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The world leader in technical rescue education since 1979

COURSE PORTFOLIO

Rescue3
INTERNATIONAL

Editor: Jen Miller

Authors: Keith Dudhnath, Jon Gorman, and Jen Miller

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Rescue3
INTERNATIONAL

Rescue 3 contact details

For a list of course providers in your area, please contact the Rescue 3 Office in your region.

Rescue 3 International
11084 Jeff Brian Lane
PO Box 1050
Wilton
California 95693
USA

Telephone   +1 916 687 6556
Toll Free   +1 800 457 3728 (US & Canada)

Website   www.rescue3.com
Email   info@rescue3.com

Rescue 3 Europe Ltd
The Malthouse
Regent Street
Llangollen
Denbighshire
LL20 8HS

Telephone   +44 (0) 1978 869 069
Website   www.rescue3europe.com
Email   info@rescue3europe.com

Rescue 3 Canada / Raven Rescue Safety Medical
P.O. Box 2017
Smithers BC V0J 2N0
Canada

Telephone   250 847 2427
Toll Free   800 880 0287

Website   www.ravenrescue.com
Email   info@ravenrescue.com

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About Rescue 3 International

Rescue 3 International produces and delivers state of the art technical rescue training courses.

Rescue 3 has been delivering water, rope, boat and confined space courses since 1979. Courses have been delivered in over 67 countries to fire and rescue services, ambulance teams, mountain rescue teams, industrial and resource personnel, and commercial training and leisure activity providers.

The flagship Rescue 3 courses are Swiftwater and Flood Rescue Technician (SRT), Rope Rescue Technician (RRT), Swiftwater and Flood Rescue Boat Operator (SFRBO) and Confined Space Rescue Technician (CSRT). Rescue 3 also has supporting courses, offering awareness qualifications to specialist and management-level qualifications.

There are over 1500 Rescue 3 certified instructors throughout the world, delivering courses for a wide array of Rescue 3 training providers in many different industries. These are within the fire and rescue services, industrial companies, mountain rescue and water rescue teams, and other outdoor professional establishments. Additionally, there are a number of training centers who offer Rescue 3 courses on a commercial basis.

The reputation for quality hands-on instruction and using techniques that work, has fueled the growth of Rescue 3 and its courses.

History

Rescue 3 International was started in 1979 by a group of people involved with emergency services who identified a need for training in areas not commonly covered in the emergency training programs of the time.

The name, Rescue 3, was chosen when the company first started, because the instruction was concerned with all areas of rescue - land, air, and water - thus Rescue 3.

In 1981, the program was redesigned into an early form of the current Swiftwater Rescue Technician curriculum. Swiftwater classes were taught throughout California and slowly spread across the United States.

In late 1990, Rescue 3 became Rescue 3 International Incorporated. Over the course of the next several years, Rescue 3 International went on to develop instructor teams throughout the United States and across the globe.

In 1999, there was a major revision in the curriculum to meet the requirements of the new NFPA[1] 1670 and 1006 standards. The years since have been a period of great growth of internationally accredited technical rescue training. Rescue 3 has developed a number of specialized Rescue 3 courses in a variety of markets to meet the ever-increasing demand for internationally recognized rescue training of the highest standards.

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1   National Fire Protection Association

Progressing within Rescue 3

Student qualifications

Rescue 3 International offers courses in a variety of technical rescue specialties, including water, rope, boat and confined space. These are delivered at all levels, including awareness, operations, technician, advanced/specialist, and management.

Instructor qualifications

There are Rescue 3 International instructor qualifications for every level of student courses. These can be for both commercial course delivery, or for delivery within an agency (e.g., a fire and rescue service).

Training providers

Instructors delivering Rescue 3 courses must do so for a Rescue 3 training provider. Training providers can either be commercial, or agency (i.e., delivering in-house).

There is a simple yet robust application process for becoming a Rescue 3 training provider. For training provider criteria and application forms, or to discuss the options available, please contact the Rescue 3 International office nearest you.

Accreditation checks

To check the status or validity of a Rescue 3 training provider, instructor or student, please contact the Rescue 3 International office nearest you.

Upon request, Rescue 3 International can also provide an organization with due dates for recertification for their Rescue 3 qualified staff.

Recertification

All Rescue 3 student qualifications are valid for a period of 3 years from the end date of the course. To maintain continuous certification, recertification must take place before the end of these 3 years.

Recertification can be at the same level as the initial course. Alternatively, you can add an additional skill-set by taking a higher level course. For example, you could recertify a Swiftwater and Flood Rescue Technician (SRT) course, by taking either a Rescues from Vehicles in Water (RVW) or Swiftwater and Flood Rescue Technician Advanced (SRTA) course.

Additionally, courses falling into a specialty course category can be recerted by taking any other course in that category. For a full explanation, see page 8.

Regional Programs

As a worldwide training company Rescue 3 International recognizes that different countries and regions have different training needs. As such Rescue 3's programs vary in different parts of the world both in course structure and course content.

This document is meant as a tool to help the reader find courses that may fit their specific needs, however keep in mind that the courses in a specific region may be different. Also, not all courses are available in all areas and some regions offer courses that may not be listed in this document.

For a list of courses available in your region, contact the Rescue 3 Office nearest you (page 2) or visit us online at www.rescue3.com.

1   Quick Reference

Courses by Type

Water Courses

Emergency Services

Course	Abbreviation	Contact hours	Page #
Water and Flood Awareness	Awr	8	108
Basic Water Rescuer- Foundation	BWR-F	6	26
Basic Water Rescuer	BWR	12	28
Swiftwater and Flood First Responder	SFR	16	102
Swiftwater and Flood Rescue Technician	SRT1	24	96
Swiftwater and Flood Rescue Technician Advanced - Water & Rope	SRTA-W&R	24	98
Swiftwater and Flood Rescue Technician Advanced - Water	SRTA-W	24	100
Rescue from Vehicles in Water	RVW	16	74
Weir Rescue	WR	12	116
Inland Rescue Swimmer	IRS	16	50
Inland Rescue Swimmer - Advanced	IRSA	8	52
Inland Rescue Swimmer - Coastal	IRSC	8	54

Water - Management

Course	Abbreviation	Contact hours	Page #
Water and Flood Team Leader	WFTL	12	110
Management of Water and Flood Incidents	MFWI	32	64
Flood Management for Non-Emergency Services	FMNES	12	44
Managing Search Operations	MSO	18	66

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Water Courses (continued)

Water - Industry & Government

Course	Abbreviation	Contact hours	Page #
Water Awareness and Safety	WAS	4	112
Safe Working Near Water	SWNW	6	90
Safe Working In Water	SWIW	12	88
Flood Operations	FO	18	46

Water - Search

Course	Abbreviation	Contact hours	Page #
Searching Rivers and Floods	SRF	32	92

Water - Recreational

Course	Abbreviation	Contact hours	Page #
Whitewater Rescue Technician - Foundation	WRT-F	8	118
Whitewater Rescue Technician - Recreational	WRT-Rec	16	120
Whitewater Rescue Technician - Professional	WRT-Pro	24	122
Whitewater Rescue Technician - Advanced	WRTA	24	124
Water Safety for Expedition Leaders	WSEL	16	114
Outdoor River Safety	ORS	8	70

Ice Courses

Ice - EMS

Course	Abbreviation	Contact hours	Page #
Ice Awareness	IA	4	56
Ice Rescue Technician	IRT	16	60
Ice Rescue Technician Advanced	IRTA	24	62

Ice - Industry

Course	Abbreviation	Contact hours	Page #
Ice Field Safety	IFS	16	58

Boat Courses

Boat - Motorized

Course	Abbreviation	Contact hours	Page #
Rescue Boat Operator	RBO	16	72
Flood Rescue Boat Operator	FRBO	24	48
Swiftwater & Flood Rescue Boat Operator	SFRBO	40	94
Work Boat Operator	WBO	12	126
Personal Watercraft	PWC	24	68

Boat - Paddleboat

Course	Abbreviation	Contact hours	Page #
Swiftwater Paddle Boat Handling	SPBH	12	104

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Rope Courses

Rope - EMS

Course	Abbreviation	Contact hours	Page #
Rope Rescue Operator	RRO	30	76
Rope Rescue Technician	RRT	30	78
Rope Rescue Specialist	RRS	30	80
First Due Low Angle	FDLA	8	42

Rope - Industrial

Course	Abbreviation	Contact hours	Page #
Safe Work at Heights	SWAH	4	82
CoWorker Rescue at Heights	CWRH	6	40
Tower Safety & Rescue	TWR	24	106

Confined Space Courses

Confined Space - EMS

Course	Abbreviation	Contact hours	Page #
Confined Space Rescue Operator	CSRO	30	34
Confined Space Rescue Technician	CSRT	30	36
Confined Space Rescue Specialist	CSRS	30	38

Confined Space- Industrial

Course	Abbreviation	Contact hours	Page #
Safe Working in Confined Spaces 1	SWCS1	6	84
Safe Working in Confined Spaces 2	SWCS2	8	86
Confined Space Entry and Rescue 1	CSER1	16	30
Confined Space Entry and Rescue 2	CSER2	24	32

Confined Space - Air Monitoring

Course	Abbreviation	Contact hours	Page #
Basic Air Monitoring	BAM	6	24
Air Monitoring Qualified Person	AMQP	12	22

2   Quick Reference

Instructor Courses

Instructor Courses

Water Instructor Courses

Course	Page #
Water and Flood Awareness Instructor (AWRI)	159
Basic Water Rescuer Instructor (BWRI)	131
Swiftwater First Responder Instructor (SFRI)	128
Swiftwater and Flood Rescue Technician Instructor (SRTI)	156
Swiftwater and Flood Rescue Advanced - Water & Rope Instructor (SRTAI)	154
Swiftwater and Flood Rescue Advanced - Water Instructor (SRTAWI)	155
Management of Water and Flood Incidents Instructor (MWFII)	142
Searching Rivers and Floods Instructor (SRFI)	151
Inland Rescue Swimmer Instructor (IRSI)	141
Whitewater Rescue Technician - Instructor (WRTI)	160
Whitewater Rescue Technician Advanced Instructor (WRTAI)	161

Ice Instructor Courses

Ice Rescue Technician Instructor (IRTI)	138
Ice Rescue Technician Advanced Instructor (IRTAI)	139
Ice Rescue Awareness Instructor (IRAI)	140

Boat Instructor Courses

Course	Page #
Swiftwater & Flood Rescue Boat Operator Instructor (SFRBOI)	153
Swiftwater Paddle Boat Handling Instructor (SPBHI)	157
Personal Watercraft Rescue Instructor (PWCI)	143
Work Boat Operator Instructor	162
Rescue Boat Operator Instructor	145
Flood Rescue Boat Operator Instructor	137

Rope Instructor Courses

Course	Page #
Safe Work at Heights Instructor (SWAHI)	149
Co-Worker Rescue at Heights Instructor (CWRHI)	136
Rope Rescue Operator Instructor (RROI)	146
Rope Rescue Technician Instructor (RRTI)	147
Rope Rescue Specialist Instructor (RRSI)	148
Tower Rescue Instructor (TWRI)	158
Recreational Rappel Instructor (RECROI)	144

Confined Space Instructor Courses

Course	Page #
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Confined Space Entry and Rescue Instructor (CSERI)	132
Confined Space Rescue Operator Instructor (CSROI)	133
Confined Space Rescue Technician Instructor (CSRTI)	134
Confined Space Rescue Specialist Instructor (CSRSI)	135
Air Monitoring Instructor (AMI)	130
Recreational Rappel Instructor (RECROI)	144

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INSTRUCTOR COURSES

3 Course Descriptions

and Sample Skill Sheets

Regional Programs

As a worldwide training company Rescue 3 International recognizes that different countries and regions have different training needs. As such Rescue 3's programs vary in different parts of the world both in course structure and course content.

This document is meant as a tool to help the reader find courses that may fit their specific needs, however keep in mind that the courses in a specific region may be different. Also, not all courses are available in all areas and some regions offer courses that may not be listed in this document.

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Air Monitoring Qualified Person (AMQP)

This course builds upon the content in the Basic Air Monitoring (BAM) course, adding additional practical skills in the second day. It covers the what, how and why of gas detection. Attention will be paid to various types of gases, oxygen levels, explosion levels and safe working values. In addition, different types of gas detection equipment are discussed together with the practical advantages and disadvantages.

