



Normal Operating Procedures

ARROW VALLEY LAKE

Physical Hazards

- The site has had problems previously with Blue Green Algae but has had the all clear for several years; this is reviewed by the site operators on a regular basis.
- Direct observation of the whole of the main lake is hampered by a large island just opposite the entry point.
- Murky water preventing identification of depth/dangers under surface.
- The bed of the lake is shallow near the entry point but of uneven depth further out.
- Beware swimming too close to buoys which are secured by underwater cables.
- Boat Slip Ways have a sharp drop off so care needs to be taken on entry.
- Much of the site has some degree of bird droppings, due to large numbers of Canadian geese, there are health hazards/discomfort associated with this.
- A number of points around the lake have either crumbling or overhanging banks.

ACTIVITY HAZARDS

- This is an active Fishing Lake and the hazards associated with this sport. E.g. hooks, line, shot, etc. Most fishing points are well away from the sailing club patrol zone.
- Patrol zone is on the sailing club site. There may be some dinghy activity during patrols care must be taken to avoid swimming in the active area.
- RLSS Open water Training Venue - Lack of experience, cold water and number of users.



Redditch Lifesaving & Lifeguard Club

OFFICIALS OF THE CLUB

- Lifeguard Officer
- Training Officer

Patrols only undertaken for occasional training purposes and specific courses e.g. ERAS

The Lifeguard Officer will arrange sufficient cover for the activities undertaken.

For activities close to the shore this may be ground based lifeguards, 1 to each 4 swimmers, equipped with throw bags and torpedo buoys.

If the activity involves swimmers further from the shore then a paddle craft will be deployed. Senior lifeguard will have a mobile phone to call emergency services if required.

RELIEF/CHANGE OVER

This should not be needed as training sessions are of short duration.

COMMUNICATION PROCEDURES

LIFEGUARDS

- RLSS hand and whistle signals adopted.
Beach Lifeguard Manual Section 6 pages 7 – 10 and appendix 2#
- Through 999/112 operator service – for emergencies.
- Other emergency contact numbers are kept next to the telephone in the bar

OTHER AGENCIES

- RLSS, River House, High Street, Broom, Warwickshire. Tel: 01789 773994
- Commodore, Sailing Club, Andy Beardshaw andy_beardshaw@hotmail.com



Redditch Lifesaving & Lifeguard Club

CLUB EQUIPMENT

Paddle Board, Kayak Throw Bags, Ropes, Torpedo Buoys, Buoyancy Aids.

- Equipment officer is responsible for replacement, maintenance and safety of all club equipment.
- Equipment must be checked prior to the start of each patrol
- Damage to any equipment should be reported at the first opportunity to the equipment officer.
- Faulty equipment must be removed from use immediately and repaired or replaced as soon as possible.
- All equipment to be washed and checked at the conclusion of each session

Qualifications.

- Minimum of ERAS for activity supervisors.
- 16 years of age, unless under the direct supervision of a Qualified Lifeguard

Reports.

An Incident Report Form must be filled in and filed if any rescue, or first aid, has had to be undertaken.

Training

- Training officer is responsible for arranging courses and on-going training.
- Open water training log to be maintained for each club/course member.

Patrol

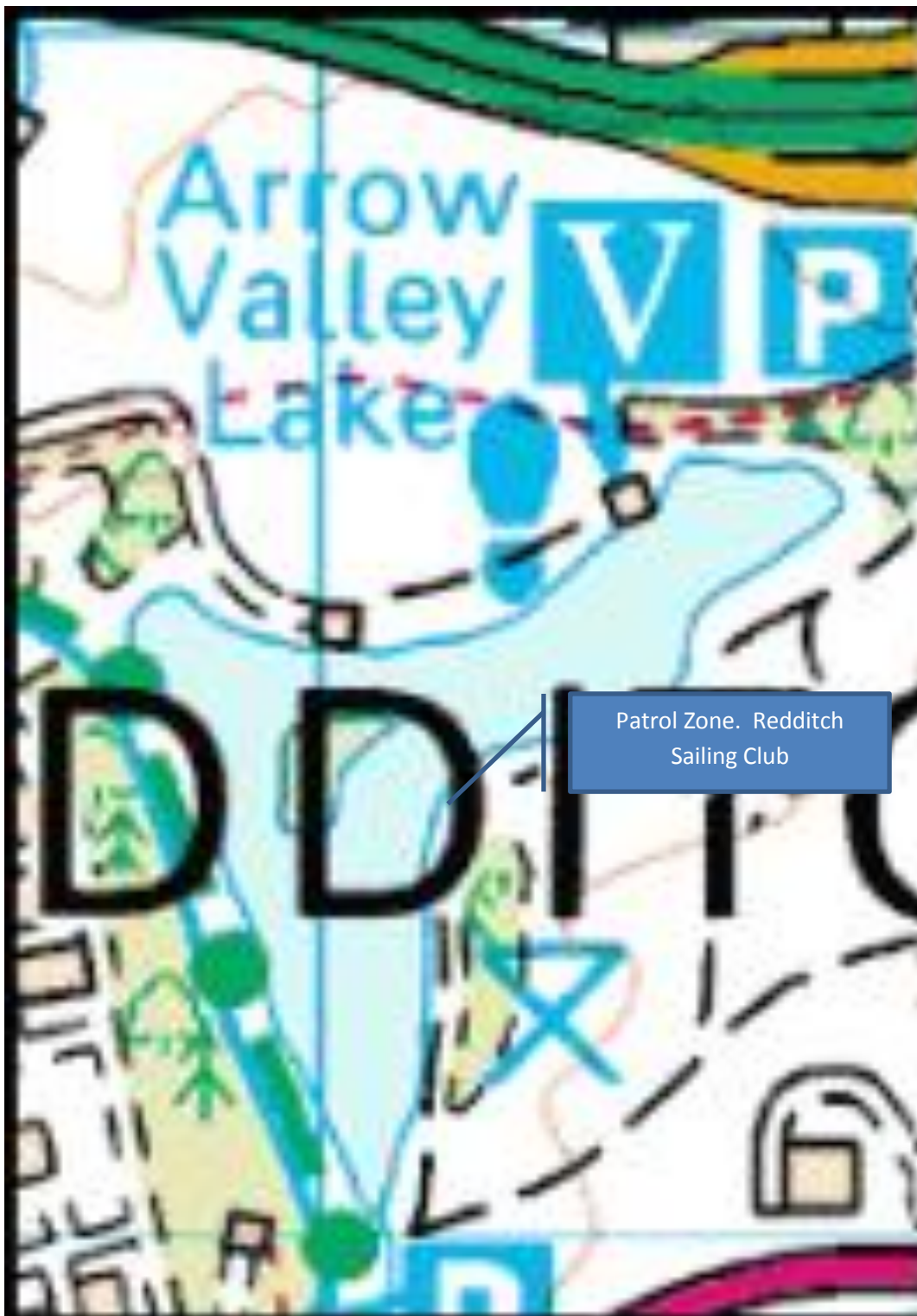
- Patrol Captain/activity supervisor to carry mobile telephone in case of emergency.
- Telephone next to bar in clubhouse.
Lifeguards and/or activity supervisors to wear suitable identifying clothing or uniform
- Wet suits to be worn for open water training.

