



WELSH BACCALAUREATE SKILLS CHALLENGE CERTIFICATE National/Foundation

Community Challenge South Wales Water Safety Group - Coaching



South Wales
Fire and Rescue Service



Gwasanaeth Tân ac Achub
De Cymru



Available for assessment from January 2018

Saving Lives – The risks of open water

PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit the community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

BRIEF

We all need to develop an ability to assess and manage the risks that exist in our environment and in the daily activities that we undertake at school/work, at home or in our leisure time. This enables us to either avoid or effectively manage these risks. Many deaths or serious injuries occur because the individuals involved underestimated, chose to ignore or were unaware of the risks they were exposing themselves to.



Every year around 400 people accidentally drown across the UK. The groups most at risk are teenagers and young males. Wales has one of the highest rates of accidental drowning per head of population in the UK. Drowning now accounts for more accidental fatalities annually than fire deaths in the home or cycling deaths on the road.

The statistics indicate that every year thousands of individuals experience a situation where they are at risk of drowning but are fortunate enough to self-rescue or are rescued by others, these incidents are mostly unrecorded. The emergency services attend 35,000 water related incidents per annum. The impact of these tragic drownings, which in most cases are avoidable, on the family, friends and local community is devastating. The **South Wales Water Safety Group** aim to reduce this number through education, innovation and community-based initiatives.

As an Individual or a member of a team (minimum of 3 – maximum of 6 per team) you are invited to make an important contribution to the **safety and wellbeing** of young people living in and visiting your community. You will plan and implement activities to spend **10 hours** educating young people by sharing your knowledge and understanding of the **risks associated with open water** such as quarry lakes, reservoirs, canals and rivers with the aim to help change the behaviour of young people to reduce the number of people within your local community putting themselves at risk.

You can either focus on:

- a **specific location/site** with water related hazards and work with relevant organisation(s)
- or
- a more **broadly-based education programme** within your community

Coaching structure could be:

- a) Preparation for coaching sessions (2 hours maximum)
- b) Coaching sessions (8 hours)
- c) Feedback

Example of coaching activities:

- a) Preparation of worksheets and area of work
- b) Coaching sessions to include a variety of activities
- c) Provide feedback on how participants can improve and progress

You will need to consider whether you need to develop and extend your skills, knowledge and understanding to be able to successfully meet the needs of the Challenge.

You must keep a record of what, who, where, when, how and to how many people you have delivered your activity and send your evidence to the relevant Co-ordinator (to the address provided).

CONTACT DETAILS

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Swim Wales

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