

# RCMSAR Annual Safety Review





# ANNUAL SAFETY REVIEW

**OPPORTUNITY** – TO REVIEW WITH EACH MEMBER ANNUALLY  
PERSONAL SAFETY

## A. Topics:

1. Environmental Conditions
2. Floatation Devices
3. Personal Protection
4. Signaling in Distress
5. Gear Bag
6. GAR
7. HR policies
8. Critical Incident Stress Management (CISM)
9. Personal Health

## B. Dock Side Review





# ENVIRONMENTAL CONDITIONS

## 1. Environmental Conditions (SAR Crew Manual pg. 45 )

- Exposure
- Fatigue
- Cold Water Survival
- 1-10-1 Guideline
- HELP and Huddle positions
- Signs and Symptoms of Hypothermia
- Patient handling: slow and horizontal





# FLOATATION DEVICES

## 2. Floatation devices

(SAR Crew Manual pg's. 36-39)

- Life Jackets
- PFDs
- Floatation Suits
- Dry Suits





# PERSONAL PROTECTION

## 3. Personal Protection (SAR Crew manual pg's 40-41)

- Helmet
- Eye Wear
- Clothing
- Closed toe Footwear

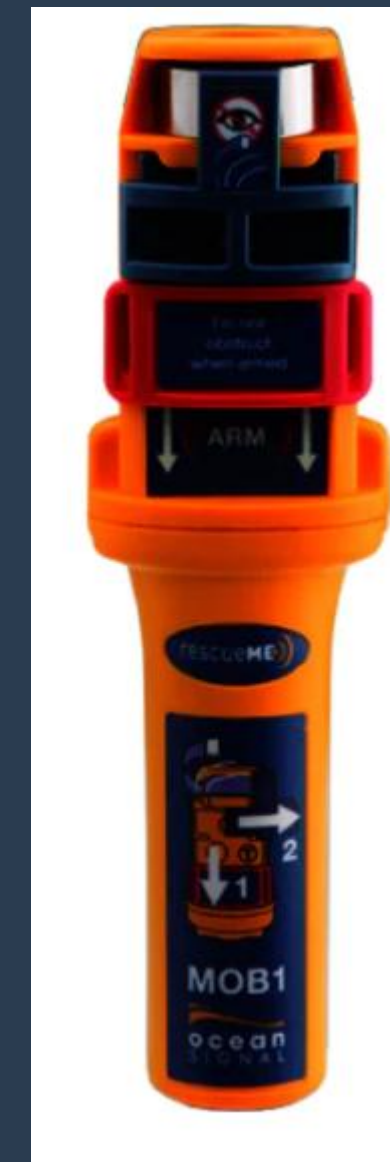




# EQUIPMENT VEST & DISTRESS SIGNALS

## 4. Equipment Vest - Signaling for Distress (SAR Crew Manual pg's 41-42)

- Strobe Light
- Whistle
- Mirror
- VHF Radio
- Flashlight





# GEAR BAG

## 5. Gear Bag

(SAR Crew Manual pg. 43)

- Warm/spare clothing
- Hydration
- Snacks
- Personal medications
- Cell phone



# Green Amber Red

## 6. G. A. R. – Risk Assessment (SMS – Operations)

- Revised in 2025
- 7 Categories, Scale of 1 – 5
- Review SOPs and HR Policies as they relate to the categories
- Identify potential risks before they become a problem
- Control the pace and settle adrenaline
- Crew become aware of mission / training details before leaving the dock
- If any one risk factor is a 5, the GAR is automatically RED

