

## VDWS-RESCUE-WORKSHOP

<b>Minimum age</b>	<b>16 years</b>
<b>Registration forms</b>	<ul style="list-style-type: none"> <li>- Online registration on <a href="http://www.vdws.de">www.vdws.de</a></li> <li>- Proof of liability insurance</li> <li>- 50% of participation fee (you will receive the invoice after reception of registration)</li> </ul>
<b>Duration</b>	1,5 days, exam incl.
<b>Training contents</b>	<p>During the workshop participants will go through different realistic scenarios, in which victims will be saved on the water and brought back to shore, practical skills and theoretical knowledge will be imparted in order to be able to act correctly as first-aid workers should an emergency occur on or at the water.</p> <p>Practical contents: Situation analysis, way towards the victim/approach/swimming approach, rescue, getting onshore, positioning, rescue chain.</p> <p>Procedures for different kinds of victims (cramps / freezing/hyperthermia / unconsciousness...)</p> <p>Facultative contents: Rescue with windsurfing equipment, rescue with kiteboarding equipment, rescue with catamaran, motorboat rescue (depending on the available equipment at the venue of the workshop)</p>
<b>Exam</b>	<p>All exams will take place on open water as far as possible, without any facilities and using muscle power only</p> <p><u>Exam I RUN-SWIM-RUN</u>: In a time limit of 11 minutes the following courses must be completed: 200m running, 200m swimming, 200m running</p> <p><u>Exam II POLO CRAWL</u>: 50m polo crawl must be completed in 50 seconds (Note: polo crawl is a crawl with head above water).</p> <p>Both parts of the examination must be passed in order to get the licence. Given the level of difficulty of the exam we recommend to actively prepare for it.</p>
<b>Equipment</b>	Participants should bring wetsuit, shoes as well as clothing for land and water adapted to wind and weather.
<b>Completion</b>	<p>After the successful completion of the workshop participants will receive a certificate of attendance, which serves as a certificate of competence for the life-saving swimming licence required for VDWS instructor training. This is not an official lifeguarding licence.</p> <p>For VDWS instructors, participation is considered as a license renewal.</p>