Contact hours

12 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Basic Air Monitoring (BAM)
- Air Monitoring Qualified Person (AMQP)

Recertified By

- Air Monitoring Qualified Person (AMQP)

Taught by

- Air Monitoring Instructor (AMI)
- Confined Space Rescue Operator Instructor (CSROI)

Air Monitoring Qualified Person (AMQP)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Flashpoint, vapour pressure, vapour density	
2. Rules, regulations and standards		10. Toxic gases	
3. Confined space definitions		11. Medical considerations with ammonia, carbon monoxide and hydrogen sulphide	
4. Generic confined space hazards		12. Gas monitoring principles and equipment	
5. Atmospheric hazards		13. Ventilation principles	
6. Worker safety and survival		14. Introduction to ATEX and inert atmospheres	
7. Oxygen-deficient and oxygen-enriched atmospheres		15. Maintenance of gas monitoring equipment	
8. LEL, UEL, flammability range, relative response curves			

Practical	Date	Practical	Date
16. Bonding safety datasheets		22. Expectations, strategy and screening in confined spaces	
17. Measuring oxygen levels with electrochemical oxygen sensors		23. Interpretation and registration of monitoring data	
18. Measuring explosion levels with catalytic hot bead combustible sensors		24. Use of measuring tubes	
19. Measuring toxic levels with electrochemical toxic sensors		25. Use of photo ionisation detection (PID)	
20. Fresh air calibration and bump testing		26. Introduction to infrared (IR) measuring techniques	
21. Types of hoses, leak testing, flushing hoses			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use these techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: ⃝ Pass ⃝ Fail

Basic Air Monitoring (BAM)

This course covers the what, how and why of gas detection. Attention will be paid to various types of gases, oxygen levels, explosion levels and safe working values. In addition, different types of gas detection equipment are discussed together with the practical advantages and disadvantages.

Contact hours

6 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Basic Air Monitoring (BAM)

Recertified By

- Basic Air Monitoring (BAM)
- Air Monitoring Qualified Person (AMQP)

Taught by

- Air Monitoring Instructor (AMI)
- Confined Space Rescue Operator Instructor (CSROI)
- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Basic Air Monitoring (BAM)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Flashpoint, vapour pressure, vapour density	
2. Roles, regulations and standards		10. Toxic gases	
3. Confined space definitions		11. Medical considerations with ammonia, carbon monoxide and hydrogen sulphide	
4. Generic confined space hazards		12. Gas monitoring principles and equipment	
5. Atmospheric hazards		13. Ventilation principles	
6. Worker safety and survival		14. Introduction to ATEX and inert atmospheres	
7. Oxygen-deficient and oxygen-enriched atmospheres		15. Maintenance of gas monitoring equipment	
8. LEL, UEL, flammability range, relative response curves			

Practical	Date	Practical	Date
16. Reading safety datasheets		20. Fresh air calibration and bump testing	
17. Measuring oxygen levels with electrochemical oxygen sensors		21. Types of hoses, leak testing, flushing hoses	
18. Measuring explosive levels with catalytic hot bead combustible sensors		22. Expectations, strategy and screening in confined spaces	
19. Measuring toxic levels with electrochemical toxic sensors		23. Interpretation and registration of monitoring data	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

Basic Water Rescuer - Foundations (BWR - F)

The Basic Water Rescuer – Foundation course is 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 simple rescues using basic equipment. For using more equipment-intensive elements, including rescue platforms, sleds and boards, students should take the Basic Water Rescuer (BWR) course.

3

BWR - F

Contact hours

6 hours

Prerequisites

Must be a confident swimmer.
Minimum age: 18

Qualification valid for

3 years

Recertifies

- Water and Flood Awareness (AWR)
- Basic Water Rescuer - Foundations (BWR-F)

Recerted by

- Basic Water Rescuer - Foundations (BWR-F)
- Basic Water Rescuer (BWR)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)

Taught by

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

Basic Water Rescuer - Foundations (BWR - F)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		6. Assessing risk	
2. Training standards		7. Communications	
3. Hydrology and water hazards		8. Incident size-up	
4. Personal equipment		9. Medical and decontamination considerations	
5. Technical and team equipment		10. Cold water immersion considerations	

Practical	Date	Practical	Date
11. Water entry and exit		14. Conditional rescues - talk, reach, throw	
12. Shallow water techniques		15. True rescues - tethered, untethered	
13. Swimming techniques and self-rescue			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swimming techniques			
Throwbags			

Result: O   Pass   O   Fail

3

BWR – F

Basic Water Rescuer (BWR)

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. The course is a mixture of theory and practical sessions. The content includes the use of a variety of rescue equipment.

3

BWR

Contact hours

12 hours

Prerequisites

Must be a confident swimmer.
Minimum age: 18

Qualification valid for

3 years

Recertifies

- Water and Flood Awareness (AWR)
- Basic Water Rescuer - Foundations (BWR-F)
- Basic Water Rescuer (BWR)

Recerted by

- Basic Water Rescuer (BWR)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)

Taught by

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

Basic Water Rescuer (BWR)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Incident management and site control	
2. Training standards		10. Medical and decontamination considerations	
3. Hydrology and water hazards		11. Considerations for night/poor visibility operations	
4. Personal equipment		12. Mud, ice and unstable surface considerations	
5. Technical and team equipment		13. Communications	
6. Pre-planning		14. Accidental immersion considerations	
7. Risk assessments		15. Search considerations	
8. Incident size-up			

Practical	Date	Practical	Date
16. Water entry and exit		21. Rescue platforms, sleds and boards	
17. Shallow water techniques		22. Masks, fins and floating rescue devices	
18. Swimming techniques and self-rescue		23. Casualty management	
19. Conditional rescues - talk, reach, throw		24. People and equipment entrapments	
20. True rescues - tethered, untethered		25. Knots	

If used by agency	Date	If used by agency	Date
26. Inflated fire hose			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Basic water swimming techniques			
Shallow water techniques			
Tethered rescue			
Knots			

Result: O Pass O Fail

Confined Space Entry and Rescue 1 (CSER1)

The Confined Space Entry and Rescue 1 course builds on the foundation content of the Safe Working in Confined Space 2 (SWCS2) course. In addition, this course introduces the skills required to undertake co-worker rescues from low and medium risk confined spaces, including the use of a vertical lift of a casualty in a rescue stretcher.

Contact hours

12 hours (2 days)

or

6 hours (1 day) in addition to current Rescue 3 Safe Working in Confined Space 2 (SWCS2) qualification

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)

Recertified By

- Confined Space Entry and Rescue 1 (CSER1)
- COnfined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)

Taught by

- Confined Space Entry and Rescue Instructor (CSERI)
- Confined Space Rescue Operator Instructor (CSROI)
- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Confined Space Entry and Rescue1 (CSER1)

Theory	Date	Theory	Date
1. Rescue 3 introduction and philosophy		8. Rescue plans, incident size-up and incident management	
2. Confined space definitions, hazards and categories		9. Personal and team equipment	
3. Legislation and standards		10. Entry procedures	
4. Personal safety		11. Communications and verbal commands	
5. Safe systems of work for confined space entry		12. Loads and forces	
6. Isolation – lock-out, tag-out, try-out		13. Medical considerations	
7. Introduction to air monitoring			

Practical	Date	Practical	Date
14. Respiratory protective equipment (RPE) – escape sets		22. Work restraint	
15. Use of a 4-gas diffuse meter		23. Vertical confined space entry and exit	
16. Confined space ventilation		24. Emergency procedures	
17. Knots and terminations		25. Reach type rescue with a telescopic pole	
18. Anchor systems		26. Raising/lowering systems and mechanical advantage	
19. Dynamic risk assessment and safety checks		27. Confined space rescue harnesses and stretchers	
20. On-scene safety briefing and site control		28. Casualty care and packing	
21. Standard tripod configuration and mechanical hoisting		29. Rescue of a casualty from a low/medium risk confined space	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Use of a 4-gas diffuse meter			
Tripod setup and operation for access and rescue			
Casualty packaging and stretcher rigging			

Result: O   Pass   O   Fail

Confined Space Entry and Rescue 2 (CSER2)

The Confined Space Entry and Rescue 2 course builds on the Confined Space Entry and Rescue 1 (CSER1) course. In addition, this course introduces the skills required to enter and undertake co-worker rescues from a high risk confined space, wearing self-contained breathing apparatus.

Contact hours

18 hours (3 days)

or

6 hours (1 day) in addition to current Rescue 3 Safe Working in Confined Space 2 (SWCS2) qualification (XXX)

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)

Recertified By

- Confined Space Entry and Rescue 1 (CSER1)
- COnfined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)

Taught by

- Confined Space Entry and Rescue Instructor (CSERI)
- Confined Space Rescue Operator Instructor (CSROI)
- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Confined Space Entry and Rescue2 (CSER2)

Theory	Date	Theory	Date
1. Rescue 3 introduction and philosophy		8. Rescue plans, incident size-up and incident management	
2. Confined space definitions, hazards and categories		9. Personal and team equipment	
3. Legislation and standards		10. Entry procedures	
4. Personal safety		11. Communications and verbal commands	
5. Safe systems of work for confined space entry		12. Loads and forces	
6. Isolation – lock-out, tag-out, try-out		13. Medical considerations	
7. Introduction to air monitoring			

Practical	Date	Practical	Date
14. Respiratory protective equipment (RPE) – escape sets and SCBA		24. Emergency procedures	
15. Use of a 4-gas diffuse meter		25. Reach type rescue with a telescopic pole	
16. Confined space ventilation		26. Raising/lowering systems and mechanical advantage	
17. Knots and terminations		27. Confined space rescue harnesses and stretchers	
18. Anchor systems		28. Casualty care and packing	
19. Dynamic risk assessment and safety checks		29. Rescue of a casualty from a low/medium risk confined space	
20. On-scene safety briefing and site control		30. SCBA periodic, pre-use and post-use set checks and care	
21. Standard tripod configuration and mechanical hoisting		31. SCBA entry control	
22. Work restraint		32. Entry to confined space wearing SCBA	
23. Vertical confined space entry and exit		33. Rescue from a high risk confined space wearing SCBA	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Use of a 4-gas diffuse meter			
Tripod setup and operation for access and rescue			
Casualty packaging and stretcher rigging			
SCBA pre-use checks			
Entry to confined space wearing SCBA			

Result: O Pass O Fail

Confined Space Rescue Operator (CSRO)

The Confined Space Rescue Operator (CSRO) course introduces the knowledge and skills required by personnel to operate safely and effectively during confined space rescues and be an active part of a confined space rescue team.

Contact hours

30 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)

Recertified By

- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Confined Space Rescue Specialist (CSRS)

Taught by

- Confined Space Rescue Operator Instructor (CSROI)
- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Confined Space Rescue Operator (CSRO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		10. Last-minute risk analysis and system safety check	
2. Confined space definitions and categories		11. On-scene safety briefing and site control	
3. Legislation and standards		12. Size-up, pre-planning and ICS	
4. Confined space hazards and risk assessment		13. Personal and team equipment	
5. Personal safety		14. Equipment care and maintenance	
6. Air monitoring		15. Entry procedures/entrant/safety attendant/entry supervisor	
7. Lock-out, tag-out, try-out		16. Communications and verbal commands	
8. Introduction to respiratory protection systems		17. Medical considerations	
9. Safe systems of work, permits to work, and rescue plans			

Practical	Date	Practical	Date
18. Use of a 4-gas pump meter		31. Personal descending	
19. Confined space ventilation		32. Litter management – low angle	
20. Introduction to technical gear and entry systems		33. Low angle litter management in an industrial setting	
21. Knots		34. Horizontal confined space entry and rescue	
22. Anchor systems		35. Vertical confined space entry and rescue	
23. Belay systems and operations		36. Rope-based raising and lowering systems	
24. Use of different types of fall arrest equipment		37. Confined space rescue harnesses and stretchers	
25. Reach type rescue with a telescopic pole		38. Casualty care and packing	
26. Standard tripod configurations and mechanical hoisting		39. Team-based raising and lowering systems	
27. Work restraint		40. Mirrored team-based raising and lowering systems	
28. Placing edge/rope protection		41. Offsets – taglines	
29. Loads and forces		42. Scenarios	
30. Tensioning systems and mechanical advantage			

If used by agency	Date	If used by agency	Date
43. Practical use of SCBA for work and rescue			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Use of a 4 gas pump meter			
Use of SCBA for rescue			
Rigging of a tripod and raising/lowering system			

Result: O   Pass   O   Fail

Confined Space Rescue Technician (CSRT)

The Confined Space Rescue Technician (CSRT) course covers concepts and techniques to enable small teams to undertake technical confined space rescues. Both individual and team skills are extensively addressed. Topics that are thoroughly covered are hazard, gas detection, legislation, international guidelines, key learning, extensive loads and forces, building anchors, using pulley systems, use of tripod for entry and evacuation, self-climbing and rappelling, lowering and hoisting of rescuer and victim, use of stretchers and various stretcher configurations in confined spaces, moving and evacuations from manholes, victim care, building horizontal span, situation analysis, incident management and various scenarios.

