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 How to Minimize Oceanic Health Risks and Communicate Effectively in Response to Occurring Risks

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Instructional and Behavioral Objectives

***Instructional Objectives (IO)***

Upon completion of this training module, participants will:

IO#1: Understand and know how to respond to the injuries due to sharks

IO#2: Understand and know how to respond to the injuries due to waves (rip currents)

IO#3: Understand and know how to respond to the injuries due to algae blooms

IO#4: Understand and know how to respond to the injuries due to jellyfish

***Behavior Objectives (BO)***

Upon completion of this training module, participants will:

 BO#1: Efficiently respond to shark injuries

 BO (a). Being able to recognize the signs of the immediate presence of sharks

 BO (b). How to properly address a wound

 BO (c). How to effectively use communication

 BO#2: Adequately respond to wave attacks (rip currents)

BO (a.) Being able to recognize the environmental signs of rip currents and dangerous waves

 BO (b.) Knowing how to remove yourself or others from the situation

 BO (c.) How to effectively use communication

 BO#3: Appropriately respond to algae blooms

 BO(a.) Recognize the signs of algae blooms

 BO(b.) Recognizing the signs and symptoms of the reaction to the algae toxins

 BO(c.) How to effectively use communication

 BO#4: Effectively respond to jellyfish

 BO(a.) Being able to recognize the signs of the immediate presence of jellyfish

 BO(b.) How to properly address a wound

 BO(c.) How to effectively use communication

Icon Key

 Turn to PowerPoint Slide

 Refer to Participant’s Manual

 Game Activity

 Switch to Next Trainer to Present

 Ask a Question

 Point to Information on Slide

 Important Information

 Give Handouts to Trainees

|  |  |
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| **Lesson Content** | **Notes to the Instructor** |
|  | The following supplies are needed to conduct a successful training session:1. Instructors manual2. Trainee manual (one per person and one extra for the instructor to reference)3. PowerPoint capabilities 4. Activity handouts including a brochure (one per person)5. Name tags and markers (one per trainee)6. Activity rewards and supplies (candy)7. Certificates of completion8. Evaluation forms (one per person) |
| Welcome! Here is a brochure, name tag and a marker to fill it out with. Thank you for joining us today.  | Station a trainer outside of the front door before people are scheduled to arrive. |
|  | Hand out trainee manuals before beginning the presentation. |
| Hello! My name is \_\_\_. I would like to welcome everyone to our training session on How to Minimize Oceanic Health Risks and Communicate Effectively in Response to Risk Occurring in Order to Preserve Life |  Turn to PowerPoint page number one.Introduce all trainers in session. |
| Does everyone have a brochure, name-tag and training manual? |  |
| Let’s begin by going over the objectives of the program today. | Tell the Trainees to turn to page four and five in their manuals. |
| Instructional objective number one. Participants will understand and know how to respond to the injuries due to sharks. |  Turn to PowerPoint page number two. |
| Behavioral objective number one. At the end of the presentation, participants will be able to Efficiently respond to shark injuries. People will be able to recognize the signs of the immediate presence of sharks, properly address a wound and effectively use communication. |  Turn to PowerPoint page number three. |
| Instructional objective number two. Participants will be able to understand and know how to respond to the injuries due to waves (rip currents) |  Turn to PowerPoint page number four. |
| Behavioral objective number two. Participants will be able to adequately respond to wave attacks (rip currents). They will be able to recognize the environmental signs of rip currents and dangerous waves. Participants will know how to remove themselves or others from the situation and effectively use communication |  Turn to PowerPoint page number five. |
| Instructional objective number three. Understand and know how to respond to the injuries due to algae blooms. |  Turn to PowerPoint page number six. |
| Behavioral objective number three teaches participants to appropriately respond to algae blooms. Participants will be able to recognize the signs of algae blooms and the signs and symptoms of the reaction to the algae toxins. Participants will know how to effectively use communication |  Turn to PowerPoint page number seven. |
| Instructional objective number four. Participants will be able to understand and know how to respond to the injuries due to jellyfish |  Turn to PowerPoint page number eight. |
| Behavioral objective number four teaches participants how to effectively respond to jellyfish and recognize the signs of the immediate presence of jellyfish. Participants will know how to properly address a wound and effectively use communication. |  Turn to PowerPoint page number nine. |
| We will begin with the discussion of rip currents. Did you know that rip currents can travel at speeds of 1-2 feet per second and up to 8 feet per second, making them a danger to even the most skilled swimmers.  |  Turn to PowerPoint page number ten.  Tell the Trainees to turn to page six in their manuals.  |
| One reason rip currents occur is because the movement of waves as they recede. Also, when a wave crashes down causing water to move back towards the ocean it will then form a rip current. Rip currents also tend to be generally slow but can pick up in speed rapidly.  | Turn to PowerPoint page number 11.  |
