



# WATER FIRST RESPONDER

## Goal:

To train responders to identify limitations and safely and effectively use appropriate water rescue equipment to work safely in and around water and to conduct non-buoyant rescues as a rescue service.

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

## Target group:

Emergency services personnel and personnel from organizations involved in water responses at the Water First Responder (DEFRA Module 2) level.

## Highlights:

- DEFRA Module 2-compliant water rescue training.
- Focus on real-world applications through immersive, scenario-based exercises.
- Specialist equipment and PPE are provided. You can train using your own serviceable PPE subject to inspection by our trainers



## DEFRA Mod 2



## Course length

14 hours (2 days)



## 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

## Description

This two-day heavily practical course trains responders to identify rescue limitations and effectively use appropriate water rescue equipment while operating near or in moving water in a non-buoyant rescue capacity. The course covers water rescue scene management, dynamic risk assessment, roles within incident management, hydrology, search procedures, PPE usage, movement in shallow water, self-rescue, relevant rescue techniques (shout, reach, throw, wade) and casualty management. The remit of the Water First Responder is for non-buoyant rescue only, meaning rescue swimming or the use of rescue sleds or any floating craft under paddle is not included. This is a practical course with a lot of in-water training in swift-moving class 2 water.

## Compliance:

DEFRA Module 2

## Previous knowledge:

No pre-requisites required

## Requirements:

Age 18+. Delegates must be fit for physical training requiring the ability to swim in class 2 water in PPE.

## Progression:

Reassessment & Refresher training is recommended every 2 years by means or re-attending this course.

## Theoretical elements:

- Classroom sessions cover water rescue scene management, dynamic risk assessment, incident management, hydrology, search procedures, vehicles in water, recovery issues, helicopter operations, adverse environments, unstable surfaces and roles and responsibilities.
- A course manual is issued.
- A short written exam paper confirms learning.

## Practical elements:

- Practical sessions include sessions on safe working in and near water, the use of water rescue equipment, self-rescue swim techniques, movement in shallow water, rescues (shout, reach, throw, wade), foot entrapments, cinches, and casualty management.
- Practical scenarios bring these skills together for realistic training.
- Specialist equipment is provided.
- Delegates can use their own PPE, subject to inspection by trainers.
- Continuous assessment is conducted throughout practical exercises and scenarios.