GAR Worksheet		
RCMSAR Green - Amber - Red Risk Assessment Process 2025		
This worksheet is to be used prior to all on-water activities to confirm that risks have been identified and effectively mitigated. This worksheet lists the Risk Factors to be scored out of five and totaled. It is accompanied by several pages containing reference and learning materials for the GAR process.		
<b>Mission or Activity</b> Identify and assess the risks associated with this mission. The mission does or does not fall within the capability of your RCMSAR crew and vessel. This includes the length, difficulty and complexity of all expected tasks (i.e. towing a large yacht).	1 - 5 <input type="text"/>	
<b>Environment &amp; Hazards</b> Identify and assess the risks related to the weather conditions/forecast (i.e. wind, sea, swell, heat, cold, rain, icing...), area of operations (i.e. narrow channels, shallows, poor charts, unmarked dangers, currents, tides, river outlets, traffic, backscatter lights...) or mission related hazards (i.e. smoke, fire, fuel, chemicals, fumes, enclosed spaces...)	<input type="text"/>	
<b>Vessel &amp; Equipment</b> Identify any vessel/equipment deficiencies (something doesn't work or doesn't work properly) and any shortfalls including PPE, portable and/or fitted equipment (you don't have something that would assist in the mission). You need equipment that's not normally carried onboard.	<input type="text"/>	
<b>Planning</b> Identify any risks arising from your planning process (i.e. insufficient time or information). The plan should respect RCMSAR priorities (crew, craft, mission), follow RCMSAR procedures, accomplish the mission safely and address all identified risks.	<input type="text"/>	
<b>Crew Selection</b> Crew requirements must be met by qualified members with sufficient hours. Additional crew may be embarked even if they are not qualified or do not have sufficient hours. Identify risks from inexperience related to mission, environment or vessel/equipment. Are crew assigned tasks that match their skill and experience? Identify and assess any risks arising from a failure to meet minimum crewing standards and/or any deficiencies in qualifications such as First Aid. Assess the risk of personnel in training filling key positions.	<input type="text"/>	
<b>Crew Fitness</b> Every crew member is physically and mentally fit, including quality of sleep, to complete every aspect of the mission for the entire duration. Core and additional crew must be fit.	<input type="text"/>	
<b>Supervision</b> All the above factors and complexities are compared against the Coxn's skills and experience. Are there risks arising from the demands of this particular mission and circumstances which increase the Coxn's supervisory workload? How much risk exists that the workload will become too much for the Coxn to manage? This is about the Coxn's skill and experience level for this mission. It's not personal. Raise any concerns and trust your team mates to understand.	<input type="text"/>	
<b>Any Risk Factor with a score of 3 must be acknowledged &amp; accepted by the Coxn</b> <b>Any Risk Factor score of 4 must have specific mitigating action taken before proceeding</b> <b>Any Risk Factor score of 5 Automatically makes the GAR RED</b>		
<b>TOTAL GAR SCORE:</b> <input type="text"/>		
<b>7-17 GREEN</b> PROCEED WITH MISSION	<b>18-26 AMBER</b> MITIGATION REQUIRED THEN PROCEED WITH MISSION	<b>27-35 RED</b> STOP. GET HELP. NEW-PLAN, RE-GAR



# HUMAN RESOURCES POLICIES

## 7. Human Resource Policies (SMS - Policies)

- Privacy (HR 100) – protection of personal information – crew and subjects
- Respectful Workplace (HR 101) – zero tolerance of discrimination, bullying or harassment
- Safe Reporting (HR 102) – reporting of all real or suspected wrongdoing
- Alcohol and Drug Use (HR 105) – no consumption of alcohol, marijuana or drugs (illicit or prescription) that would impair a crew member