| Now, spotting rip currents can be extremely difficult. You need to look for low spots or breaks in the sand bars if possible. Also, a sign that a rip current is nearby is there will be a different water color than normal. If you see a break in incoming waves, this too could be a sign that there is a rip current. Another way to spot a rip current is if you see a line of foam moving toward the ocean.  | Turn to PowerPoint page 12.  |
| There are strategies and ways that you can learn how to avoid being caught in a rip current. You need to learn how to swim above all. Also, when swimming, you should never swim alone but rather with people or make sure that people are in the water around you. Be cautious of your surroundings. Pay close attention to the waves and the water at all times. Finally, make sure to listen to ALL lifeguard warnings. This is their job, so they do know what they are talking about.  | Turn to PowerPoint page 13.  |
| If you are caught in a rip current, there are certain steps to take to safely get out of it. First, always remain calm. Getting worked up can end in tragedy because you are not in the proper state of mind. Make sure you do not fight the current. Fighting the current can result in drowning. Instead of fighting the current, try to swim parallel to shoreline. This is because this will pull you out of the current safely. Make sure to draw attention to yourself to get help from others or the lifeguard. Scream loudly and flap your arms.  | Turn to PowerPoint page number 14.  |
| Now, if you notice someone else stuck in a rip current, there too are steps to follow to safely remove the individual. First, make sure to alert the lifeguard. They have the entire beach to watch, so sometimes they will not see the individual right away. Do NOT try to help the individual stuck in the rip current if a lifeguard is readily available. Many rip current deaths are due to inexperienced people trying to save those in a rip current. Call 911 regardless. Also, if applicable attempt to give the victim a floatation device. Do not get too close to the rip current yourself, for that might end in you getting sucked into it as well, but try to throw the device as close to the individual as possible  | Turn to PowerPoint page number 15. Tell Trainees to turn to page seven in their manuals.  |
| Make sure you know how to properly communicate in the situation. Use appropriate dialect and tone to keep the victim calm. Make sure to display your confidence for this will reassure the victim and reduce his or her uncertainty about the outcome. Communicate with the surrounding people. This will be medical professional, lifeguards, and other beach goers. Keep the communication environment of all participants in the situation under control. Do not forget to directly call 911 and to directly get the lifeguard.  | Turn to PowerPoint page 16.  |
| Question time! In order for this to work, please take out your cell phones. You will see a question pop up on the scream and in the “phone number” part of your text, type 22333. For the message part, before typing your answer type \_\_\_\_\_\_\_. Then space and continue typing your answer. Everyone understand? Here we go! What are the helpful things you can do to stay safe in a potential rip current situation? Answers are on the screen.  | Open PollEverywhere.com link. Answer is: (D) all of the above.  |
| Alright, so a shocking fact for all of you that you may not have known. Jellyfish range from the size of a thimble or an eraser tip of a pencil to approximately eight feet in diameter and tentacles that reach 200 feet. That is a as long as two blue whales.  | Turn to PowerPoint page number 17. Tell Trainees to turn to page eight in their manuals.  |
| Jellyfish are one of the easier creatures of the sea to be able to notice. Always pay attention to the flags that are on the beach. There are flags for jellyfish spotting. Also, keep an eye out when on shore. Always be looking where you are walking. Jellyfish will normally get washed up onto shore. Keep your eye out when in knee high waters for the smaller jellyfish because if they did not make it all the way to shore, then they normally will be around the more shallow water.  | Turn to PowerPoint page number 18. |
| It is going to be obvious if a jellyfish attacks you. The initial attack is going to sting and hurt really bad. Also, look for red, brown, or purplish tracks on your skin. This will be the result of the jellyfish stinging you. It is normally the tentacles that leave the track on the skin. If attacked by a jellyfish, the wound is going to be itchy. Also, there could be tingling and numbness on the site of the attack. Throughout the entire wound, there will also be a throbbing pain.  | Turn to PowerPoint page number 19. |
| If there is an attack of a jellyfish, just like everything else, there are proper steps to carefully follow. First, if the victim is in the water, pull the victim out of the water immediately. Then, rinse immediately with vinegar. Do not use fresh or tap water. If you do use fresh or tap water this could reactive the stinging cells of the wound and it will result in worse pain. Once you have rinsed the wound with vinegar, then soak the wound with warm water. Finally, get appropriate medical attention.  | Turn to PowerPoint page number 20.  |
| Make sure you know how to properly communicate in the situation. Use appropriate dialect and tone to keep the victim calm. Make sure to display your confidence for this will reassure the victim and reduce his or her uncertainty about the outcome. Communicate with the surrounding people. This will be medical professional, lifeguards, and other beach goers. Keep the communication environment of all participants in the situation under control. Do not forget to directly call 911 and to directly get the lifeguard. | Turn to PowerPoint page number 21. Tell Trainees to turn to page nine in their manuals.  |