Contact hours

30 hours

Prerequisites

- Confined Space Rescue Operator (CSRO)
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)

Recertified By

- Confined Space Rescue Technician (CSRT)
- Confined Space Rescue Specialist (CSRS)

Taught by

- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Confined Space Rescue Technician (CSRT)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		5. Hardwire communication systems	
2. Confined space hazards and risk assessment		6. Rescue systems analysis	
3. Use of detector tubes		7. Safe systems of work and permits to work	
4. Supplied air systems			

Practical	Date	Practical	Date
8. Use of PID meters		20. Horizontal confined space entry and rescue	
9. On-scene safety briefing and site control		21. Vertical confined space entry and rescue	
10. Knots		22. Rope-based raising and lowering systems over an edge with artificial high directional	
11. Anchor systems		23. Individual pick-off rescues	
12. Belay systems and operations		24. Team-based pick-off and team-based casualty evacuations	
13. Use of different types of fall arrest equipment		25. Use of SAR for rescue	
14. Loads and forces		26. Confined space rescue harnesses and stretchers	
15. Tensioning systems and mechanical advantage		27. Mirrored team-based raising and lowering systems	
16. Personal ascending and descending		28. Offsets – deflection	
17. Litter attending - low angle		29. Offsets – guiding line	
18. Litter attending – high angle		30. Offsets – tracking line	
19. Vertical/horizontal litter transitions		31. Scenarios	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Knots and anchors			
Ascending and descending			
Mechanical advantage			
Use of SCBA for rescue			
Offsets			

Result: O   Pass   O   Fail

Confined Space Rescue Specialist (CSRS)

The Confined Space Rescue Specialist (CSRS) course is for confined space rescue team members who already have completed a comprehensive basic training and want to continue to specialize. This training continues where the Confined Space Rescue Technician (CSRT) course finishes.

Contact hours

30 hours

Prerequisites

- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Confined Space Rescue Specialist (CSRS)

Recertified By

- Confined Space Rescue Specialist (CSRS)

Taught by

- Confined Space Rescue Specialist Instructor (CSRSI)

Confined Space Rescue Specialist (CSRS)

Practical	Date	Practical	Date
1. On-scene safety briefing and site control		10. Vertical/horizontal litter transitions	
2. Knots		11. Rope-based raising and lowering systems	
3. Anchor systems		12. Mirrored team-based raising and lowering systems	
4. Tensioning systems and mechanical advantage		13. Offsets – deflections	
5. Knot passing		14. Offsets – skateblock	
6. Personal ascending and descending		15. Offsets – two rope	
7. Climbing over a 90 degree edge		16. Highline rope system – Kootenay highline	
8. Litter management – low angle		17. Night/poor visibility operations	
9. Litter attending – high angle		18. Scenarios	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Knots and anchors			
Ascending and descending			
Tensioning systems and mechanical advantage			
Use of SCBA for rescue			
Offsets			
Team briefing			

Result: O Pass O Fail

Co-Worker Rescue at Heights (CWRH)

Everyone who works at height may be faced with a colleague who has fallen and is hanging helplessly in their fall protection system. The Co-Worker Rescue at Height (CWRH) course teaches participants to deal with that situation. Using simple techniques and industry standard equipment, you will learn how you can free a colleague from a dangerous situation after they have dropped into their fall arrest system.

The rapid release of this trapped person must be your highest priority, to prevent further injury. In accordance with the law on working conditions and the consequent duty of care, an employer is required to prepare employees for this possible scenario. Generally, with a few simple tools, this problem can easy be solved.

Contact hours

6 hours
or
3.5 hour add-on to Safe Work at Heights (SWAH) qualification

Prerequisites

Minimum age: 18

Qualification valid for

3 years

Recertifies

- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)

Recertified By

- Co-Worker Rescue at Heights (CWRH)
- Rope Rescue Operator (RRO)

Taught by

- Co-Worker Rescue at Heights Instructor (CWRHI)
- Rope Rescue Operator Instructor (RROI)
- Rope Rescue Technician Instructor (RRTI)
- Rope Rescue Specialist Instructor (RRSI)

Co-Worker Rescue at Heights (CWRH)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Risk assessments	
2. Training standards		8. Incident size-up	
3. Medical considerations		9. Incident management and site control	
4. Personal equipment		10. Loads and forces	
5. Technical equipment		11. Safety checks	
6. Safe systems of work		12. Communications	

Practical	Date	Practical	Date
13. Knots		18. Work positioning	
14. Anchor systems		19. Connecting a casualty on a line using a telescopic pole	
15. Rope protection		20. Lifting and lowering a casualty using a pre-installed device	
16. Work restraint		21. Casualty care	
17. Fall arrest		22. Individual pick-offs	

If used by agency	Date	If used by agency	Date
23. Emergency descending		25. Ladders	
24. Climbing with lanyards		26. Improvised roof safety systems	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Emergency descending (if used by agency)			
Individual pick-off			
Knots and anchors			

Result: O   Pass   O   Fail

First Due Low Angle (FDLA)

Designed with a focus on the fire service, the course equips first due engine & rescue crews with the basic skills required to safely and efficiently conduct patient access and extraction during low complexity, vehicle over the embankment rescues.

Central to the course is the introduction of the latest in proven international and industrial tools & practices, offering significant efficiencies in instruction time, field deployment times and student retention.

Due to the narrow focus, students completing the course will not possess many of the knowledge and skill sets associated with general rope rescue.

3

FDLA

Contact hours

8 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- First Due Low Angle (FDLA)

Recerted by

- First Due Low Angle (FDLA)
- Rope Rescue Operator (RRO)

Taught by

- Rope Rescue Operator Instructor (RROI)
- Rope Rescue Technician Instructor (RRTI)
- Rope Rescue Specialist Instructor (RRSI)

First Due Low Angle (FDLA)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		5. Pre-incident planning	
2. Rescuer safety and survival		6. Size-up and incident management	
3. Personal and team gear		7. On scene safety briefing and site control	
4. Equipment care and maintenance/record keeping		8. Staging/operational site selection	

Practical	Date	Practical	Date
9. Knots/hitches		13. Patient packaging	
10. Anchors		14. System changeover	
11. Lowering system rigging		15. Raising system operations	
12. Lowering system operation			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

Remarks:

The undersigned agree that the student has received training and assessment in accordance with the Rescue 3 course standards, learning outcomes and assessment criteria. By signing, the student consents to providing their name and contact details to the training provider and Rescue 3 for the purposes of administering their course attendance and accreditation.

By signing below, you are agreeing that you took part in the above activities on the day written in the date column.

Student signature: Print name: Date:

Instructor signature: Print name: Date:

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Flood Management for Non-Emergency Services (FMNES)

The FMNES course is designed for managers of non-emergency services during flood events, for example, managers of utilities, road workers, and transport companies. Topics covered include operating safely in flood zones, equipment needs, pre-planning, risk management, and multi-agency flood planning.

Contact hours

12 hours

Prerequisites

Must be a confident swimmer.
Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Flood Operations (FO)
- Flood Management for Non-Emergency Services (FMNES)

Recerted by

- Flood Management for Non-Emergency Services (FMNES)

Taught by

- Management of Water and Flood Incidents Instructor (MWFII)

Flood Management for Non-Emergency Services (FMNES)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		12. Dynamic risk assessment and incident size-up	
2. Water rescue training standards		13. Incident management and site control	
3. Hydrology		14. Welfare considerations	
4. Floodwater dynamics and hazards		15. Medical and decontamination considerations	
5. Flood theory		16. Communications	
6. Personal equipment		17. Weather information and flood warnings	
7. Technical and team equipment		18. SEADEPTH model	
8. Training levels and operational remits		19. Community and multi-agency flood plans	
9. Guidance and best practice documents		20. Multi-agency command and control considerations	
10. Pre-planning		21. National flood assets	
11. Organisational procedures and SOPs			

If used by agency	Date	If used by agency	Date
22. Swiftwater swimming techniques		25. Shallow water techniques	
23. Strainer swim		26. Overview of water rescue technique	
24. Conditional rescues - talk, reach, throw		27. In-water night/poor visibility operations	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

3

FMNES

Flood Operations (FO)

The Flood Operations course was designed to provide emergency planners and emergency workers with the necessary knowledge and techniques to enable them to assess and work in flood environments. Flood Operations is perfect for those who will be working in heavy flood conditions, such as hydrologists, dam workers, road workers, and utilities repair workers. The course is a mixture of theory input and in-water practical sessions.

Contact hours

12 hours

Prerequisites

Must be a confident swimmer
Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Flood Operations (FO)

Recerted by

- Flood Operations (FO)
- Flood Management for Non-Emergency Services (FMNES)

Taught by

- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

Flood Operations (FO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Health and safety brief	
2. Training standards		8. Flood theory	
3. Best practice guidelines for water rescue		9. Pre-planning	
4. Personal protective equipment		10. Medical considerations	
5. Water and flood dynamics and hazards		11. Considerations for night/poor visibility operations	
6. Risk assessment			

Practical	Date	Practical	Date
12. Defensive and aggressive swimming		14. Shallow water techniques	
13. Conditional rescues – talk, reach, throw		15. Foot and body entrapments	

If used by agency	Date	If used by agency	Date
16. Boat/sled options			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Shallow water techniques			
Throwbags			

Result: O   Pass   O   Fail

3

FO

Flood Rescue Boat Operator (FRBO)

Flood Rescue Boat Operator is a course designed to train rescue personnel in handling motorized boats during flood operations. Students are exposed to a number of topics including types of motorized boats suitable for water rescue, boat handling on still or slowly moving water, crew roles, boat safety and problem solving. Techniques are then put to work doing searches in flood environments, stranded victim and in-water retrieval, and rescue of conscious and unconscious persons.

The Flood Rescue Boat Operator training course is a 3-day course which incorporates all elements of the RBO course and adds flood rescue capability. It is ideal for any emergency service personnel who may attend flood events with boats for low level casualty and victim recovery from a flood or slow moving water environment.

Contact hours

24 hours

Prerequisites

- Minimum age: 18.
- Must be a confident swimmer.
- Swiftwater and Flood First Responder or Above

Qualification valid for

3 years

Recertifies

- Rescue Boat Operator (RBO)
- Flood Rescue Boat Operator (FRBO)

Recerted by

- Flood Rescue Boat Operator (FRBO)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)

Taught by

- Swiftwater & Flood Rescue Boat Operator Instructor (SFRBOI)

3

FRBO

Flood Rescue Boat Operator (FRBO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		8. Communications	
2. Water rescue training standards		9. Crew operational roles	
3. Personal equipment		10. Multiple boat operations	
4. Dynamic risk assessment and incident size-up		11. Floodwater dynamics and hazards	
5. Pre-planning		12. Boat, hull and drive types	
6. Medical and decontamination considerations		13. Rescue boat equipment	
7. Navigation and route planning		14. Pre- and post-trip checks	

Practical	Date	Practical	Date
15. Launching and recovery		24. Team/personal recovery	
16. Boat handling under power		25. Casualty pick-up and recovery	
17. Boat handling with paddles		26. Casualty management	
18. Towing		27. Boat-based conditional rescues	
19. Anchoring/securing		28. Transporting loads	
20. Wading with boats		29. Boat-based stretcher management	
21. Tethered boats		30. Rescues from elevated positions	
22. Night/poor visibility operations		31. Vehicles in water	
23. Search operations		32. Working with helicopters	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Boat handling under power			
Boat handling with paddles			
Team/personal recovery			
Casualty pick-up and recovery			

Result: O   Pass   O   Fail

Inland Rescue Swimmer (IRS)

The Inland Rescue Swimmer is focused on the inland open water environment to include areas such as lakes or ponds of various sizes. Here the swimmer improves their swimming technique and is introduced to swimmer adjuncts. Safety of the swimmer is a high priority during this module while training for victims in the open water environment, including interventions and medical management. The student will practice both shore and boat based open water search techniques, as well as recovery of submerged victims.

Contact Hours

16 hours

Prerequisites

- Minimum age: 18
- Must be a strong swimmer.