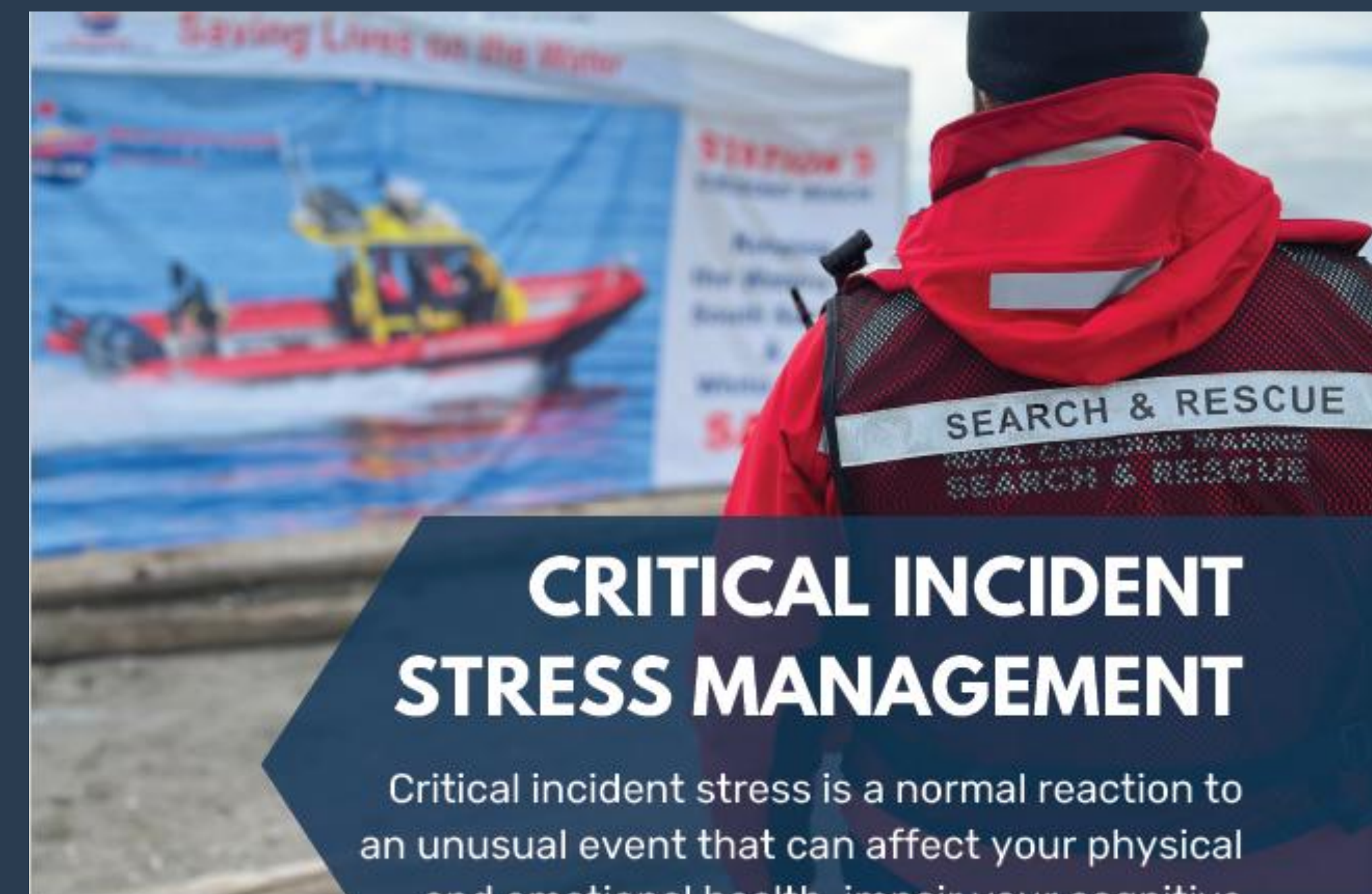
# CISM

## 8. Critical Incident Stress Management (CISM – SMS SOPs)

- Critical Incident – any powerful event that triggers a human reaction, disrupting our ability to function at the time of the event or after it happens
- Physical response(s) – nausea, sweating, tremors, increased heart rate and blood pressure, flashbacks, anxiety, depression, grief, anger, etc.
- Acknowledgement – personal, family, friends, peers,
- Response - the CISM program delivers peer-to-peer support and provides a bridge from trauma to resilience

**ANY RCMSAR VOLUNTEER CAN ACTIVATE CISM!**

**call 1-888-958-3027  
or email [cism.request@rcmsar.com](mailto:cism.request@rcmsar.com)**



### CRITICAL INCIDENT STRESS MANAGEMENT

Critical incident stress is a normal reaction to an unusual event that can affect your physical and emotional health, impair your cognitive ability, or upset your normal routine.

#### RCMSAR's CISM team can provide:

- ✓ One-to-one member support
- ✓ Group interventions
- ✓ Referrals to community and other supports
- ✓ CISM awareness presentations



Any RCMSAR member can request confidential CISM support  
**[cism.request@rcmsar.com](mailto:cism.request@rcmsar.com)**

[rcmsar.com/cism](http://rcmsar.com/cism)



# PERSONAL HEALTH

## 9. PAR- Q – Evaluation

- The Par-Q is a Self Assessment on Personal Health
- Developed by the Federal Government
- Administering using the Honor System
- Asked to complete the form
- Following completion, you may be asked if you've followed the recommendations if any?
- *The completed form is yours to take home, no records to be kept!*

*“this is for ‘your personal and crew safety”*

## 2023 PAR-Q+

**The Physical Activity Readiness Questionnaire for Everyone**

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

### GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it <b>does not limit your current ability</b> to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered NO to all of the questions above, you are cleared for physical activity. Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.**

- Start becoming much more physically active – start slowly and build up gradually.
- Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
- You may take part in a health and fitness appraisal.
- If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- If you have any further questions, contact a qualified exercise professional.

**PARTICIPANT DECLARATION**  
If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ WITNESS \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER \_\_\_\_\_

**If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.**

**Delay becoming more active if:**

- You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at [www.eparmedx.com](http://www.eparmedx.com) before becoming more physically active.
- Your health changes - answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

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# RCMSAR BIENNIAL CREW PHYSICAL ASSESSMENT TESTING

**POLICY:** The physical assessment test will consist of SIX common tasks in accordance with SOP 23-002 Crew Readiness Physical Assessment Procedure.

The Biennial Physical Fitness Test (in-water) section specifies testing requirements and Appendix A – Physical Assessment Task Guidelines & Illustrations provides the details of each task.

