line - Appropriate speed control - Basic craft control - Parallel running - Punching a wave 			
Operating skills demonstrated for surf operation with crewperson: <ul style="list-style-type: none"> - Appropriate positioning - Care of crew - Ins and outs (negotiating waves) - Holding position in surf - Power to turn - Turns within surf line - Appropriate speed control - Basic craft control - Parallel running 			
Operator and crewperson rescue techniques demonstrated: <ul style="list-style-type: none"> - Wrist to wrist - Presenting the rescue sled 			
Unconscious rescue techniques demonstrated: <ul style="list-style-type: none"> - Wrist to wrist - Presenting the rescue sled 			
Unconscious patient rescue technique in surf (select one minimum): <ul style="list-style-type: none"> - Tube rescue - No equipment 			
RWC closedown: <ul style="list-style-type: none"> - Recovering RWC off beach onto trailer - Securing RWC to trailer - Post op check 			

RWC Operation Instruction

Beach Card

Instructor comments and areas for the candidate to focus on whilst training for the RWC examination:

Instructor and Examiner to complete:

Note: Candidates must score at least a 3 in all categories for Day Two of the RWC Introduction Course to be eligible to continue training and attend an RWC Examination. If this is not obtained, the candidate is required to attend another RWC Introduction Course prior to training further.

Training post RWC Intro Course: Candidates who have successfully obtained a 3 or better in the above competencies are able to train on an RWC without supervision of an instructor. Candidates are NOT permitted to patrol, event guard, or respond to any callout incidents on an RWC unless directly supervised by a qualified RWC Operator.

Lifeguard _____ has completed the RWC Introductory course and has demonstrated the skills, knowledge, &/or protocols to continue training toward an RWC Examination.

Examiner: _____

Signature: _____

Training Log Form

[illegible]

Training Log Form

Exam

Once you have completed the questions and tasks contained in this workbook you will need to attend an RWC-CW examination. Below are details regarding each of the three components that make up the examination.

Exam Components

Candidate Workbook Check

The candidate workbook check MUST be completed satisfactorily, if not, the candidate cannot complete the exam and all other candidate workbooks from the club must also be checked.

- | | |
|-----------------------------|--|
| 1 Candidate Workbook | All candidate workbooks must be checked by an examiner and marked as completed |
|-----------------------------|--|

Theory Test

Candidates MUST PASS before progressing to 3rd component. The test covers the following topics:

- | | |
|-----------------------|---|
| 2 Theory Paper | Design and features of an IRB engine
RWC set up
RWC close down
Skills and technique
Rescues
Operations |
|-----------------------|---|

Practical Test

The following practical test components must be covered:

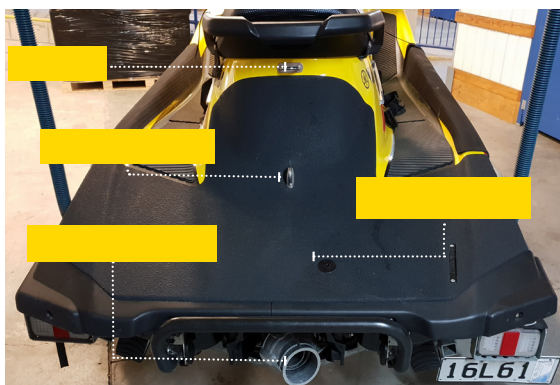
- | | |
|-------------------------------|--|
| 3 Practical Components | RWC set up
Basic skills and technique
RWC close down
Rescues
RWC capsize |
|-------------------------------|--|
-