Qualification valid for

3 years

Recertifies

- Inland Rescue Swimmer (IRS)

Recerted by

- Inland Rescue Swimmer (IRS)
- Inland Rescue Swimmer Advanced (IRSA)
- Inland Rescue Swimmer Coastal (IRSC)

Taught by

- Inland Rescue Swimmer Instructor (IRSI)

Inland Rescue Swimmer (IRS)

Theory	Date	Theory	Date
1. Philosophy of rescue		6. Scene management - site control/ICS	
2. Rescuer safety		7. Scene management - communications	
3. Rescuer survival		8. Scene management - risk vs benefit	
4. Specialised equipment		9. SCUBA operations	
5. Scene management - documentation		10. Search - passive vs. active	

Practical	Date	Practical	Date
11. Search - techniques (patterns, triangulation, marking)		17. Victim management - victim tow (contact, adjunct)	
12. Medical management and treatment		18. Victim management - sub-surface recovery	
13. Swim techniques - aggressive		19. Victim management - victim packaging	
14. Swim techniques - recovery		20. Shore-based operations	
15. Swim techniques - swimmer adjuncts (mask, snorkel, fins, flotation)		21. Boat-based operations	
16. Victim management - escapes/releases		22. Rescue problem	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swim techniques - personal evaluation _____ yds / _____ mins			

Result: O   Pass   O   Fail

Inland Rescue Swimmer Advanced (IRSA)

The Inland Advanced module, a one day upgrade, is the next step in developing the complete rescue swimmer. The swimmer will spend time learning the techniques and strategies for search and rescue of victims in a slow moving water environment such as large rivers or bays. The management of large events such as plane crashes, boating and commuter incidents will also be discussed. The swimmer will continue to improve safety and survivability of the responder with orientation to helicopter operations to include emergency egress drills and the use of spare air devices.

Contact Hours

8 hours

Prerequisites

- Minimum age: 18
- Inland Rescue Swimmer (IRS)

Qualification valid for

3 years

Recertifies

- Inland Rescue Swimmer (IRS)
- Inland Rescue Swimmer Advanced (IRSA)

Recerted by

- Inland Rescue Swimmer Advanced (IRSA)

Taught by

- Inland Rescue Swimmer Instructor (IRSI)

Inland Rescue Swimmer Advanced (IRSA)

	SKILL/KNOWLEDGE		Date Performed/Observed	Student Initials	Instructor Initials
1.	Philosophy of Rescue	Lecture			
2.	Rescuer Safety	Lecture			
3.	Rescuer Survival	Lecture			
4.	Specialized Equipment	Lecture			
5.	Scene Management				
6.	a. Documentation	Lecture			
7.	b. Site Control / ICS	Lecture			
8.	c. Communications	Lecture			
9.	d. Risk v. Benefit	Lecture			
10.	SCUBA operations	Lecture			
11.	Search				
12.	a. Passive v. Active	Lecture			
13.	b. Techniques (patterns, triangulation, marking)	Skill			
14.	Medical Management and Treatment	Skill			
15.	Swim Techniques				
16.	a. Personal Evaluation _____ yds / _____ mins	Skill			
17.	b. Aggressive	Skill			
18.	c. Recovery	Skill			
19.	d. Swimmer Adjuncts (mask, snorkel, fins, floatation)	Skill			
20.	Victim Management				
21.	a. Escapes/Releases	Skill			
22.	b. Victim Tow (contact, adjunct)	Skill			
23.	c. Sub-surface Recovery	Skill			
24.	d. Victim packaging	Skill			
25.	Operation Scenarios:				
26.	a. Shore based ops.	Skill			
27.	b. Boat based ops.	Skill			
28.	Rescue problem	Skill			
29.	Other:				

3

IRSA

Inland Rescue Swimmer Coastal (IRSC)

The Coastal Basic module is a one day upgrade and is designed for the responder who is responsible for search and rescue operations on the coastal water fronts. Here the Rescue Swimmer will learn a combination of basic lifeguarding techniques combined with the essentials of inland rescue. The course will cover the water dynamics which occur in the water effected by tide and surf. The swimmer will learn techniques to swimming efficiently and effectively with a continued focus on victim management.

Contact Hours

8 hours

Prerequisites

Inland Rescue Swimmer (IRS)

Qualification valid for

3 years

Recertifies

- Inland Rescue Swimmer (IRS)
- Inland Rescue Swimmer Coastal (IRSC)

Recerted by

- Inland Rescue Swimmer Coastal (IRSC)

Taught by

- Inland Rescue Swimmer Instructor (IRSI)

Inland Rescue Swimmer Coastal (IRSC)

	SKILL/KNOWLEDGE		Date Performed/Observed	Student Initials	Instructor Initials
1.	Philosophy of Rescue	Lecture			
2.	Rescuer Safety	Lecture			
3.	Rescuer / Victim Survival	Lecture			
4.	Water Dynamics (Hydrology)	Lecture			
5.	Scene Management				
6.	a. Documentation	Lecture			
7.	b. Site Control / ICS	Lecture			
8.	c. Communications	Lecture			
9.	d. Risk v. Benefit	Lecture			
10.	Search				
11.	a. Passive v. Active	Skill			
12.	b. Techniques(patterns, triangulation)	Skill			
13.	c. Containment / Control	Skill			
14.	Swim Techniques				
15.	a. Personal Evaluation _____ yds / ____ mins	Skill			
16.	b. Stroke Review	Skill			
17.	c. Swimming Surf	Skill			
18.	Surf Operations				
19.	a. Currents/Tides	Skill			
20.	b. Containment / Control	Skill			
21.	c. Victim Management	Skill			
22.	d. Swimmer Adjuncts	Skill			
23.	Medical Considerations	Skill			
24.	Other:				
25.					
26.					
27.					
28.					
29.					

Ice Awareness (IA)

his classroom session is geared toward those who supervise emergency responders who respond to incidents on surface ice including frozen lakes, ponds, and rivers.

Participants will be introduced to the due diligence and risk management required for this high risk environment, and understand the various training levels for rescue personnel. The course identifies hazards associated with surface ice and introduces the techniques and equipment that can be used to reduce the risk.

This course does not certify participants for on-ice activities.

Contact Hours

4 hours

Prerequisites

None

Qualification valid for

3 years

Recertifies

- Ice Awareness (IA)

Recerted by

- Ice Awareness (IA)
- Ice Field Safety (IFS)
- Ice Rescue Technician (IRT)
- Ice Rescue Specialist (IRS)

Taught by

- Ice Rescue Technician Instructor (IRTI)
- Ice Rescue Advanced Instructor (IRAI)

3

IRA

Ice Awareness (IA)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		8. Personal protective equipment	
2. Training standards		9. Technical and team equipment	
3. Rescue 3 best practice guidelines		10. Management and pre-planning	
4. Risk management and rescuer safety		11. Incident size- up	
5. Ice properties, formations and types		12. ICS and site control	
6. Ice hazards		13. Communications	
7. Hydrology		14. Medical considerations	

Practical	Date	Practical	Date
15. Knots, bends and hitches			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result:　　　O　　Pass　　　　　O　　Fail

Ice Field Safety (IFS)

The Ice Field Safety (IFS) course is comprehensive training for those who work or travel on ice over lakes, ponds, and reservoirs, or rivers that are completely frozen over.

The curriculum includes the formation of ice and the factors that influence its decay, how to determine ice thickness, the identification of hazards, travelling on ice, self rescue and a range of options for the rescue of others – including single rescuer techniques for field personnel that work in pairs. The curriculum also includes the medical complications posed by cold water immersion and hypothermia, and the significant implications for rescue and transport.

Contact Hours

16 hours

Prerequisites

Minimum age: 18 years

Qualification valid for

3 years

Recertifies

- Ice Awareness (IA)
- Ice Field Safety (IFS)

Recerted by

- Ice Field Safety (IFS)

Taught by

- Ice Rescue Technician Instructor (IRTI)
- Ice Rescue Advanced Instructor (IRAI)

Ice Field Safety (IFS)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		8. Personal protective equipment	
2. Training standards		9. Technical and team equipment	
3. Rescue 3 best practice guidelines		10. Management and pre-planning	
4. Risk management and rescuer safety		11. Incident size-up	
5. Ice properties, formations and types		12. ICS and site control	
6. Ice hazards		13. Communications	
7. Basic swiftwater hydrology		14. Medical considerations	

Practical	Date	Practical	Date
15. Knots, bends and hitches		21. Conditional rescues	
16. Anchor systems		22. True rescues (contact rescues)	
17. Tensioning systems and mechanical advantage		23. Co-worker rescue (one person rescue techniques)	
18. Ice testing procedures		24. Rope assisted self-rescue/belay techniques	
19. Walking on ice		25. Scenarios	
20. Self-rescue techniques			

If used by agency	Date	If used by agency	Date
26. Rescue craft		27. Equipment recovery strategies	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Conditional Rescues			
Foundation ropework			
Ice testing procedures			
Walking on ice			

Result: O   Pass   O   Fail

Ice Rescue Technician (IRT)

The Ice Rescue Technician (IRT) course is valuable training for emergency responders who may have to venture onto surface ice to perform a rescue.

In a rescue situation, it is already clear that the ice is unsafe, and therefore this course does not spend a lot of time on ice formation and determining its strength. Rather, the emphasis is on self rescue and the full range of techniques and specialized equipment that can be used for rescuing others. The curriculum also includes the significant medical considerations for patient packaging and extrication posed by cold water immersion.

This course also includes an overview of skills and knowledge necessary for responding to incidents on surface ice over moving water, but for those who can expect a high frequency of call-outs on large volume rivers with open leads, you will need the Ice Rescue Technician Advanced (IRTA).

3

IRT

Contact Hours

16 hours

Prerequisites

Minimum age: 18 years

Qualification valid for

3 years

Recertifies

- Ice Awareness (IA)
- Ice Rescue Technician (IRT)

Recerted by

- Ice Rescue Technician (IRT)
- Ice Rescue Specialist (IRS)

Taught by

- Ice Rescue Technician Instructor (IRTI)
- Ice Rescue Advanced Instructor (IRAI)

Ice Rescue Technician (IRT)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Technical and team equipment	
2. Training standards		10. Management and pre-planning	
3. Rescue 3 best practice guidelines		11. Incident size-up	
4. Risk management and rescuer safety		12. ICS and site control	
5. Ice properties, formations and types		13. Communications	
6. Ice hazards		14. Medical considerations	
7. Hydrology		15. Animal rescue considerations	
8. Personal protective equipment			

Practical	Date	Practical	Date
16. Knots, bends and hitches		21. Self-rescue techniques	
17. Anchor systems		22. Conditional rescues	
18. Tensioning systems and mechanical advantage		23. True rescues (contact rescues)	
19. Ice testing procedures		24. Rescue craft	
20. Walking on ice		25. Scenarios	

If used by agency	Date	If used by agency	Date
26. Inflated fire hose		29. Rope assisted self-rescue/belay techniques	
27. Ladder rescue techniques		30. Equipment recovery strategies	
28. Co-worker rescue (one person rescue techniques)			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Knots and anchors			
Mechanical advantage			
Ice testing procedures			
Walking on ice			

Result: O   Pass   O   Fail

Ice Rescue Technician Advanced (IRTA)

For personnel who operate on frozen, large volume rivers with open leads.

The Ice Rescue Technician Advanced (IRTA) course covers all of the skills taught in Ice Rescue Technician (IRT), as well as addressing the substantially higher-risk environment encountered when working on large volume rivers with open leads.

Also covered are size up, risk analysis, and hazard mitigation, PPE considerations, self-rescue techniques, and throwbagging. Scenario-based training using both standard and improvised ice rescue equipment will be carried out.

This course can also be taught as a 1 day upgrade for students who have already completed the Ice Rescue Technician (IRT) course and hold an in-date Swiftwater and Flood Rescue Technician (SRT) qualificiation.

