

Basic Water Rescuer 2 (BWR2)

Designed for personnel who may be deployed to a basic (still) water environment, such as lakes, ponds and canals, where they may be required to undertake rescues.

Contact hours

12 hours (2 days)

Prerequisites

Must be a confident swimmer.

Minimum age: 18

Qualification valid for

3 years

Taught by

- Basic Water Rescuer Instructor (BWRI)
- Swiftwater and Flood First Responder Instructor (SFRI)
- Whitewater Rescue Technician Instructor (WRTI)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Technician Advanced (Water) Instructor (SRTAWI)
- Swiftwater and Flood Rescue Technician Advanced (Water and Rope) Instructor (SRTAI)

Assessment

The assessed elements of this course are:

- Foundation knowledge
- Basic water swimming techniques
- Shallow water techniques
- Tethered rescue
- Knots

Basic Water Rescuer 2 (BWR2) skill sheet contents

4

BWR2

Theory	
1.	Rescue 3 philosophy
2.	Training standards
3.	Hydrology and water hazards
4.	Personal equipment
5.	Technical and team equipment
6.	Pre-planning
7.	Risk assessments
8.	Incident size-up
9.	Incident management and site control
10.	Medical and decontamination considerations
11.	Considerations for night/poor visibility operations
12.	Mud, ice and unstable surface considerations
13.	Communications
14.	Accidental immersions considerations
15.	Search considerations
Practical	
16.	Water entry and exit
17.	Shallow water techniques
18.	Swimming techniques and self rescue
19.	Conditional rescues - talk, reach, throw
20.	True rescues - tethered, untethered
21.	Rescue platforms, sleds and boards
22.	Masks, fins and floating rescue devices
23.	Casualty management
24.	People and equipment entrapments
25.	Knots
26.	Inflated fire hose (if used by agency)
Other	
Optional:	

Basic Water Rescuer 2 (BWR2) standard

The course standards are provided as pre- and post-course reference for people involved in the delivery of Rescue 3 courses (eg Rescue 3 training providers, instructors and students). They are not to be used for any other purpose without the express written permission of Rescue 3 Europe.

	Skill sheet element		Learning outcome
1	Rescue 3 philosophy	1.1	Recall the steps required in order to develop judgement
		1.2	Explain the order of priorities at a water rescue scene
2	Training standards	2.1	Recognise the different training courses within the Rescue 3 scheme
		2.2	Recall the remit and role of an individual trained to this level
		2.3	State how the Rescue 3 scheme fits within national and international standards
		2.4	State how the Rescue 3 scheme fits within agency policy and agency standard operating guidelines
3	Hydrology and water hazards	3.1	Recall the definitions of basic water, moving water, coastal water, swiftwater and whitewater
		3.2	Identify the effect that volume, gradient and obstacles have on water
		3.3	Identify water features
		3.4	Describe the impact water features would have on individuals in water
		3.5	Identify general water hazards, and suitable control measures
		3.6	Identify water hazards in a basic water environment, and suitable control measures
		3.7	Identify water hazards in a moving water environment, and suitable control measures
		3.8	Identify water hazards in a coastal water environment, and suitable control measures
4	Personal equipment	4.1	Identify personal protective equipment (PPE) for performing rescues in basic water
		4.2	Select appropriate PPE for performing rescues in basic water, perform pre-use checks, donning and buddy checks
		4.3	Recall post-use care and inspection procedures for personal equipment

	Skill sheet element		Learning outcome
5	Technical and team equipment	5.1	Identify technical and team equipment for performing rescues in a basic water environment
		5.2	Recall post-use care and inspection procedures for technical and team equipment
6	Pre-planning	6.1	List the four components of a generic pre-plan
		6.2	Identify sources of information useful for generic and task-/location-specific pre-planning
		6.3	Describe key information that should be included within a pre-plan
7	Risk assessments	7.1	Identify the elements of an effective generic or site-specific risk assessment
		7.2	Identify the elements of an effective dynamic risk assessment
		7.3	Perform a dynamic risk assessment of a rescue site
8	Incident size-up	8.1	Demonstrate use of size-up models
		8.2	Explain the phases of a successful rescue
		8.3	Perform an on-site safety brief based on risk assessments
		8.4	List rescue options
		8.5	Explain the difference between true and conditional rescues
		8.6	Select an appropriate plan of action for a given incident
9	Incident management and site control	9.1	Based on hazard recognition, apply appropriate control measures, including site zoning
		9.2	Identify issues and hazards of bystanders beyond the cold zone
10	Medical and decontamination considerations	10.1	Identify signs/symptoms and treatment for common medical issues found in a water environment
		10.2	Recall the importance of minimising exposure to the water and decontamination procedures post-exposure
		10.3	Identify bank hazards, and suitable control measures to prevent slips, trips and falls
11	Considerations for night/poor visibility operations	11.1	Identify hazards associated with night/poor visibility operations
		11.2	Identify types of lighting used within night operations

