



# WATER & FLOOD RESCUE TECHNICIAN 3 DAY RECERTIFICATION

## Goal:

To provide recertification and update training to existing water rescue technicians who receive regular CPD.

## Target group:

Existing Mod 3 award holders requiring recertification.

## Highlights:

- Recertification for those with peer-led CPD as per DEFRA FRCO 2025 page 50.
- Focus on practical requalification in moving water scenarios and risk assessment.
- Experienced instructors with extensive field expertise.

## Description

Water Rescue Technician Mod 3 Recertification is aimed at existing Mod 3 award holders needing recertification before the Mod 3 award expires 3 years after issue. The course covers water rescue scene management, dynamic risk assessment, role identification, water-related hazards, search procedures, PPE usage, swimming and manoeuvring in moving water, quick release drills, relevant rescue techniques, boat handling, rope systems, specialist equipment usage, movement in shallow water, and casualty management in the water environment. Training includes lectures, classroom work, practical sessions, and scenario-based training. Those with instructor-led CPD can fast-track the recertification process by participating in a 2-day course.

## Compliance:

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

## Previous knowledge:

In-date Mod 3 compliant award. Have completed CPD requirements for a 3 day recertification course satisfying page 50 of the DEFRA FRCO 2025 document (i.e. min of 12 hours per calendar year, minimum of two sessions in this time, no gaps of 9 months between training, minimum of 6 hours in water meeting DEFRA FRCO 2025 requirements pg 40+41).

## 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 re-attending this 3 day recertification course.

## 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. Continuous assessment is conducted throughout with an emphasis on assessing scenario's towards the end of the course to confirm learning.

## DEFRA & NFCC Mod 3 Recertification

### Course length

21 hours (3 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