

# WATER & FLOOD AWARENESS

## Goal:

To equip participants with the knowledge and skills to identify the dangers of working near water.

## Target group:

Personnel working near water who need foundational safety knowledge and skills, but have no intention of entering the water.

CITB-registered employers can claim grant funding for this training.

## Highlights:

- Classroom and theory based course with no water entry required.
- Certification is valid for 1 year. Progression: Refresher training is recommended every year by means of re-attending this course.
- For those wanting a practical equivalent of this training, look at the Practical Water & Flood Awareness course on our website



## DEFRA MOD 1



## Course length

6 hours (1/2 day)



## Instructor

1:12



## Period of validity

1 year



## Certification

Outreach Rescue Certificate of Attendance



## Venue

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

## Description

Water & Flood Awareness DEFRA Mod 1 is a one-day course which covers essential aspects of water hazard identification, including understanding organizational policies, recognizing water hazards, and safety measures when working around water. Delegates will develop a foundation of knowledge on water hydrology, physiological effects of cold water entry, drowning physiology, and challenges associated with ice, mud, and unstable surfaces. The course emphasizes the limitations of non-water rescue personal protective equipment (PPE) and introduces delegates to water PPE in the classroom.

Note we also run a course titled 'Practical Water & Flood Awareness' which is also a 1-day course and covers the same content in a practical format for those who will be required to enter the water for their work.

## Compliance:

DEFRA FRCO 2025 Module 1

## Previous knowledge:

No previous knowledge or experience required.

## Requirements:

Age 18+. This is a basic course which is not demanding, however, you are expected to be able to throw a throwline.

## Progression:

Refresher training is recommended every year by means of re-attending this course.

## Theoretical elements:

- Lectures and classroom sessions cover organizational policies, Flood Rescue Concept of Operations 2025, water hydrology, water environment characteristics and hazards, safety measures, physiological effects of cold water, drowning physiology, limitations of PPE, prioritized approach to water rescue, hazards and limitations of night operations and flooding.

## Practical elements:

- Classroom based practical sessions will familiarise delegates with water related PPE, though it is not used or worn at this level.