Members are to be tested while wearing PPE. It is recommended dry tests be conducted first before entering the water and to be aware of electrical shock drowning risks (see appendix B)



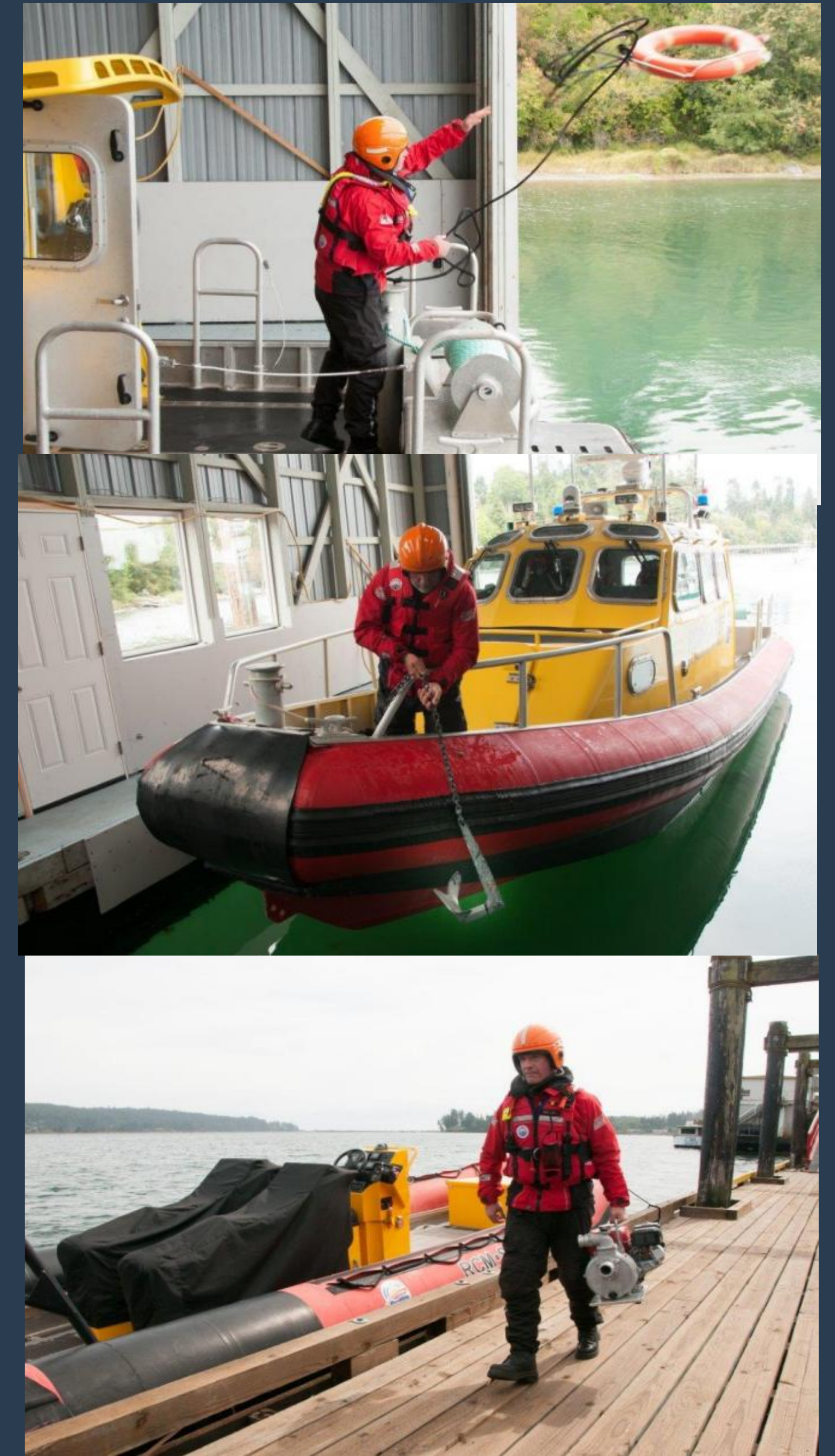


# BIENNIAL PHYSICAL FITNESS TEST

## B. Dock Side Review (SMS – Training)

### Physical Fitness Test and PFD Competency

- Kisby Ring Throw
- Anchor Raise by Hand
- Pump transfer
- PIW recovery
- PFD Competency test (ingress/egress training)
- Self Recovery





# Review

- What are some environmental hazards faced by RCMSAR members?
- What are the signalling devices carried in your gear vest?
- What other signalling devices are available onboard?
- What items should you have in your gear bag?
- If environment is scored as a 5 during your GAR, what do you do?
- Who can activate CISM?
- Why do we review safety annually? Why do we test our fitness biennially?



# THANK YOU!



**ROYAL CANADIAN MARINE  
SEARCH & RESCUE**