Contact Hours

- 24 hours
- Upgrade from IRT - 8 hours

Prerequisites

- Minimum age: 18
- Competent swimmer
- Swiftwater and Flood Rescue Technician (SRT)
- 1 day upgrade course only - Ice Rescue Technician (IRT)

Qualification valid for

3 years

Recertifies

- Ice Awareness (IA)
- Ice Rescue Technician (IRT)
- Ice Rescue Specialist (IRS)

Recerted by

- Ice Rescue Specialist (IRS)

Taught by

- Ice Rescue Advanced Instructor (IRAI)

Ice Rescue Technician Advanced (IRTA)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Technical and team equipment	
2. Training standards		10. Management and pre-planning	
3. Rescue 3 best practice guidelines		11. Incident size-up	
4. Risk management and rescuer safety		12. ICS and site control	
5. Ice properties, formations and types		13. Communications	
6. Ice hazards		14. Medical considerations	
7. Hydrology		15. Animal rescue considerations	
8. Personal protective equipment			

Practical	Date	Practical	Date
16. Knots, bends and hitches		25. Swimming techniques (swiftwater/ice river)	
17. Anchor systems		26. Mantle-based conditional rescues (swiftwater/ice river)	
18. Tensioning systems and mechanical advantage		27. Mantle-based true rescues (swiftwater/ice river)	
19. Ice testing procedures		28. Mantle-based craft rescues (swiftwater/ice river)	
20. Walking on ice		29. Off-mantle rescuer-based rescues (swiftwater/ice river)	
21. Self-rescue techniques		30. Off-mantle craft-based rescues (swiftwater/ice river)	
22. Conditional rescues		31. Downstream containment strategies	
23. True rescues (contact rescues)		32. Scenarios	
24. Rescue craft			

If used by agency	Date	If used by agency	Date
33. Inflated fire hose		36. Rope assisted self-rescue/belay techniques	
34. Ladder rescue techniques		37. Equipment recovery strategies	
35. Co-worker rescue (one person rescue techniques)			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Knots and anchors			
Mechanical advantage			
Ice testing procedures			
Walking on ice			

Result: O   Pass   O   Fail

Management of Water & Flood Incidents (MWFI)

This high level course is designed for management and command personnel from emergency response, municipalities, regional districts, and industry who are responsible for coordinating a response to major water rescue and flood incidents. The course provides the underlying knowledge and skills to successfully manage single or multi-agency operations within a jurisdiction's existing emergency response framework.

The curriculum is designed to bridge the gap between the emergency planning process and the actual on-scene response—a combination of operational skills and knowledge that most other training does not address. Participants will learn practical, operational skills that they will draw upon continually before, during and after major incidents.

This course also includes an on-river session to teach the practical, self-rescue skills required in a moving water environment. This ensures that managers and commanders have the ability to operate in the "warm-zone" (on shore) in a safe, effective and efficient manner while they are on-scene.

Contact Hours

24 hours if the candidates already hold a current Rescue 3 Swiftwater and Flood First Responder (SFR) or above - course will not include in-water elements.

30 hours if the candidates also require Swiftwater and Flood First Responder (SFR) or above, including in-water elements.

Prerequisites
- Minimum age: 18

Qualification valid for

3 years

Recerted by
- Management of Water and Flood Incidents (MWFI)

Taught by
- Management of Water and Flood Incidents Instructor (MWFII)

Management of Water and Flood Incidents (MWFI)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		8. Incident size-up	
2. Training standards		9. Incident management and site control	
3. Hydrology and water hazards		10. Medical and decontamination considerations	
4. Floodwater dynamics and hazards		11. Considerations for night/poor visibility operations	
5. Flood theory		12. Management of river and flood searches	
6. Personal equipment		13. Communications	
7. Technical and team equipment			

Practical	Date	Practical	Date
14. Swiftwater swimming techniques		23. Pre-planning for water incidents	
15. Strainer swim		24. Welfare considerations	
16. Conditional rescues – talk, reach, throw		25. Management of powered boat operations	
17. Shallow water techniques		26. Weather and flood warning information	
18. Casualty management		27. Local emergency flood plans	
19. People and equipment entrapments		28. Multi-agency command and control considerations	
20. Guidance and best practice documents		29. Team typing and deployment of national assets	
21. Management of rescues from vehicles in water		30. Flood management exercise	
22. Weir risk assessment			

If used by agency	Date	If used by agency	Date
31. Inflated fire hose			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

3

MWFI

Managing Search Operations (MSO)

This course is aimed at search and rescue instructors and managers who either require a greater understanding of the searching process, or who will be involved with managing searches in water or during flooding incidents. It is pitched at operational and tactical levels, with a balance of theory work in the classroom and practical sessions outside.

Contact hours

18 hours

Prerequisites

- Minimum age: 18
- One of the following certifications:
  - Swiftwater and Flood First Responder (SFR)
  - Management of Water and Flood Incidents (MWFI)

Qualification valid for

3 years

Recerted by

- Managing Search Operations (MSO)
- Searching Rivers and Floods (SRF)

Taught by

- Searching River and Floods Instructor (SFRI)

Managing Search Operations (MSO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		10. Primary search phase	
2. Training standards		11. Search team briefing and debriefing	
3. Personal equipment		12. Formal search phase	
4. Pre-planning		13. Consensus POA	
5. Considerations for night/poor visibility operations		14. Coverage and POD	
6. Search operation communications		15. Search effort documentation	
7. Lost person behaviour		16. Considerations for searching water	
8. Mapping		17. Urban flooding considerations	
9. Command structure			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O Pass O Fail

3

MSO

Personal Watercraft Surf Rescue Technician (PWC)

The Personal Watercraft Surf Rescue Technician (PWC) course is designed to be taught in a three-day format, where water rescue has already been taught. Primary emphasis is placed on rescuer safety and survival. Topics will include ocean, inlet, lake and moving water dynamics; near shore hazards and problems; transport, set up, launch and retrieval procedures for PWC; construction, maintenance and repair of PWC and rescue techniques and operations for which the PWC is used in a variety of environmental conditions.

The course teaches the basic skills for both operator and rescue crewman. It will enable the students to identify clearly there own limitations as well as those of the equipment, so that they will be able to utilize craft more safely and effectively.

Contact hours

18 hours

Prerequisites

- Minimum age: 18.
- Swiftwater and Flood Rescue Technician (SRT) or Whitewater Rescue Technician Professional (WRTP)

Qualification valid for

3 years

Recertifies

- Personal Watercraft Surf Rescue Technician (PWC)

Recerted by

- Personal Watercraft Surf Rescue Technician (PWC)

Taught by

- Personal Watercraft Rescue Instructor (PWCI)

Personal Watercraft Surf Rescue Technician (PWC)

SKILL/KNOWLEDGE	Peer Reinforcement	Instructor Initials	Skills Demo
Lecture Knowledge			
Static Water Operations			
Basic Riding Techniques			
Paddle boat operations			
Two Person Techniques			
Rescue Litter/Sled Operations (1 & 2 Person)			
Surf PWC Handling			
Surf 3 person with Litter/Rescue Sled			
Rescue Operations – Team			

Recreational Rappel Operator (RECRO)

The four day course is based on international best practice, including the New Zealand Mountain Safety Council's abseil instruction resources and covers how to lead group rappeling (abseiling) activities in a recreational context. It includes knots, environmental care, rope physics, technical equipment, anchoring, rappeling, contingency/releasable anchor systems, belaying, coaching new rappellers, emergency drills, ascending, risk management and site management.

This course is aimed at recreational users only and not suitable for public safety or industrial rope access. For those who already hold Technical Rope Rescue Technician Level (TRRTL), Rope Rescue Operator (RRO), or above, we offer a two day upgrade course. Students may have the opportunity to go on and complete certification as a Recreational Rappel Instructor (RECROI) with Rescue 3 International.

Contact hours

32 hours

Prerequisites

- Minimum age: 18.
- Must be comfortable working at heights and have previous rappeling (abseiling) experience

Qualification valid for

3 years

Recertifies

- Recreational Rappel Operator (RECRO)

Recerted by

- Recreational Rappel Operator (RECRO)

Taught by

- Recreational Rappel Instructor (RECROI)
- Rope Rescue Operator Instructor (RROI)
- Rope Rescue Technician Instructor (RRTI)
- Rope Rescue Specialist Instructor (RRSI)

Recreational Rappel Operator (RECRO)

Theory	Date	Theory	Date
1. Overview of Rescue 3 International		4. Rope physics (vector/angle forces, fall factors)	
2. Environmental care (abseil care code)		5. Technical equipment knowledge, maintenance and care	
3. Rope disciplines: technical rescue, recreational, industrial		6. Local adventure/recreational safety regulations	

Practical	Date	Practical	Date
7. Knots, hitches, Prusik, bends, coiling, uncoiling		22. Emergency drill: unresponsive client (hauling client to top)	
8. Dry run rappelling with clients – figure 8 descender		23. Risk management systems and safety checks	
9. Anchoring (load-sharing) systems		24. Periodic abrasion checks and rope adjustments	
10. Anchoring (self-equalising systems)		25. Belay device: Petzl Grigri, Italian hitch (delete as required)	
11. Harness type, selection and fitting		26. Belay – self-belay	
12. Rigging edgelines and personal safety		27. Belay – ground belay	
13. Rigging recreational rappel system, including contingency anchor		28. Ascending - mechanical	
14. Rappel stance and descent including stop and locking off		29. Ascending – Prusiks	
15. Rappel on surface wall under control		30. Gear, rope and instructor logs	
16. Independent belay operation for recreational rappelling		31. Rappel in free-fall (non-walled descent)	
17. Independent rigging including attachment to client		32. Rappel in free-fall inverted	
18. Supporting anxious clients including edge transition		33. Rappel – using descenders (specify)	
19. Emergency drill: inverted client		34. Rappel self-rescue (foot wrap and Prusik methods)	
20. Emergency drill: jammed descender (client)		35. Site management	
21. Emergency drill: unresponsive client (lowering client to bottom)			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.
Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

Rescue Boat Operator (RBO)

The Rescue Boat Operator course is suitable for people with little or no powerboat experience who wish to attain an inland boat handling and rescue boat capability on flat or slow moving water.

Contact Hours

12 hours

3

RBO

Prerequisites

- Minimum age: 18
- Must be a confident swimmer

Qualification valid for

3 years

Recertifies

- Rescue Boat Operator (RBO)
- Flood Rescue Boat Operator (FRBO)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)

Recerted by

- Flood Rescue Boat Operator (FRBO)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)

Taught by

- Rescue Boat Operator Instructor (RBOI)
- Flood Rescue Boat Operator Instructor (FRBOI)
- Swiftwater & Flood Rescue Boat Operator Instructor (SFRBOI)

Rescue Boat Operator (RBO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Navigation and route planning	
2. Water rescue training standards		8. Communications	
3. Personal equipment		9. Crew operational roles	
4. Dynamic risk assessment and incident size-up		10. Boat, hull and drive types	
5. Pre-planning		11. Rescue boat equipment	
6. Medical and decontamination considerations		12. Pre- and post-trip checks	

Practical	Date	Practical	Date
13. Launching and recovery		19. Search considerations	
14. Boat handling under power		20. Team/personal recovery	
15. Boat handling with paddles		21. Casualty pick-up and recovery	
16. Towing		22. Casualty management	
17. Anchoring/securing		23. Boat-based conditional rescues	
18. Considerations for night/poor visibility operations			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Boat handling under power			
Boat handling with paddles			
Team/personal recovery			
Casualty pick-up and recovery			

Result: O Pass O Fail

3

RBO

Rescues from Vehicles in Water (RVW)

The Rescue from Vehicles in Water workshop is a specialist course for Swiftwater and Flood Rescue Technicians that explores the skills required to deal with car related rescues in Swiftwater and Floods. The course looks at vehicle behavior and stabilization in water, as well as access techniques and victim extrication. Vehicle hydrology, glass management, anchors, and weight transfer are all addressed in this two-day, hands-on clinic.

Contact Hours

12 hours

Prerequisites

- Minimum age: 18
- Swiftwater and Flood Rescue Technician (SRT)

Qualification valid for

3 years

Recertifies

- Swiftwater and Flood Rescue Technician (SRT)

Recerted by

- Rescue from Vehicles in Water (RVW)

Taught by

- Swiftwater and Flood Rescue Technician Instructor (SRTI)*
- Swiftwater and Flood Rescue Technician Advanced Instructor (SRTAI)*
  Must have completed a Rescue from Vehicles in Water Course

Rescues from Vehicles in Water (RVW)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Glass management	
2. Training standards		8. Personal equipment	
3. Vehicle behaviour in water		9. Medical and decontamination considerations	
4. Pre-planning		10. Considerations for night/poor visibility operations	
5. Incident size-up		11. Communications	
6. Incident management			

Practical	Date	Practical	Date
12. Anchors – vehicle and bank		17. Pendulum extrication	
13. Vehicle stabilisation		18. Tensioned diagonal	
14. Casualty extrication		19. Tethered boat techniques	
15. Shallow water techniques		20. Single bank extended platform	
16. True rescues - tethered			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Throwbags			
Knots and anchor systems			
Tensioning systems and mechanical advantage			
Vehicle anchors/stabilisation			

Result: O   Pass   O   Fail

3

RVW

Rope Rescue Operator (RRO)

The course introduces the rope knowledge and skills required by personnel to operate safely and effectively as a member of a Rope Rescue Operator team, undertaking rescues using the skills covered in the course. The techniques, equipment, and straightforward venues with limited environmental complexity, should be gold standard examples, providing a clear mental model of the best practice for operating as a rope rescue team. More advanced rescues, complexities and variations, are covered on the Rope Rescue Technician (RRT) and Rope Rescue Specialist (RRS) courses.

