

CCGA-P Unit 33 : 2009 Training Plan

Overview

The unit training plan is based upon the contents of the CCGA-P Search and Rescue (SAR) Crew Manual. As members progress through each section, they should be evaluated by their coxswain and have their logbooks and online logs checked off. The training plan is scheduled in monthly sections with each month containing information pertaining to classroom work, OTW scenarios, and personal training.

Individual crews will be expected to present the monthly classroom training on a rotational basis, though some months will be handled by guest speakers. Please check in advance to see which months apply to your own crew. When considering your monthly presentation, please remember to design your training session to include a mixture of instruction, testing, and hands-on activity. A laptop and projector is available for all crews to use in training presentations. Please contact the recruitment officer should you need them.

Note to coxswains: Logbook checks should be done prior to leaving the boathouse for any OTW training. Whilst the DI is being done, select at least one crew member and go through the questions with them. Any logbook updates should then be checked off on the SAR Management System as soon as possible.

Note to crew: Read your training manual thoroughly. Study it frequently, and brush up on a relevant subject before the classroom and OTW training. Get your coxswain to check you off on a chapter every month. Remember, only crew level personnel can be selected for RHOT School, SAR nav, and other advanced training.

It is the responsibility of all crews to keep the fuel tanks full. If the gas dock is closed when you return from training please arrange to have the boat refueled in the morning.

Crew Level

Once all sections of a logbook have been completed the crew person should notify their coxswain that they are ready to take an on-the-water (OTW) examination of their Crew Level skills. The coxswain will then notify the unit leader and an evaluation will be arranged. This evaluation constitutes the final exam for Crew Level.

Advanced Crew Level

Once Crew Level has been attained, a crew member qualifies to begin being checked off at the Advanced Crew Level. The training standards for this level are listed at the back of this document. The subject material is similar to Crew Level, but a deeper knowledge is expected of Advanced Level Crew. A demonstration of instructional and leadership abilities are also expected. Please note that whilst some advanced sections may still be signed off by unit coxswains, other sections can only be checked off after successful completion of RHOT School. Once the entire Advanced Crew Level has been checked off, a written test will be arranged. This test constitutes the final exam for Advanced Crew Level.

First Aid

A minimum of Standard First Aid + CPR C qualification is currently required of all active crew. Standard First Aid courses for crew members will be scheduled quarterly throughout the year and are listed on the roster. **Contact the training officer to book a course well in advance of**

your certification expiration. If you are unable to attend any of the scheduled courses you must arrange your own private course **before** your certification expires. Refunds of up to \$90 for private training may be reclaimed through the CCGA-P website. If you do take a private course, hand a copy of your certification to the training officer for unit records. **Remember that failure to keep your certification current will result in your ineligibility to go out on the boat.**

Radio Licenses

A radio license is a pre-requisite to being assigned to a crew. All new crew are expected to obtain a radio license within a few months of joining the unit. To obtain your license through the unit, first contact the training officer for a radio manual and study it thoroughly. Once you are ready to take a test, contact the radio examiner to book yourself into the first available exam.

New Recruit Training

New recruit training will take place every third Monday of each month. This session will be used for Orientation presentations, as well as Pleasure craft operators card and radio operators certificate examinations.

January

Classroom Training: Heritage

This session will be held at The Oak Bay Recreation Centre, 1975 Bee St. This is our annual cruiser suit test.

Please be on the pool deck at 1845 with your cruiser suit. It is a CCGA requirement that all active cruiser suits be tested annually. Gonzales crew will arrange for the mock tube, an inflatable boat, and arrange spare suits. They will design the following 6 stations:

Getting out from under the boat
Group swimming
Caring for the injured while in the water
The HELP position
Self recovery
Parbuckling and one and two person lifts.

On-the-Water Training

The coxswain will arrange for multiple MOB situations to take place throughout a three hour training session. Different retrieving techniques should be used. Use of the dummy is encouraged to make scenarios as lifelike as possible. Take what was learned at the pool session and commit these skills to live situations with all elements in place. Ex: Parbuckling, two person lifts. Treat all pickups with first aid complications such as spinal damage, hypothermia, and broken bones.

