



## **IMPORTANT CHANGES TO THE CIC HANDBOOK**



**21/10/2019 Water Safety**

### **CIC PANEL WORKSHOP REPORT ON WATER SAFETY**

#### **1. Introduction**

The rationale on the level of CIC Training and Assessment T/A for Water Safety may rely on the three key premises of:

- AVIOD: All but basic T/A, as the LCMLA recommend, with strong advice that leaders should avoid water hazards rather than train in anything but the basic techniques to overcome them
- DESIRED: Be Trained and Assessed in certain techniques that would allow CICs to negotiate caves and water features that offer greater demands and challenges, but not seen as hazardous if negotiated by a trained instructor
- ESSENTIAL: Be Trained and Assessed in techniques that would be essential, to giving advice and or dealing with the management and negotiation of water hazards, that are planned or unexpected i.e. A CIC acting as an SME or being commissioned to do a trip or activity that has a higher level of present or potential water hazards.

#### **2. Avoidance**

It is arguable that avoidance is being over used by key players in adventure training activities, as well as the emergency and rescue organisations. This may result in a lack of training to deal with a given situation and or give credible advice. Also, arguably, adventure training being dumbed down to levels that no longer expose those involved to acceptable risk and challenges. The flip side of the argument is; that if you don't train or expose leaders or instructors to equipment and techniques in a given activity, it avoids the problem in the first place.

#### **3. The CIC's and CIC Panel's position**

To help answer this question the CIC Panel carried out a workshop to look at rationalising the CIC's position in offering advice, and or Training and Assessment to do with water & Water Safety in caving and caving associated activities.

To pre-empt the workshop, they used a case study (examples below) approach, and after meaningful debate ascribed one or more of the criteria listed i.e. AVOID, DESIRED, ESSENTIAL; Also, with recommendations on how the present CIC Syllabus and Training/Assessment can be improved to reflect the standards required in that area of the Scheme.

## **4. EXAMPLE CASE STUDIES AND RECOMMENDATIONS**

### **A. NEGOTIATING SUMPS AND DUCKS**

#### **Criteria: Desired & Essential**

#### **Recommendations**

1. Sumps and Ducks should be well travelled and at a difficulty below or equal to the CIC's current log book experience and training in sumps and ducks.
2. Training and assessment in the use of travelling lines, floating throw and permanent fixed Line, Goggles or Mask, Wetsuit or other suitable insulating clothing i.e. gloves and head over.
3. Travelling lines or ropes normally carried by qualified CICs should not include knots in assisting in sumps and ducks and should be used only for simple clean line assistance.
4. Training and assessment in acclimatisation to water temperature and breathing techniques
5. Training and assessment in water temperatures, velocity and direction of flow and constrictions
6. Training and assessment in group management i.e. position of the leader, communication and signals, actions on entrapment or rising water levels
7. Training and Assessment in actions on and prevention of, Hypothermia, Cold Water Shock, & Swim Failure.

### **B. NEGOTIATING DEEP WATER**

#### **Criteria: Desired & Essential**

#### **Recommendations**

1. Deep water should be well travelled and at a difficulty at below or equal to the CIC's current log book experience and training
2. Training and assessment in the use of Travelling Lines, Floating throw and permanent fixed Line, Goggles or Mask, Wetsuit or other suitable insulating clothing i.e. gloves and head over.
3. Travelling lines or ropes normally carried by qualified CICs should not include knots in swift water conditions and should be used only for simple clean line assistance.
4. Use of a certified buoyancy aid and or adequate secure and safe buoyancy for the individual and equipment.
5. Training and assessment in acclimatisation to water temperature and breathing techniques
6. Training and assessment in water temperatures, velocity and direction of flow and constrictions
7. Training and assessment in group management i.e. position of the leader, communication and signals, actions on entrapment or rising water levels.
8. Training and Assessment in actions on and prevention of, Hypothermia, Cold Water Shock, & Swim Failure.

### **C. SWIFT WATER REQUIRING SWIFT WATER TECHNIQUES**

#### **Criteria: Avoid or Bolt on Qualification**

#### **Recommendations**

1. Swift Water should be well travelled and at a difficulty below or equal to the CIC's current log book experience and not require the technical skills of a "Swift Water Rescue" trained instructor.

2. Travelling lines or ropes normally carried by qualified CICs should not include knots in swift water conditions and should be used only for simple clean line assistance.
3. As guidance, Swift Water levels negotiated should be no higher than knee high on the smallest member of the group
4. CIC's intending to negotiate Swift Water should be highly competent and experienced in that environment and or should attend a recognised training and assessment course

#### **D. CANYONING**

##### **Criteria: Avoid or Bolt on Qualification**

##### **Recommendations**

1. Pull through or surface canyon pitches should be well travelled and at a difficulty below or equal to the CIC's current log book experience, and not require all the technical skills of a "Canyoning" trained instructor
2. Some of the techniques used in Canyoning are trained and assessed within the CIC Syllabus as pull through techniques, but are not taught to be used for an intentional and planned canyoning trip
3. CIC's intending to carry out Canyoning should be highly competent and experienced in that environment and or should attend a recognised training and assessment course
  
5. 4/6/20 CIC Module Checklists