	Skill sheet element		Learning outcome
12	Mud, ice and unstable surface considerations	12.1	Recall hazards associated with mud, ice and unstable surfaces, and suitable control measures
13	Communications	13.1	Recognise hand signals that can be used in a water environment
		13.2	Recognise whistle signals that can be used in a water environment
		13.3	Identify other methods of communication and their limitations
14	Accidental immersion considerations	14.1	Identify hazards and control measures of accidental immersion in water
		14.2	Recognise the importance of keeping feet up if swept away in moving water
15	Search considerations	15.1	Identify relevant information that should be passed on to search managers
		15.2	Explain the importance of establishing a point last seen, time last seen and search area
		15.3	Identify the variables that affect the search area
16	Water entry and exit	16.1	Identify hazards and suitable control measures when entering and exiting the water
		16.2	Identify a safe entry point to and exit point from the water
		16.3	Demonstrate correct water entry to and exit from the water
17	Shallow water techniques	17.1	Identify the variables and hazards that will directly affect shallow water techniques in a basic water environment
		17.2	Perform single and team-based shallow water techniques in a moving water environment
		17.3	Explain the application of tethered shallow water techniques in a moving water environment

	Skill sheet element		Learning outcome
18	Swimming techniques and self-rescue	18.1	Demonstrate the defensive swimming position
		18.2	Demonstrate the aggressive swimming position
		18.3	Transition between the defensive and aggressive swimming positions
		18.4	Compare swimming and self-rescue ability in moving water in buoyancy aids and lifejackets
		18.5	Apply swimming techniques and angle control in order to self-rescue
19	Conditional rescues - talk, reach, throw	19.1	Identify conditional rescue options and the limitations of conditional rescues
		19.2	Identify, check and prepare suitable equipment for performing a conditional rescue
		19.3	Identify appropriate sites where conditional rescues can be performed
		19.4	Demonstrate the correct method for receiving a throwbag following accidental immersion
		19.5	Perform a variety of conditional rescues
20	True rescues - tethered, untethered	20.1	Identify the hazards and control measures associated with an untethered swim in a basic water environment
		20.2	Identify the hazards and control measures associated with a tethered swim in a basic water environment
		20.3	Identify the hazards and control measures associated with a tethered swim in a moving water environment
		20.4	Use the quick-release harness on a buoyancy aid to demonstrate an in-water emergency release
		20.5	Demonstrate correct rope management that ensures the swimmer is not impeded
21	Rescue platforms, sleds and boards	21.1	Identify the hazards and control measures associated with the use of rescue platforms, sleds and boards
		21.2	Demonstrate appropriate use of rescue platforms, sleds and boards
		21.3	Demonstrate appropriate rope attachment when using rescue platforms, sleds and boards
		21.4	Demonstrate correct rope management when using rescue platforms, sleds and boards

	Skill sheet element		Learning outcome
22	Masks, fins and floating rescue devices	22.1	Identify the hazards and control measures associated with the use of masks, fins and floating rescue devices
		22.2	Identify agency use or non-use of masks, fins and floating rescue devices
		22.3	Demonstrate appropriate use of masks, fins and floating rescue devices, if used by agency
23	Casualty management	23.1	Identify hazards and control measures associated with casualty management in a basic water environment
		23.2	Identify appropriate PPE for casualties
		23.3	Identify priorities for managing casualties' common medical issues
		23.4	Demonstrate techniques for managing casualties' common medical issues, including airway and C-spine
24	People and equipment entrapments	24.1	Identify the hazards and consequences of foot and body entrapments, and control measures to reduce likelihood
		24.2	Identify extrication methods of an entrapped casualty
		24.3	Identify risks to the rescuers of an entrapped casualty
		24.4	On dry land, demonstrate use of stabilisation line from one and two banks
25	Knots	25.1	Be able to identify, tie and check appropriate knots for basic water rescue
		25.2	Recall factors affecting knot choice for basic water rescue applications
26	Inflated fire hose (if used by agency)	26.1	Identify agency use or non-use of inflated fire hose
		26.2	Identify the hazards and control measures of working with compressed air
		26.3	Inflate and deflate a section of hose, if used by agency
		26.4	Perform a conditional rescue with a fire hose in a basic water environment, if used by agency

4

BWR2