Personal Training

Read the Collision Regulations on our web site.

Logbook signoff

Crew level- 1.5, 2.1-2.7, 3.3, 3.4, and 3.5

February

Classroom Training: Alpha

The crew will present on Collision Regulations. This should involve the concepts of right of way, vessel navigation lights, and collision avoidance. A quiz should be put together.

On-the-Water Training

All crews are to train at night. Day coxswains should notify their night counterpart when they intend to go training. Navigate vessel to Beaumont Shoals, around Seabird Point, South of Trial Island and VH buoy, to the entrance of Esquimalt Harbour. Return to base Via Victoria waterfront and Enterprise Channel. Crews are to take note of all vessel traffic and navigational aids en route.

Personal Training

Study chart 3440 (Race Rocks to D'Arcy Island) and memorize the names of all the local islands and shoreline features.

Logbook Signoff
Crew level-7a,7b

March

Classroom Training: Guest speaker

The unit will be welcoming a guest speaker coming to talk about JRCC.

MacKenzie Mosley is a former Unit 33 member and now works as a controller at JRCC. MacKenzie will be giving an hour long presentation about the workings of JRCC.

On-the-Water Training

The May OTW exercise will revolve around RDF training. Place a crew member, with a VHF radio, in a stationary location away from the vessel. Using the RDF, Triangulate their position on VHF72.
DO NOT USE DATUM MARKER BOY FOR THIS EXERCISE.

First aid

A Standard first aid course will be run March 7th and 8th from 0930-1630.

Anyone whose first aid has expired, or is within six months of expiring should attend.

Personal Training

Go to Cattle Point at night with a chart and identify the lights in the Oak Bay area.

Logbook signoff

Crew level- Part8, 8.1-8.7

April

Classroom Training: Baynes

The crew will be presenting on search patterns. All search patterns must be described and demonstrated. Outside activities and demonstrations are encouraged. Topics should cover:

- Crew positions
- Search patterns
- Using the senses
- Technical aids

On-the-Water Training

An object will be placed on land by the opposing day / night crews. Duty coxswains are to call their day / night counterpart for a briefing of the scenario. A shoreline search will then commence for the missing object.

Personal Training

Review all three levels of hypothermia and the first aid for each.

Logbook signoff

Crew level- part 9, 9.1-9.7

May

Classroom Training: Chatham

The crew will create several outside stations where they will demonstrate aspects of practical seamanship.

Topics will include:

Rope construction

Lines and knots

Tying up a vessel

Anchors

Rescue devices (life-ring, throw-bag, Monkey Fist)

On-the-Water Training

Coxswains will plan scenarios where practical seamanship will be used. Each crew must navigate to Glencoe Cove, back around Discovery and Chatham, to Gonzales beach. Coxswains should intersperse the use of Anchoring, mooring the vessel, knots, and rescue devices.

Personal Training

Get a length of rope and practice tying knots (bowline, Clove hitch, reef knot, double sheet bend, round turn and two half hitches).

Logbook signoff

Crew level- 1.6, 5.1-5.5

June

Classroom Training: Guest speaker

The unit will be welcoming a guest speaker who will talk about Critical Incident stress and teach us proper techniques on critical incident stress debriefing.

On-the-Water Training

On the water training will be a unit SAR exercise. Each crew will receive an 888888 page on their normal shift but at a random time. Coxswains should call the training officer for a briefing. The rest of the crew should respond as usual and head for the boat.

First aid

A standard first aid course will be run June 13th and 14th from 0930-1630. Anyone whose first aid has expired, or is within six months of expiring should attend.

Personal Training

Read the manuals for the GPS and radar units on our web site.

Logbook signoff

Crew level- 7c.7

July

Classroom Training: Discovery

The crew will bring the boat around to the RVYC dock and demonstrate all aspects of towing including SAP, approaches, setting up the post for a stern tow, passing the line, and side towing.