| Once again, it is question time so get out your cellphones! Here is the question: When stung by a jellyfish, always rinse the wound for at least 20 minutes with tap or fresh water before anything else? | Go to PollEverything.com linkAnswer: false |
| How many of you know what an algae bloom is? Well, did you know that at least 46 species of cyanobacteria have been shown to be toxic.  | Turn to PowerPoint page number 22. Tell Trainees to turn to page ten in their manuals.  |
| There are many causes to an algae bloom. Once cause is that there is an increase in nutrients. The rapid increase of population, landscaping, and building and the increased use of fertilization may be caused to the contribution of blooms. Blooms tend to occur in the warmer months. Also, an increase in fishing, or over fishing will help contribute to the creation of an algae bloom. Algae blooms typically tend to form over time.  | Turn to PowerPoint page number 23.  |
| Although an algae bloom will appear as pretty, they are not pretty when they are contacted with humans. If there is foam or scum in the water, there is most likely an algae bloom nearby. Also, algae blooms like to be on the surface of the waters so they are visible. The most obvious way to recognize an algae bloom is that they generally are blue, bright green, brown, or red in color.  | Turn to PowerPoint page number 24.  |
| There are many symptoms of an algae bloom infection. One of the symptoms, is the victim will get a rash. This could be in one spot of the body, or all over. Also, there is a chance of skin and eye irritation. Gastrointestinal upsets may also occur if victim is infected. Headaches will occur as well. Finally, the victim will experience malaise.  | Turn to PowerPoint page number 25.  |
| When infected by an algae bloom, there are illness that are likely to follow. Rashes or hives or skin blisters will most likely form. The victim will experience a runny nose, runny eyes, a sore throat, and asthma like symptoms. There is a chance for liver toxicity, kidney toxicity, and neurotoxicity. Finally, gastrointesitis.  | Turn to PowerPoint page number 26. Tell Trainees to turn to page 11 in their manuals.  |
| Make sure you know how to properly communicate in the situation. Use appropriate dialect and tone to keep the victim calm. Make sure to display your confidence for this will reassure the victim and reduce his or her uncertainty about the outcome. Communicate with the surrounding people. This will be medical professional, lifeguards, and other beach goers. Keep the communication environment of all participants in the situation under control. Do not forget to directly call 911 and to directly get the lifeguard. | Turn to PowerPoint page 27.  |
| Now it is time for another poll so get out your cellphones! What are the two signs to recognize the presence of an algae bloom?  | Go to PollEverywhere.com linkAnswer is: © scums, foam  |
| Now you may think you know that sharks are dangerous, but how dangerous. Since 1959, there has been more shark attacks than there has been lightning fatalities.  | Turn to PowerPoint page number 28. Tell Trainees to turn to page 12 in their manuals.  |
| These pictures show the different animals that will be around a shark. If you can see these animals, then you will know that a shark is nearby and to take extreme caution.  | Turn to PowerPoint page number 29.  |
| Animals are not only the sign that there is a shark around. You can spot a presence of a shark by also a random bump that can signify a shark attacking “bump and bite style.” The victim may initially receive a scrape from the denticles on the shark’s skin. Pay attention to the warning signs on the beach. Sharks are also more likely to be seen at dusk, dawn, and nighttime. This is due to their feeding hours. Finally, if possible, try to avoid areas of animal waste for sharks tend to “snack” on it.  | Turn to PowerPoint page number 30.  |
| If someone is attacked by a shark, you need to carefully follow steps to make sure the outcome is positive. First, you need to remove the victim from the water immediately. Once you have removed the victim, you need to then control the visible bleeding with direct pressure. Once you have done this, provide warmth to the victim. The victim may be suffering from hypothermia. Wrap the victim in a blanket or any other form of cloth. Make sure you try your hardest to not move the victim unnecessarily. Treat shock if the person has cool or clammy skin, weak and rapid pulse, or nausea. If the victim starts to vomit, lay the victim on his or her side.  | Turn to PowerPoint page number 31.  |
| Make sure you know how to properly communicate in the situation. Use appropriate dialect and tone to keep the victim calm. Make sure to display your confidence for this will reassure the victim and reduce his or her uncertainty about the outcome. Communicate with the surrounding people. This will be medical professional, lifeguards, and other beach goers. Keep the communication environment of all participants in the situation under control. Do not forget to directly call 911 and to directly get the lifeguard. | Turn to PowerPoint page number 32.Tell Trainees to turn to page 13 in their manuals.  |
| Time for another poll question! Here it is: Sharks can drown? True or false?  | Go to PollEverything.com linkAnswer: True  |
| Now that you are all informed on the different main oceanic dangers, let’s apply your knowledge. Here is a case study and it reads: Erica is enjoying a nice day at the beach. She notices her friend, Aaron, is very far in the water. He seems to be struggling and she notices a lot of choppy water and different colors in the water. Please answer the questions below the case study and once everyone is finished we will discuss them.  | Tell Trainees to turn to page 14 in their manuals.  |