3

RRO

Contact hours

30 hours

Prerequisites

- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)
- Rope Rescue Operator (RRO)

Recertified By

- Rope Rescue Operator (RRO)
- Rope Rescue Technician (RRT)
- Rope Rescue Specialist (RRS)

Taught by

- Rope Rescue Operator Instructor (RROI)
- Rope Rescue Technician Instructor (RRTI)
- Rope Rescue Specialist Instructor (RRSI)

Rope Rescue Operator (RRO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Risk assessments	
2. Training standards and legislation		8. Incident size-up	
3. Medical considerations		9. Incident management and site control	
4. Personal equipment		10. Loads and forces	
5. Technical and team equipment		11. System safety checks	
6. Pre-planning		12. Communications	

Practical	Date	Practical	Date
13. Knots		22. Individual pickoffs	
14. Anchor systems		23. Team-based pickoffs	
15. Rope protection		24. Litter attending – low angle	
16. Work restraint		25. Team-based raising and lowering systems	
17. Fall arrest		26. Litter attending – high angle	
18. Mechanical advantage		27. Fixed high directionals	
19. Casualty care and packaging		28. Tagline offsets	
20. Personal ascending and descending		29. Scenarios	
21. Climbing over a 90 degree edge in ascent and descent			

If used by agency	Date	If used by agency	Date
30. Climbing with lanyards		33. Lifting and lowering a casualty using a pre-installed device	
31. Temporary artificial anchor points		34. Artificial high directionals – tripods, quadpods	
32. Connecting a casualty on a line using a telescopic pole			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Personal ascending and descending			
Anchors and mechanical advantage			
Knots			
Use of rope control devices to lower, belay and capture progress			

Result: O   Pass   O   Fail

Rope Rescue Technician (RRT)

The Rope Rescue Technician (RRT) course covers concepts and techniques to enable small teams to undertake technical rope rescues. A building block approach is used throughout the course so that candidates can progress from key concepts through to the rigging and operation of full systems for raising, lowering and highline rescues.

Contact hours

30 hours

Prerequisites

- Rope Rescue Operator (RRO)
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Rope Rescue Operator (RRO)
- Rope Rescue Technician (RRT)

Recertified By

- Rope Rescue Technician (RRT)
- Rope Rescue Specialist (RRS)

Taught by

- Rope Rescue Technician Instructor (RRTI)
- Rope Rescue Specialist Instructor (RRSI)

Rope Rescue Technician (RRT)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Risk assessments	
2. Training standards		8. Incident size-up	
3. Medical considerations		9. Incident management and site control	
4. Personal equipment		10. Loads and forces	
5. Technical and team equipment		11. System safety checks	
6. Pre-planning		12. Communications	

Practical	Date	Practical	Date
13. Knots		22. Team-based pick-offs – variations	
14. Anchor systems		23. Litter management – high angle	
15. Rope protection		24. Horizontal litter edge transition without attendant	
16. Work restraint		25. Vertical litter edge transition without attendant	
17. Fall arrest		26. Mirrored team rope-based raising and lowering systems	
18. Mechanical advantage		27. Artificial high directional – tripods	
19. Casualty care and packaging		28. Offsets – track/guideline, skateblock, deflection	
20. Passing obstructions whilst ascending/descending		29. Passing knots through a system	
21. Rope transfers/changeovers		30. Introduction to highline systems	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Edge transition with litter attendant			
Mechanical advantage			
Calculate static system safety factor			
Deflected offset			

Result: O   Pass   O   Fail

Rope Rescue Specialist (RRS)

The Rope Rescue Specialist (RRS) course is for rope rescue team members who already have completed a comprehensive basic training and want to continue to specialise. This training continues where the RRT course finishes. The RRS course examines advanced technical solutions. It elaborates on the use of multi-pods, monopod and A-frames, various configurations of steep, diagonal and horizontal spans, the use of multiple track lines in highline operations, industrial lead climbing, loads and forces, incident management and scenario training. This training is consistent with NFPA 1670 and 1006 standards for technician level.

Contact hours

30 hours

Prerequisites

- Rope Rescue Technician (RRT)
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Rope Rescue Technician (RRT)
- Rope Rescue Specialist (RRS)

Recertified By

- Rope Rescue Specialist (RRS)

Taught by

- Rope Rescue Specialist Instructor (RRSI)

Rope Rescue Specialist (RRS)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		3. Complex rescue scenarios	
2. Force calculations, advanced systems analysis		4. Incident management and site control	

Practical	Date	Practical	Date
5. Advanced knots and anchor point variations		18. Highline rope system – Norwegian reeve	
6. Releasable jigger anchors		19. Multiple track lines in a highline system	
7. Lead climbing with a shepherd's hook		20. Night scenarios	
8. Lead climbing with self-placed intermediate anchors		21. Rope rescue special problems	
9. Aid climbing		22. Job risk analysis	
10. Installing artificial anchors		23. Developing standard operational procedures	
11. First-person-up systems		24. Developing and pre-planning rescue plans	
12. Litter scoop pick-off		25. Size-up and hazard analysis of an incident	
13. Vertical litter edge transitions with attendant		26. Team briefing using a briefing model	
14. Advanced artificial high directionals (monopods, bipods)		27. Supervising and guiding an operational team	
15. Two rope offsets		28. Communicating with other emergency services	
16. Highline rope system – Kootenay highline		29. Perform a debriefing with a team	
17. Highline rope system – English reeve		30. Use of incident report forms	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Incident size-up and team briefing			
English reeve			
Calculate static system safety factor			
Two-rope offset			

Result: O Pass   O Fail

Safe Work at Heights (SWAH)

The Safe Working at Height (SWAH) course provides insight into the dangers that workers face when working at height and the current legislation in this area. Often, workers are faced with working at height during their jobs. Employment regulations clearly state that this must be done safely.

During this course, students will learn how to properly use a variety of fall arrest resources, such as harnesses, lines, lanyards and industrial fall arresters. The course covers, in detail, how these resources should be used in lifts, ladder trucks, and with a roof set, as used by fire services.

Contact hours

6 hours

Prerequisites

Minimum age: 18

Qualification valid for

3 years

Recertifies

- Safe Work at Heights (SWAH)

Recerted by

- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)
- Rope Rescue Operator (RRO)

Taught by

- Safe Work at Heights Instructor (SWAHI)
- Co-Worker Rescue at Heights Instructor (CWRHI)
- Rope Rescue Operator Instructor (RROI)
- Rope Rescue Technician Instructor (RRTI)
- Rope Rescue Specialist Instructor (RRSI)

Safe Work at Heights (SWAH)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		6. Risk assessments	
2. Training standards and legislation		7. Site control	
3. Medical considerations		8. Loads and forces	
4. Personal equipment		9. Safety checks	
5. Safe systems of work		10. Communications	

Practical	Date	Practical	Date
11. Knots		14. Work restraint	
12. Anchor systems		15. Fall arrest	
13. Rope protection			

If used by agency	Date	If used by agency	Date
16. Work positioning		19. Ladders	
17. Emergency descending		20. Improvised roof safety systems	
18. Climbing with lanyards			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Use of work restraint			
Anchors			

Result: O   Pass   O   Fail

Safe Work in Confined Spaces 1 (SWCS1)

The Safe Working In Confined Space 1 (SWCS1) course provides insight into the potential hazards and risks of entering confined spaces, and the applicable legislation in this area. The course covers safe systems of work for horizontal entry into low and medium risk confined spaces, and core skills such as air monitoring.

3

SWCS1

Contact hours

6 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Safe Work in Confined Spaces 1 (SWCS1)

Recertified By

- Safe Work in Confined Spaces 1(SWCS1)
- Safe Work in Confined Spaces 2(SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Confined Space Rescue Specialist (CSRS)

Taught by

- Safe Work in Confined Space Instructor (SWCSI)
- Confined Space Entry and Rescue Instructor (CSERI)
- Confined Space Rescue Operator Instructor (CSROI)
- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Safe Work in Confined Spaces 1 (SWCS1)

Theory	Date	Theory	Date
1. Rescue 3 introduction		6. Isolation – lock-out, tag-out, try-out	
2. Confined space definitions, hazards and categories		7. Introduction to air monitoring	
3. Legislation and standards		8. Personal and team equipment	
4. Personal safety		9. Entry procedures	
5. Safe systems of work for confined space entry		10. Communications and verbal commands	

Practical	Date	Practical	Date
11. Respiratory protective equipment (RPE) – escape sets		15. Dynamic risk assessment	
12. Use of a 4-gas diffuse meter		16. On-scene safety briefing and site control	
13. Introduction to confined space ventilation		17. Horizontal confined space entry and exit	
14. Connecting to a rope		18. Emergency procedures	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Use of a 4-gas diffuse meter			

Result: O   Pass   O   Fail

Safe Work in Confined Spaces 2 (SWCS2)

The Safe Working in Confined Space 2 (SWCS2) course provides insight into the dangers that workers face when working in confined spaces and the applicable legislation in this area. The course covers safe systems of work for entry into low and medium risk confined spaces, and core skills such as air monitoring, ventilation and horizontal and vertical access/egress into confined spaces.

Contact hours

8 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Safe Work in Confined Spaces 2 (SWCS2)

Recertified By

- Safe Work in Confined Spaces 2(SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Confined Space Rescue Specialist (CSRS)

Taught by

- Safe Work in Confined Space Instructor (SWCSI)
- Confined Space Entry and Rescue Instructor (CSERI)
- Confined Space Rescue Operator Instructor (CSROI)
- Confined Space Rescue Technician Instructor (CSRTI)
- Confined Space Rescue Specialist Instructor (CSRSI)

Safe Work in Confined Spaces 2 (SWCS2)

Theory	Date	Theory	Date
1. Rescue 3 introduction		7. Introduction to air monitoring	
2. Confined space definitions, hazards and categories		8. Personal and team equipment	
3. Legislation and standards		9. Entry procedures	
4. Personal safety		10. Communications and verbal commands	
5. Safe systems of work for confined space entry		11. Introduction to loads and forces	
6. Isolation – lock-out, tag-out, try-out			

Practical	Date	Practical	Date
12. Respiratory protective equipment (RPE) – escape sets		18. On-scene safety briefing and site control	
13. Use of a 4-gas diffuse meter		19. Standard tripod configurations and mechanical hoisting	
14. Introduction to confined space ventilation		20. Work restraint	
15. Knots and terminations		21. Vertical confined space entry and exit	
16. Anchor systems		22. Emergency procedures	
17. Dynamic risk assessment and safety checks			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Use of a 4-gas diffuse meter			
Tripod and retrievable fall arrest block setup and operation			

Result: O   Pass   O   Fail

Safe Work In Water (SWIW)

The Safe Working In Water (SWIW) course is designed for people tasked with working in water who will need a self- and co-worker rescue capability using conditional rescue techniques, eg throwbags, wading techniques and reach poles. The target audience is power company workers, construction industry workers, road and bridge maintenance workers.

This course offers a higher level rescue capability than the Safe Working Near Water (SWNW) course.

Contact hours

12 hours

Prerequisites

- Minimum age: 18
- Able to swim

Qualification valid for

3 years

Recertifies

- Safe Work Near Water (SWNW)

Recerted by

- Safe Work In Water (SWIW)

Taught by

- Swiftwater and Flood First Responder Instructor (SFRI)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

Safe Work In Water (SWIW)

Theory	Date	Theory	Date
1. About Rescue 3		10. Medical and decontamination considerations	
2. Workplace legislation		11. Lifejackets vs. buoyancy aids	
3. Safe systems of work		12. Buoyancy aid and lifejacket maintenance, periodic inspection and transportation	
4. Risk assessments		13. Lifejacket firing mechanisms	
5. Pre-planning for emergencies and rescue		14. Lifejacket accidental inflation risks	
6. Hydrology and water hazards		15. Personal and team equipment	
7. Cold water considerations		16. Considerations for night/poor visibility working	
8. Mud, ice and coastal considerations		17. Communications	
9. Biosecurity and environmental considerations			

Practical	Date	Practical	Date
18. Pre- and post-use lifejacket checks		23. Shallow water techniques	
19. Lifejacket inflation and deflation – auto/manual		24. Tethered shallow water techniques	
20. Swimming and self-rescue in lifejackets		25. Strainers	
21. Swimming and self-rescue in buoyancy aids		26. People and equipment entrapments	
22. Throwbags and other conditional rescues			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Shallow water techniques			
Swimming and self-rescue in buoyancy aids and lifejackets			
Throwbags and other conditional rescues			

Result: O Pass   O Fail

3

SWIW

Safe Work Near Water (SWNW)

The Safe Working Near Water course is designed for people tasked with working near water and who will be issued a lifejacket but will not be expected to intentionally enter the water, eg construction industry workers, road and bridge maintenance workers.

