



## National Water Safety Management Programme Information Sheet

Thank you for your interest in the National Water Safety Management Programme. We are looking forward to welcoming you to the course and hope you will learn a lot from it.

**READING MATERIAL:** In order for you to get the full potential out of the course, some reading prior to the course is required. The reading material will be sent out prior to the course, please read it, there will be a mandatory test to complete and hand in on the first morning of the course.

**CLOTHING:** In true Releasing Potential style the days will run in most weathers- with the exception of very high winds or deep snow!- therefore you will need to be dressed in sensible clothes for spending a day at a beach or going into open water. I strongly recommend you bring a wet suit/dry suit and wet suit boots if you have access to one. Releasing Potential has spare wetsuits and boots that can be borrowed (depending on your size).

**COURSE STRUCTURE:** The Course runs as follows:

**Day one: AM: Level 1 water safety awareness. PM: Level 2 River.**

**Day two: AM Level 2 Beach. PM: Level 3 In Water Rescue.**

Day one will be classroom based in the morning. We will then head out in a minibus to a local river site. We will have lunch (**please make sure you have a hearty packed lunch**). We'll then do the Level 2 qualification in the afternoon, this will involve some low level rescues in the river, so wet kit required.

Day two: AM will be both classroom and outdoor based at a local beach. We will then have lunch on the beach and do the in water rescue and associated life support in the afternoon. Again, bring plenty of food/drink to keep you going/hydrated during the day. Wet kit required again in the afternoon for the level 3.

**TIMING:** The day will start at our centre in Havant at 0900 for tea and coffee, looking to start the course at 0915. The course will finish each day at around 1630.

**FITNESS:** The course requires you to be able to swim up to 100m in open water. If you haven't been swimming in a while, I recommend you train for this prior to the course. I cannot stress this enough, swimming in open water is a lot harder than an indoor swimming pool.

**WEATHER:** Please be aware that due to the nature and environment of working in open water there may be occasions where the weather makes it unsafe to be in the sea/river. The weather forecast is checked regularly and a decision will be made the afternoon before based on an up to date forecast.

If you would like more information or have any queries please contact the Releasing Potential office on **02392 479 762** or call me on **07917 108 608** or email [wayne@releasingpotential.com](mailto:wayne@releasingpotential.com).

**PAYMENT:** Please make payment by electronic transfer to Releasing Potential Ltd using the following details:

**Sort Code: 40-42-31**

**Account No: 11396897**

**Reference: NWS (surname)**

Or by cheque payable to Releasing Potential Ltd. and sent to Releasing Potential Ltd. Unit 7 Kingscroft Court, Ridgway, Havant, Hants PO9 1LS.

**The cost is £250 for the course.**