OUTREACH RESCUE



WATER & FLOOD RESCUE TECHNICIAN

Goal:

To train responders to identify limitations and safely and effectively use appropriate water rescue equipment to work safely and to conduct rescue near, in and on moving water.

Target group:

Emergency services personnel and personnel from organizations involved in water rescue responses at the Water and Flood Rescue Technician (DEFRA Mod 3) level.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Aligns with the learning outcomes of DEFRA FRCO 2025 and NFCC Mod 3.
- Includes practical training in powerful moving water imitating spate conditions in a variety of excellent real-life training locations.
- Accredited by the Institute of Search and Technical Rescue (INSTR).

DEFRA Mod 3

Course length

37 hours (5 days)

Instructor

2:8

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 5-day predominantly practical course trains responders to identify limitations and safely and effectively use appropriate water rescue equipment and techniques while operating near, on, and in moving water. The course covers safe working in water, water rescue scene management, dynamic risk assessments, incident management, water-related hazards and their rescue implications, search procedures, PPE and specialist equipment usage, swimming and manoeuvring in moving water, shallow water movement techniques, quick-release drills, relevant rescue techniques (shout, reach, throw, swim rescues, paddle rescues), basic boat handling, rope systems for water rescue and casualty management.

Compliance:

DEFRA FRCO 2025 Mod 3 and NFCC Rescue Boat Code Mod 3

Previous knowledge:

No pre-requisites required

Requirements:

Age 18+. Delegates must be fit for this physically demanding course requiring the ability to swim in powerful moving water in PPE.

Progression:

Reassessment & Refresher training is recommended every 2 years by means of attending a 2/3 day recertification course. Successful completion allows entry to: Water Instructor Training, Water Rescue Supervisor, Advanced Water Rescue, DEFRA & NFCC RBC Mod 4, Defra Asset Commander, DEFRA Mod 5. If delivered at Outreach Rescue this course satisfies Module ‘Specialist Rescue 1 (5084EXQ)’ for the Diploma in Specialist Rescue and is worth 30 credits.

Theoretical elements:

- Classroom session cover water rescue scene management, dynamic risk assessment, incident management structure, water-related hazards and their rescue implications, search procedures, unstable surfaces (mud and ice), vehicles in water, recovery issues, helicopter operations, adverse environments, flooding and roles and responsibilities.
- A course manual is issued.
- A short written exam paper confirms learning.

Practical elements:

- Practical sessions include the basics of safe working in water, swimming and manoeuvring in moving water, quick-release drills, reach rescues, use of throwlines, basic boat handling, swim rescues, foot entrapments, cinches, wading, aggressive casualty, rigging and operating rope systems (tensioned diagonals, V-lowers), and casualty management.
- Specialist equipment is provided. Delegates can use their own PPE, subject to inspection by trainers.
- Continuous assessment is conducted throughout with an emphasis on assessing scenario's towards the end of the course to confirm learning.