Contact hours

6 hours

Prerequisites

- Minimum age: 18

Qualification valid for

3 years

Recertifies

- Safe Work Near Water (SWNW)

Recerted by

- Safe Work Near Water (SWNW)
- Safe Work In Water (SWIW)

Taught by

- Swiftwater and Flood First Responder Instructor (SFRI)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

Safe Work Near Water (SWNW)

Theory	Date	Theory	Date
1. About Rescue 3		8. Mud, ice and coastal considerations	
2. Workplace legislation		9. Biosecurity and environmental considerations	
3. Safe systems of work		10. Medical and decontamination considerations	
4. Risk assessments		11. Lifejackets and PPE selection	
5. Pre-planning for emergencies		12. Lifejacket maintenance, periodic inspection and transportation	
6. Water hazards		13. Lifejacket firing mechanisms	
7. Cold water considerations		14. Lifejacket accidental inflation risks	

Practical	Date	Practical	Date
15. Pre- and post-use lifejacket checks		18. Throwbags and other conditional rescues	
16. Lifejacket inflation and deflation – auto/manual		19. Exiting the water	
17. Swimming and self-rescue in lifejackets			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Pre- and post-use lifejacket checks			
Conditional rescue of swimmer in lifejacket			

Result: O   Pass   O   Fail

3

SWNW

Searching Rivers and Floods (SRF)

This course examines the initial first response actions to be undertaken, progressing through to extended searching activities, and concludes with search suspension considerations.

It is specifically designed for agencies responding to water based searches but will also give the student a wider insight into the overall search management process. There is an emphasis on the development of in-water techniques appropriate to the flooded urban environment and river corridor searches. Particular emphasis is placed upon the use of mapping and GPS technology to interpret and manage the search area so that resources can be deployed appropriately. Safety considerations and dynamic risk assessment are emphasized throughout the class.

Contact Hours

24 hours

Prerequisites

- Minimum age: 18
- Swiftwater and Flood Rescue Technician (SRT) or Management of Water and Flood Incidents (MWFI) certification

Qualification valid for

3 years

Recertifies

- Swiftwater and Flood Rescue Technician (SRT)
- Searching Rivers and Floods (SRF)

Recerted by

- Searching Rivers and Floods (SRF)

Taught by

- Searching Rivers and Floods Instructor (SRFI)

Searching Rivers and Floods (SRF)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		14. Resource allocation	
2. Water rescue training standards		15. Search effort documentation	
3. Search team safety		16. Navigation	
4. General hazards		17. Orientation with conventional maps	
5. Lost person behaviour		18. Electronic mapping	
6. Incident management and command structure		19. GPS tracking	
7. Search asset capabilities		20. Average mean detection range (AMDR) determination	
8. Suspending the search		21. Clue awareness	
9. Reflex tasking		22. Primary searching	
10. Informant interviewing		23. Searching in water	
11. Search team briefing		24. Searching water margins	
12. POA proportional consensus allocation		25. Flooded urban searching considerations	
13. Coverage and POD determination		26. Scenarios	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

Swiftwater and Flood Rescue Boat Operator (SFRBO)

The Swiftwater and Flood Rescue Boat Operator training course is intended for emergency services or rescue teams who will be required to carry out rescues in a swiftwater and flood environment. This course incorporates all elements from the FRBO course and adds a swiftwater capability suitable for fast moving rivers and flash flood conditions. It is based on the philosophy of self-protection and application of low to high risk solutions.

Contact hours

30 hours

Prerequisites

- Must be a confident swimmer
- Minimum age: 18.
- Swiftwater and Flood Rescue Technician (SRT)

Qualification valid for

3 years

Recertifies

- Flood Rescue Boat Operator (FRBO)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)

Recerted by

- Swiftwater and Flood Rescue Boat Operator (SFRBO)

Taught by

- Swiftwater & Flood Rescue Boat Operator Instructor (SFRBOI)

Swiftwater and Flood Rescue Boat Operator (SFRBO)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Crew operational roles	
2. Water rescue training standards		10. Multiple boat operations	
3. Personal equipment		11. Floodwater dynamics and hazards	
4. Dynamic risk assessment and incident size-up		12. Boat, hull and drive types	
5. Pre-planning		13. Rescue boat equipment	
6. Medical and decontamination considerations		14. Pre- and post-trip checks	
7. Navigation and route planning		15. Vehicles in water	
8. Communications		16. Working with helicopters	

Practical	Date	Practical	Date
17. Launching and recovery		27. Team/personal recovery	
18. Boat handling under power		28. Casualty pick-up and recovery	
19. Boat handling with paddles		29. Casualty management	
20. Towing		30. Boat-based conditional rescues	
21. Anchoring/securing		31. Transporting loads	
22. Wading with boats		32. Boat-based stretcher management	
23. Tethered boats		33. Rescues from elevated positions	
24. Night/poor visibility operations		34. Boat-based tethered rescues	
25. Search operations		35. Boat wraps	
26. Flips and rights		36. Hydraulic and weir considerations	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Boat handling under power			
Boat handling with paddles			
Team/personal recovery			
Casualty pick-up and recovery			
Flips and rights			

Result: O Pass O Fail

Swiftwater and Flood Rescue Technician (SRT)

The SRT course provides rescuers with the fundamentals of survival in moving water and is recommended for anyone who may be called upon to effect in-water rescues. Students gain knowledge in hydrology and river classifications, size-up, site control and scene management. Practical skills include self-rescue, swiftwater swimming and the fundamentals of shore, boat and in-water rescues. Additionally students are introduced to the basics of boat handling and the fundamentals of rope rescue including mechanical advantage and anchor systems.

3

SRT

Contact hours

24 hours

Prerequisites

- Minimum age: 18
- Confident Swimmer

Qualification valid for

3 years

Recertifies

- Water and Flood Awareness (AWR)
- Basic Water Rescuer (BWR)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater & Flood Rescue Technician (SRT)

Recerted by

- Swiftwater & Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Technician Advanced (SRTA)

Taught by

- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

Swiftwater & Flood Rescue Technician (SRT)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		12. Incident management and site control	
2. Training standards		13. Medical and decontamination considerations	
3. Best practice guidelines for water rescue		14. Considerations for night/poor visibility operations	
4. Hydrology and water hazards		15. Mud, ice and unstable surface considerations	
5. Floodwater dynamics and hazards		16. Introduction to searching rivers and floods	
6. Flood theory		17. Helicopter familiarisation	
7. Personal equipment		18. Communications	
8. Technical and team equipment		19. Weir (low head dam) rescue considerations	
9. Pre-planning		20. Introduction to rescues from vehicles in water	
10. Risk assessments		21. Animal rescue considerations	
11. Incident size-up			

Practical	Date	Practical	Date
22. Swiftwater swimming techniques		29. Belay systems	
23. Strainer swim		30. True rescues - tethered	
24. Conditional rescues - talk, reach, throw		31. People and equipment entrapments	
25. Shallow water techniques		32. Casualty management	
26. Tethered boat techniques		33. Knots and anchor systems	
27. Tensioned diagonals		34. Tensioning systems and mechanical advantages	
28. Line crossing methods			

If used by agency	Date	If used by agency	Date
35. Inflated fire hose		37. Boat unwrapping	
36. Introduction to paddle boat handling		38. Flips and rights	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Throwbags			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O   Pass   O   Fail

Swiftwater and Flood Rescue Technician Advanced - Water & Rope (SRTA-WR)

The Swiftwater and Flood Rescue Technician Advanced – Water and Rope course is for people who hold both the Rescue 3 Swiftwater and Flood Rescue Technician (SRT) and Rope Rescue Operator (RRO) and looking at advanced rescue situations both in and over water including search management in a swiftwater and flood environment.

Current Rescue 3 Technicians wanting an advanced rescue capability in water can do the Swiftwater and Flood Rescue Technician – Advanced – Water (SRTA W). Those wanting to add rope rescue including steep and vertical banks and over water technical rescue capability can do the SRTA-W&R.

Technicians who are working towards their SRT instructor qualification will need to do either SRTA-W or SRTA-W&R as a prerequisite to their Instructor Training course.

Contact hours

24 hours

Prerequisites

- Swiftwater and Flood Rescue Technician (SRT)
- Rope Rescue Operator (RRO)
- Minimum age: 18

Qualification valid for

3 years

Recertifies

- Swiftwater and Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Technician Advanced - Water (SRTAW)

Recerted by

- Swiftwater & Flood Rescue Technician Advanced - Water & Rope (SRTAWR)

Taught by

- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

Swiftwater and Flood Rescue Technician Advanced - Water & Rope (SRTA-WR)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		5. Incident management and site control	
2. Training standards		6. Weir risk assessment	
3. Risk assessments		7. Loads and forces	
4. Incident size-up		8. System safety checks	

Practical	Date	Practical	Date
9. Swiftwater swimming techniques		20. High angle stretcher attending	
10. Conditional rescues – talk, reach, throw		21. Boat-based stretcher management	
11. True rescues – tethered		22. In-water stretcher management	
12. Hydraulic/weir rescues		23. Introduction to search management	
13. Tethered boats in high energy water		24. Search exercises	
14. Night/poor visibility operations		25. Personal ascending and descending	
15. Knots and anchor systems		26. Mirrored team-based raising and lowering systems	
16. Belay systems		27. Passing knots through a system	
17. Tensioning systems and mechanical advantage		28. Highline rope systems	
18. Casualty care and packaging		29. PPE considerations for combined water and rope operations	
19. Low angle stretcher attending		30. Rope to water transitions	

If used by agency	Date	If used by agency	Date
31. Introduction to paddle boat handling on moving water		33. Flips and rights	
32. Boat unwrapping		34. Team/personal recovery into boat	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Throwbags			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O Pass O Fail

Swiftwater and Flood Rescue Technician Advanced - Water (SRTA-W)

The Swiftwater and Flood Rescue Technician Advanced – Water course is for existing Rescue 3 Swiftwater and Flood Rescue Technicians looking at advanced rescue situations both in and over water including search management in a swiftwater and flood environment. Current Rescue 3 Technicians wanting an advanced rescue capability in water can do the SRTA-W. Those wanting to add rope rescue including steep and vertical banks and over water technical rescue capability can do the SRTA-W&R.

Technicians who are working towards their Swiftwater and Flood Rescue Technician Instructor (SRTI) qualification will need to do the SRTA-Water as a prerequisite to their Instructor Training course.

Contact hours

24 hours

Prerequisites

- Swiftwater and Flood Rescue Technician (SRT)
- Minimum age: 18

Qualification valid for

3 years

Recertifies

- Swiftwater and Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Technician Advanced - Water (SRTAW)

Recerted by

- Swiftwater and Flood Rescue Technician Advanced - Water (SRTAW)
- Swiftwater & Flood Rescue Technician Advanced - Water & Rope (SRTAWR)

Taught by

- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

Swiftwater and Flood Rescue Technician Advanced - Water (SRTA-W)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		4. Incident size-up	
2. Training standards		5. Incident management and site control	
3. Risk assessments		6. Weir risk assessment	

Practical	Date	Practical	Date
7. Swiftwater swimming techniques		15. Tensioning systems and mechanical advantage	
8. Conditional rescues - talk, reach, throw		16. Casualty care and packaging	
9. True rescues – tethered		17. Low angle stretcher attending	
10. Hydraulic/weir rescues		18. Boat-based stretcher management	
11. Tethered boats in high energy water		19. In-water stretcher management	
12. Night/poor visibility operations		20. Introduction to search management	
13. Knots and anchor systems		21. Search exercises	
14. Belay systems			

If used by agency	Date	If used by agency	Date
22. Introduction to paddle boat handling in moving water		24. Flips and rights	
23. Boat unwrapping		25. Team/personal recovery into boat	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Throwbags			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O   Pass   O   Fail

Swiftwater and Flood First Responder (SFR)

This course was formerly titled Operations: Swiftwater First Responder

As well as being prepared to work around the water and undertake bank based and shallow water wading rescues, one of the main roles of a First Responder is to support the teams of Swiftwater Rescue Technicians at an incident. To enable this, a responder will have the ability to self rescue, skills in shallow water working, basic boat handling and basic rope work.