Equipment

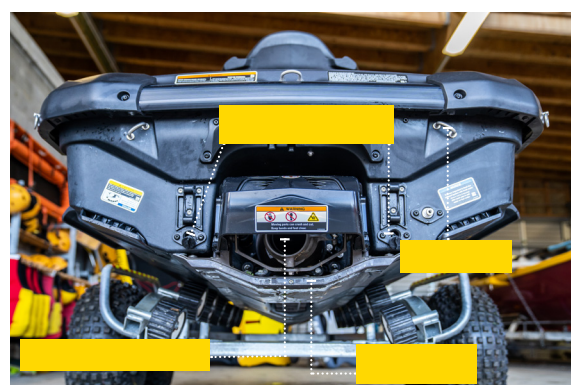
Design and Features of an RWC

1. Label the parts of the RWC by filling in the spaces below:

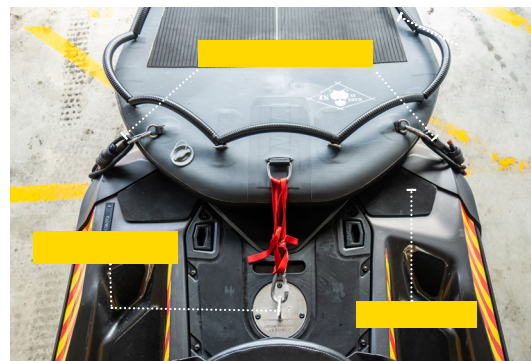
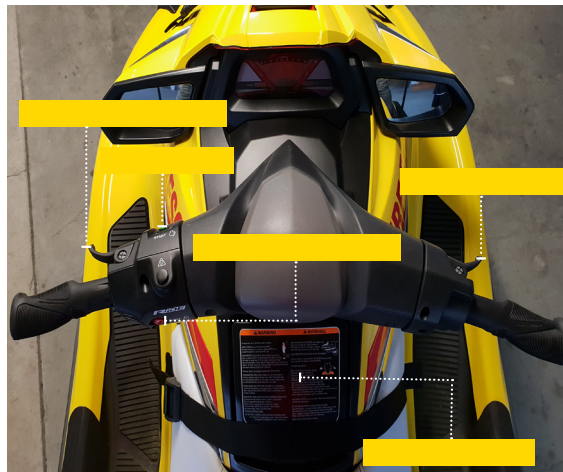
Yamaha RWC (below)



Yamaha RWC (above)



Seadoo RWC (above)



2. List the minimum equipment required for operation of the RWC:

- [illegible]

Equipment

Design and Features of an RWC

3. List the minimum personal protective equipment (PPE) for RWC Operator and Crew:

Operator

- _____
- _____
- _____
- _____
- _____
- _____

Crew

- _____
- _____
- _____
- _____
- _____
- _____

4. What must be checked on the RWC rescue sled prior to use?

5. Where should the RWC sled be resting once attached?

Fuel

6. What type of fuel must be used in an RWC?

7. Name two things you should not do when refuelling?

- _____
- _____

8. Name four safety considerations you should take into account when fuelling the RWC?

- _____
- _____
- _____
- _____



RWC Setup

9. Why are pre-operation checks important?

10. What is the procedure if an item in the pre-operation check is not working or damaged?

11. List the steps for radio pre-operation checks:

- _____
- _____
- _____
- _____
- _____

[illegible]

Basic Skills and Technique

13. How many people are required to remove an RWC from its trailer?

14. Name four safety considerations to consider when removing the RWC from its trailer?

- _____
- _____
- _____
- _____



15. Detail the procedure for loading an RWC onto its trailer:

- [illegible]

Basic Skills and Technique

16. Describe the basic position for a crewperson on an RWC:



17. Describe the basic position for an operator on an RWC:



18. What combination of things must be completed in order for the RWC to turn?

Basic Skills and Technique

19. What can insufficient throttle of the RWC result in?

20. What is the correct position for punching a wave?

21. Explain the method for over-running a wave when returning to shore:



22. Detail the procedure for beaching an RWC:

- ---
- ---
- ---
- ---
- ---
- ---
- ---

Basic Skills and Technique

23. List the steps to right an RWC after it has capsized:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

24. Which way should you rotate the RWC when righting it? Why?



Rescues

25. Which angle should an RWC approach patients from when attempting a rescue?

26. Summarise the steps you would take to complete an RWC solo single conscious patient rescue using the “presenting rescue sled” technique:

- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---

27. Summarise the steps you would take to complete an RWC solo single conscious patient rescue using the “wrist to wrist” technique:

- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---

28. Explain your role as an RWC crewperson during a single conscious patient rescue:

29. What direction should the RWC face after all types of RWC patient pick-ups?

Rescues

- 30.** What signal must be used when returning to shore with an unconscious patient?



- 32.** Describe as a crewperson, how you would bring an unconscious patient aboard an RWC during a tube rescue:

- 33.** Describe the technique used to lift and carry a patient from the RWC:

- ---
- ---
- ---
- ---
- ---
- ---
- ---

RWC Closedown

34. List the ten post-operation steps for closing down the RWC

- [illegible]

35. What is the sequence of actions for flushing the RWC engine?

- _____
- _____
- _____
- _____

36. How many services should the RWC have per year?

Operations

37. What sign must be displayed when training is taking place?

38. What must be checked before towing the RWC:

- [illegible]

RWC Operator Examination Beach Card

Candidate Name: _____

Club: _____

Membership Number: _____

Venue: _____

Date: _____

Test	Pass	Re-test	Examiner signature
RWC Setup			
Crewperson Skills			
Operating Skills			
Sinlge Conscious Person Rescue			
Emergency Manoeuvres			
RWC Capsize			
RWC Closedown			
Examiner name:			
Examiner signature:			Pass / Re-Test

Notes

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