N.O.P to be reviewed at least annually or when there is any significant changes to either the venue or procedures.



Redditch Lifesaving & Lifeguard Club

Appendix 1 Map of Site

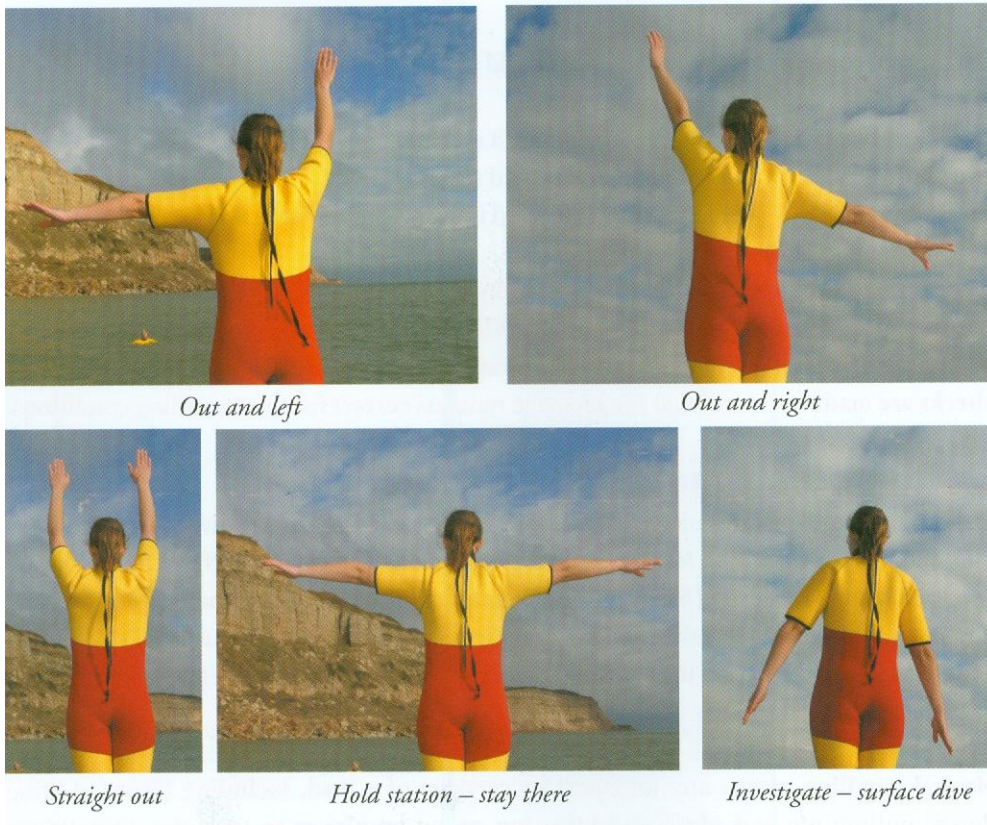




Redditch Lifesaving & Lifeguard Club

Appendix 2 SIGNALS.

Hand Signals



Whistle signals

- **one short blast:** to gain the attention of a member of the public
- **two short blasts:** to gain another lifeguard's attention
- **three short blasts:** indicates that a lifeguard is taking emergency action