On-the-Water Training

Take something of little value (old fender?) to use as a missing object and head out to Johnstone Reef. Drop the object, navigate around the Chatham/Discovery Islands and return to perform an expanding square search for it. Go over Radio Direction Finder (RDF) and Datum Marker Buoy (DMB) operation and perform a boat-side test. Navigate to an appropriate area and using the DMB perform a sector search (do not use DMB in rough weather.)

Personal Training

Familiarize yourself with the various methods of tracking weather forecasts including radio, telephone, and the Web.

Logbook signoff

Crew level- 8.1-8.7

August

Classroom Training: Enterprise

April Classroom training will be taking place at the Oak Bay Fire Hall, 1703 Monterey Avenue. We will be reviewing proper setup and dismantling of our fire pump, and demonstrating the use of fire extinguishers. The crew will be responsible for picking up and dropping off our fire pump and arranging a supply of fire extinguishers.

On-the-Water Training

Crews will act as if they are being tasked to No Name beach on Chatham Island, for a fire call. Fire pumps must be put together and proper fire fighting technique must be used in attempts to put out a beach fire. Arrange to have two first aid scenarios involved including partial thickness burns, and smoke inhalation. Coxswains should also review dewater techniques for boats taking on water.

Personal Training

Review firefighting section of the SAR manual.

Logbook signoff

Crew level-3.6,10.4,10.5

September

Classroom Training: Finnerty

The crew will bring the boat around to the RVYC and will show crews how basic maintenance is done on the boat. The crew will be demonstrating the daily inspection and explaining how and why it is done.

The crew will present on vessel performance, safety, and maintenance. Topics will include:

Displacement vs. planning hulls

Propeller geometry

Ventilation and cavitation

Vessel trim
Vessel husbandry

On the water training

Navigate to an appropriate area and demonstrate the correct use of trim and engine power. Demonstrate the problems of chine-hopping and porpoising. Take out the slalom poles and practice slow-boat maneuvering. Practice docking. Demonstrate log avoidance procedure at low speed.

First aid

A standard first aid course will be run September 12th and 13th from 0930-1530. Anyone whose first aid has expired, or within six months or expiring should attend.

Personal Training

Learn the methods for tracking tide and current information.

Logbook signoff

Crew level-6.1, 6.6

October

Classroom Training: CPR Level C refresher

October Classroom training will be a CPR C refresher course taught by the training officer.

On-the-Water Training

On the water training will be a unit SAR exercise. Each crew will receive an 888888 page on their normal shift but at a random time. Coxswains should call the training officer for a briefing. The rest of the crew should respond as usual and head for the boat.

Personal Training

Learn how to calculate ETAs using speed, distance, and time.

Logbook signoff
Crew level-7c. 1-3

November

Classroom Training: Gonzales

The crew will demonstrate the correct use of paper charts, tide and current tables, and the principles of dead reckoning. The unit will divide into 6 groups and each group will be presented with a sail plan. Each group will plot an appropriate course on the chart and calculate arrival times.

On-the-Water Training

All crews will train at night. Prior to leaving the boathouse crews will plot a course using the paper charts. Relying on lit navigational aids and using dead reckoning only the vessel should be navigated to:

Seabird Point

Johnstone Reef

Kelp Reefs

D'Arcy Shoals
V30 Buoy
Cadboro Pt.

Coxswain will monitor the GPS/chart at all times for safety's sake. No other crew should be given access to the electronic chart during the run. Make sure to pay attention to your depth sounder and radar!

Personal Training

Study the SAR crew manual and memorize the glossary of terms at the back of the book.

Logbook signoff

Crew level- 7a.1

December

Classroom Training: Heritage

The Crew will present on the correct use of radar.

Topics will include:

- Range, Gain, and filters
- Target identification
- EBL/VRM and MARPA

On-the-Water Training

Practice navigation by radar alone. Blindfold crew members in turn, and take them to another location. Have them identify their new location by radar alone. Coxswains should demonstrate the use of gain, filters, and range to improve the overall radar picture.

Personal Training

Please sign on to the SLS system to practice radar simulation this can be found at:

<http://www.ccg-pacific.org/ccga-p/training/sls/>

First aid

A standard first aid course will be held December 5th and 6th from 0930-1630. Anyone whose first aid has expired, or is within six months of expiring should attend.