



# WATER & FLOOD FIRST RESPONDER INSTRUCTOR TRAINING & ASSESSMENT

## Goal:

To provide the framework of instructional skills and associated knowledge and understanding to instruct others in the skillsets of a Water First Responder (DEFRA Mod 2)

## Target group:

Experienced and proficient DEFRA Mod 2/3 award holders (preferably Mod 3) who wish to train personnel in the skillsets of the Water First Responder (Mod 2).

## Highlights:

- Prepares DEFRA Mod 2/3 holders to train Water First Responders (Mod 2).
- Combines practical training delivery with scenario-based learning.
- Focuses on instructional techniques and safety in dynamic environments.

## DEFRA Mod 2

### Instructor Training & Assessment Combined

#### Course length

28 hours (4 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

Water First Responder Instructor Training and Assessment Combined (DEFRA Mod 2) is a 4-day course for experienced DEFRA Mod 2/3 award holders aiming to train others in Mod 2 skillsets (i.e. non-buoyant water rescue techniques). The course covers instructional skills, training design, safety considerations, scenario evaluation, and compliance with DEFRA standards. Initially, delegates are equipped with the skillsets to deliver training in the water environment, and then are given opportunities to deliver training sessions with constructive feedback. The course covers classroom based learning, and requires delegates to create and present classroom sessions to their peers. Practical teaching sessions are delivered by the delegates in Mod 2 skillsets, which progress to delegates planning scenario based training to draw out specific learning points. Days 1 and 2 are focused on gaining these skills, and days 3 and 4 are focused on applying these skills, which is a holistically assessed process. Once successful in this award, the instructor can train others as Water First Responders, and deliver CPD training in any of the Mod 2 skillsets. Note that the 2025 revision of the DEFRA FRCO removed the requirement for the Mod 2 instructor to hold the Mod 3 award. Following this route means that a Mod 2 instructor may not have any true rescue capability, despite putting people into powerful moving water as part of their training delivery. Outreach Rescue does not recommend this pathway, and instead would suggest any Mod 2 instructor holds a Mod 3 award and the associated CPD to avoid this risk.

## Compliance:

DEFRA FRCO 2025 Water First Responder Mod 2 Instructor

## Previous knowledge:

In-date DEFRA Mod 2/3 compliant award (preferably Mod 3), First Aid Award (FREC 3 or equivalent with oxygen use included), operational knowledge of operating as a Water First Responder / Water Rescue Technician, working knowledge of DEFRA Flood Rescue Concept of Operations 2025.

## Requirements:

Age 18+. Delegates must be fit for this physically demanding course requiring the ability to demonstrate all Water Rescue Technician (Mod 3) skillsets with a high degree of competence.

## Progression:

Recertification is recommended every 2 years by means of attending the 2 day recertification course.

## Theoretical elements:

- Classroom sessions cover training planning and delivery, the role of instructors, reviewing and assessing, risk assessing, lesson planning, teaching models and legislative considerations.
- Delegates must produce rescue plans, risk assessments and lesson plans which are assessed.
- A short written examination confirms learning.
- A course manual is issued.

## Practical elements:

- Practical sessions involve putting the theoretical knowledge into practice, with additional input including; group management, dynamic risk assessing, observing and delivering feedback, rescuing delegates in difficulty, delivering practical teaching sessions to peers, delivering training and assessment scenarios to draw out learning outcomes.
- Specialist equipment is provided.
- Continuous assessment is conducted throughout days 3 and 4 to confirm learning.