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| Now for another case study! Jody and Bobby are on their honeymoon during the warmer summer months. They researched the area before coming to vacation, due to the high amounts of nearby agriculture the risk for an algae bloom increased. Jody and Bobby however did not think too much about the increased risk. While jet skiing, Bobby noticed the high amount of scum, foam, and very red colored parts of the water. Bobby was curious as to why the ocean would look that way but continued to enjoy the day. Bobby suggested that the two should take a break, while Jody wanted to continue to play. Jody ended up falling off the Jet Ski and swallowing some water. Later that evening a rash started to develop on Jody’s body and she felt very nauseous. Bobby told her to lay down in hopes she would feel better and they could enjoy the rest of the honeymoon. Please answer the following questions and then we will discuss when everyone is complete.  | Tell Trainees to turn to page 15 in their manuals.  |
| Finally, for the last activity we are going to role play! The instructions will act out two scenes for each dangerous beach scenario that we discussed. One scene will be the correct actions and one will be the incorrect. As a group, you must decide which scene is correct or incorrect. We will discuss what was done well and what was not done well in order to better understand how to respond to the different events.  | Tell Trainees to turn to page 16 in their manuals.  |
| Act one will go as followed: One:  Acting out the response to a jellyfish sting. A plastic bag will be laid out on the table. Person one will say, “oohhh look at that!” Person two responds with, “I am not sure what that is, let’s check it out!”The two approach the bag/jellyfish. The ocean waves are coming in and out as the two individuals observe. Person one says, “I am going to sit on it. Looks squishy and comfy”Person two: “Alright, but I want to try as soon as you’re done too!”Person one slides and sits on the bag/jellyfish and screams in pain. They begin to tear up and jump off the jellyfish/bag. Person two: “Whoa are you ok?” Person one is in a lot of pain. Person two decides on how to help, by grabbing a nearby first aid kit. Person one: “What the heck was that geez this is burning!!”Person two: “Here I have some fresh water let’s try to wash it off.”As person two pours the fresh water over the burning area person one’s face appears to be in even more pain. Saying “ouch! That is not working!”Person two then says, “Well, here is some wrap lets cover it up.” Person one is starting to worry. As person two is wrapping up the burn, person one says, “let’s go to the lifeguard this really hurting too much!” The lifeguard tells the two that it was a jellyfish sting and they need to go to the urgent care or hospital.  |  |
| Act two will go as followed: two will act out the same scene but doing the right things this time.Team two: A bag is set in the same place and two new actors come on the scene. Person one: “Hey what is that over there?”Person two: “It looks like something that washed up from the ocean.”Person one: “Well maybe the flag on the beach back there means it could be something dangerous.”Person two: “I bet your right. It is probably a jelly fish, we should be careful while we are swimming”Person one: “Okay, let’s get into the water over here (points away from the jellyfish bag).” Now the two are in knee high water. While in the knee high water, Person two is looking in the water and sees what looks like a jellyfish float by. They start to warn their friend but it seems too late. Person one’s face immediately flashes with a shock of pain. Person one: “Ouch! I think something bite me!”Person two: “No, it was they jellyfish. Come here, get out of the water. I have a first aid kit we can start to take care of it. Hopefully it isn’t too bad of a sting.”Person one: “What could you possibly do to help it really hurts.”Person two: “My first aid kit doesn’t have any vinegar. Let’s go to the lifeguard he may have some” The lifeguard does have some and the two treat the wound. Once the burning sensation lowers, person two says, “We are going to the hospital for you to get some better care.” |  |
| Which scene was the correct one and which was the incorrect one? Why?  | Make sure to chime in during discussion.  |
| Thank you for participating in the training session today. We hope this was very informative to your organization. Finally, we ask if you could please fill out this evaluation. This is not a test but simply we would appreciate your feedback of this training session. Please fill this out and bring it up to the front. Once you do this, we will hand you your certificate of completion. Thank you!  |  |