



# PRACTICAL WATER AWARENESS

## Goal:

To enable participants to work safely near water, understanding key risks, self-rescue techniques, and effective control measures.

## Target group:

Workers and volunteers involved in activities in or near water in a non-rescue capability. CITB-registered employers can claim grant funding for this training.

## Highlights:

- Hands-on training in self-rescue techniques and in-water movement for non-rescue roles.
- Ideally suited to those required to work in or near the water.
- Certified for 3 years following completion.

## Description

Water Annex H is designed for workers and volunteers involved in non-rescue-related activities in or near water. The course covers organizational policies, Flood Rescue Concept of Operations, water hydrology, associated hazards, self-rescue from moving water, movement techniques in shallow water, relevant peer rescue techniques, limitations of non-water personal protective equipment (PPE), appropriate PPE usage, a prioritized approach to peer rescue attempts, use of throw bags, additional hazards and difficulties (such as working in darkness), and flood awareness. Delivery methods include lectures, classroom work, practical sessions, and scenario-based training. This course is assessed through continuous assessment of the set tasks and practical scenarios. This course is not aimed at those who are in a rescue role. The rescue content in this course is basic and intended only for the rescue of peers in unexpected circumstances.

 **DEFRA Mod 1 with Annex H**

### Course length

8 hours (1 day)



### Instructor

2:7



### Period of validity

3 years



### Certification

Outreach Rescue Certificate of Achievement



### Venue

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY

## Compliance:

DEFRA Module 1 & Annex H

## Previous knowledge:

No previous knowledge or experience required.

## Requirements:

Age 18+. Participants must be fit for physical training requiring the ability to swim in water PPE.

## Progression:

Refresher training recommended annually with 2 hours of training per calendar year. Recertification required every 3 years.

## Theoretical elements:

- Lectures and classroom sessions cover organizational policies, Flood Rescue Concept of Operations, water hydrology, associated hazards, limitations of non-water rescue PPE, prioritized approach to rescue attempts, physiology of drowning, hazards and difficulties of working in darkness, and flood awareness.

## Practical elements:

"- Practical sessions include in-water training focusing on safe working practices, shallow water movement techniques, self-rescue, relevant peer rescue techniques (shout, reach, throw) and foot entrapment rescue.

- Specialist equipment is provided.

- Delegates can use their own PPE, subject to inspection by trainers."