A First Responder will be expected to help and support in technical rescue, but will not be expected to perform them. This may include providing downstream safety cover or assistance with casualty handling. Flooding operations may include evacuation of people from properties using shallow water working skills. At a scene of major flooding the Technicians may be in short supply and utilized for technical rescues. Therefore it is First Responders who will be used to undertake the majority of evacuations and safety provision.

Contact hours

16 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Water and Flood Awareness (AWR)
- Basic Water Rescuer (BWR)
- Swiftwater and Flood First Responder (SFR)

Recerted by

- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Technician Advanced (SRTA)

Taught by

- Swiftwater and Flood First Responder Instructor (SFRI)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

3

SFR

Swiftwater and Flood First Responder (SFR)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		10. Risk assessments	
2. Training standards		11. Incident size-up	
3. Best practice guidelines for water rescue		12. Incident management and site control	
4. Hydrology and water hazards		13. Medical and decontamination considerations	
5. Floodwater dynamics and hazards		14. Considerations for night/poor visibility operations	
6. Flood theory		15. Mud, ice and unstable surface considerations	
7. Personal equipment		16. Introduction to searching rivers and floods	
8. Technical and team equipment		17. Communications	
9. Pre-planning			

Practical	Date	Practical	Date
18. Swiftwater swimming techniques		21. Shallow water techniques	
19. Strainer swim		22. Casualty management	
20. Conditional rescues - talk, reach, throw		23. People and equipment entrapments	

If used by agency	Date	If used by agency	Date
24. Tethered boat options		26. Flat-water sled paddling	
25. Inflated fire hose			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Shallow water techniques			
Throwbags			

Result:　　　O　　Pass　　　　　　　O　　Fail

Swiftwater Paddle Boat Handling (SPBH)

The Swiftwater Paddle Boat Handling (SPBH) course is designed for Rescue 3 Swiftwater Rescue Technicians (SRTs), who wish to improve and expand on their paddle boat handling ability. It follows on from the basic boat handling section in the SRT class and covers in more depth, swiftwater boat handling and rescue scenarios using the paddle boat as a rescue craft.

It is a supporting course to assist trained swiftwater rescuers, rather than a qualification to be used by professional river users. Shortly and sweetly, it's not a raft guide qualification. The Swiftwater Paddle Boat Handling course is designed as a paddle boat handling course only, and does not cover use of powered craft. However, it may be used to support Rescue 3 powerboat courses.

Contact hours

12 hours

Prerequisites

- Swiftwater and Flood Rescue Technician (SRT)
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Swiftwater Paddle Boat Handling (SPBH)

Recerted by

- Swiftwater Paddle Boat Handling (SPBH)

Taught by

- Swiftwater Paddle Boat Handling Instructor (SPBHI)

Swiftwater Paddle Boat Handling (SPBH)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		9. Crew operational roles	
2. Water rescue training standards		10. Multiple boat operations	
3. Personal equipment		11. Swiftwater dynamics and hazards	
4. Dynamic risk assessment and incident size-up		12. Boat and hull types	
5. Pre-planning		13. Rescue boat equipment	
6. Medical and decontamination considerations		14. Pre- and post-trip checks	
7. Route planning		15. Considerations for night/poor visibility operations	
8. Communications			

Practical	Date	Practical	Date
16. Launching and recovery		21. Casualty pick-up and recovery	
17. Boat handling with paddles		22. Casualty management	
18. Securing		23. Boat-based conditional rescues	
19. Flips and rights		24. Boat wraps	
20. Team/personal recovery		25. Hydraulic and weir considerations	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Boat handling with paddles			
Team/personal recovery			
Casualty pick-up and recovery			
Flips and rights			

Result: O   Pass   O   Fail

Tower Safety, Climbing, & Rescue (TWR)

This course integrates the most current technology and research on Tower Safety, Climbing, and Rescue from throughout the world, and utilizes "discovery learning" to teach skills necessary to safely effect work in and around towers.

The course covers basic and specialized equipment, ropes and rigging, safety considerations, scene management and organizations, ascending and descending, belaying lowering and raising systems and litter management in a tower environment.

Contact hours

24 hours

Prerequisites

- Minimum age: 18
- Rope Rescue Technician (RRT) or above

Qualification valid for

3 years

Recertifies

- Tower Safety, Climbing, & Rescue (TWR)

Recerted by

- Tower Safety, Climbing, & Rescue (TWR)
- Rope Rescue Technician (RRT)
- Rope Rescue Specialist (RRS)

Taught by

- Tower Rescue Instructor (TWRI)

Tower Safety, Climbing, & Rescue (TWR)

Skill / Knowledge	Lecture or Observed/Participated	Date	Instructor Initials	Student Initials
OSHA Standards Review	Lecture			
Tower Types and Construction	Lecture			
Environmental Hazards	Lecture			
Structural Hazards	Lecture			
Energy Hazards	Lecture			
Lock-out Tag-out	Lecture			
Personal and Crew Safety	Lecture			
Job Safety Plan	Lecture			
Daily Safety Meeting	Lecture			
Personal Protective Equipment	Lecture			
Equipment Care and Maintenance	Lecture			
Equipment Inspection	Lecture			
Medical Considerations	Lecture			
Overview of Fall Protection	Lecture			
Restraint	Lecture			
Positioning	Lecture			
Fall Arrest	Lecture			
Suspension	Lecture			
Permanent Engineered Fall Protection System	Lecture			
Anchors and Anchor Systems	Observed/Participated			
Safe and Efficient Climbing	Observed/Participated			
100 Percent Tie-off	Observed/Participated			
Descending Techniques	Observed/Participated			
Self Rescue	Observed/Participated			
Two line systems	Observed/Participated			
Partner Rescue	Observed/Participated			
Pick-Off and Lower	Observed/Participated			
Pick-Off, Patient Lower with Rescuer	Observed/Participated			
Team Rescue	Observed/Participated			
Vector Raise	Observed/Participated			
Tag Line Lower	Observed/Participated			
Skate Block Lower	Observed/Participated			
Other—specify:	Observed/Participated			

Water and Flood Awareness (AWR)

A classroom-based course, designed to provide personnel who may be working near water with sufficient knowledge to be aware of the hazards created by this environment, and develop an understanding of water rescue techniques. The Water and Flood Awareness course is for those supporting rescue teams. The comparable course for personnel within industry who may be called to work near water is Water Awareness and Safety (WAS).

Contact hours

8 hours

Prerequisites

Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Water & Flood Awareness (AWR)

Recerted by

- Water & Flood Awareness (AWR)
- Basic Water Rescuer (BWR)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)

Taught by

- Water and Flood Awareness Instructor (AWI)
- Basic Water Rescuer Instructor (BWRI)
- Swiftwater and Flood First Responder Instructor (SFRI)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- Swiftwater and Flood Rescue Advanced Instructor (SRTAI)

AWR

3

Water and Flood Awareness (AWR)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		10. Incident management and site control	
2. Training standards		11. Medical and decontamination considerations	
3. Best practice guidelines for water rescue		12. Considerations for night/poor visibility operations	
4. Hydrology and water hazards		13. Mud, ice and unstable surface considerations	
5. Personal equipment		14. Communications	
6. Technical and team equipment		15. Accidental immersion considerations	
7. Pre-planning		16. Floodwater dynamics and hazards	
8. Risk assessments		17. Flood theory	
9. Incident size-up considerations			

If used by agency	Date	If used by agency	Date
18. Dry land practice of conditional rescues – talk, reach, throw			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.

No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

3

AWR

Water and Flood Team Leader (WFTL)

The Water and Flood Team Leader course is for existing SFR, SRT or SFRBOs who will lead a team of that level at water and flood incidents.

Contact Hours
12 hours

Prerequisites
- Minimum age: 18
- One of the following certifications:
    - Swiftwater and Flood First Responder (SFR)
    - Swiftwater and Flood Rescue Technician (SRT)
    - Swiftwater and Flood Rescue Boat Operator (SFRBO)

Qualification valid for

3 years

Recertifies
- Water and Flood Team Leader (WFTL)

Recerted by
- Water and Flood Team Leader (WFTL)

Taught by
- Management of Water and Flood Incidents Instructor (MWFII)

Water and Flood Team Leader (WFTL)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		10. Guidance and best practice documents	
2. Training standards		11. Management of rescues from vehicles in water	
3. Foundation knowledge		12. Pre-planning for water incidents	
4. Flood theory		13. Welfare considerations	
5. Incident size-up		14. Management of powered boat operations (if used by team)	
6. Incident management and site control		15. Weather and flood warning information	
7. Medical and decontamination considerations		16. Local emergency flood plans	
8. Considerations for night/poor visibility operations		17. Team typing and deployment of national assets	
9. Management of river and flood searches		18. Water and Flood Team Leader exercise	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

Water Awareness and Safety (WAS)

Water Awareness and Safety (WAS) is a classroom-based course that looks at hazards and risks associated with inland (lakes, canals, rivers) and coastal water. It looks at basic control measures and safe working practices that can be introduced, including types of PPE and zoning to ensure workers understand the dangers of water and how to avoid accidental immersion.

This course is designed for people tasked with working near water but who will not be expected to work within 15 ft (3m) of the water's edge and will not necessarily be issued with any water PPE.

The comparable course for those supporting rescue teams is Water and Flood Awareness (AW).

Contact Hours

4 hours

Prerequisites

None

Qualification valid for

3 years

Recertifies

- Water Awareness and Safety (WAS)

Recerted by

- Water Awareness and Safety (WAS)
- Safe Working Near Water (SWNW)
- Safe Working In Water (SWIW)

Taught by

- Water Awareness and Safety Instructor (WASI)
- Safe Working Near Water Instructor (SWNWI)
- Safe Working In Water Instructor (SWIWI)

3

WAS

Water Awareness and Safety (WAS)

Theory	Date	Theory	Date
1. About Rescue 3		7. Cold water considerations	
2. Workplace legislation		8. Mud, ice and coastal considerations	
3. Safe systems of work		9. Biosecurity and environmental considerations	
4. Risk assessments		10. Medical and decontamination considerations	
5. Pre-planning for emergencies		11. Further training and PPE for working in/near water	
6. Water hazards		12. Accidental immersion considerations	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			

Result: O   Pass   O   Fail

Water Safety for Expedition Leaders (WSEL)

The Water Safety for Expedition Leaders course is designed for both professional and recreational expedition leaders & team members who lead or work with groups on expeditions where hazards are presented by water. Hazards include but are not limited to rivers, lakes, floods, canals, hot pools.

Contact Hours

16 hours

Prerequisites

- Minimum age: 18
- Must be a confident Swimmer

Qualification valid for

3 years

Recertifies

- Water Safety for Expedition Leaders (WSEL)

Recerted by

- Water Safety for Expedition Leaders (WSEL)

Taught by

- Water Safety for Expedition Leaders Instructor (WSELI)

Water Safety for Expedition Leaders (WSEL)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		7. Risk assessments	
2. Training standards and legislation		8. Managing an incident	
3. Best practice guidelines		9. Medical and decontamination considerations	
4. Hydrology and water hazards		10. Introduction to searching rivers	
5. Personal and group equipment		11. Introduction to night/poor visibility operations	
6. Water safety pre-planning for expeditions		12. Communications	

Practical	Date	Practical	Date
13. Moving water swimming techniques		17. Strainer swim	
14. Conditional rescues		18. Improvised techniques	
15. Shallow water techniques		19. Casualty management	
16. Foot and body entrapments			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Dynamic risk assessment			
Conditional rescues			
Moving water swimming techniques			

Result: O   Pass   O   Fail

Weir Rescue (WR)

The Weir Rescue (WR) course is intended for current Rescue 3 Swiftwater and Flood Rescue Technicians (SRT) or Whitewater Rescue Technician – Professionals (WRT-PRO) who wish to increase their knowledge and range of rescue techniques on or near weirs and low head dams.

This course can also be used to recertify SRT and WRT-PRO qualifications.

Contact Hours

12 hours

Prerequisites

- Minimum age: 18
- Swiftwater and Flood Rescue Technician (SRT) or Whitewater Rescue Technician Professional (WRT-Pro)

Qualification valid for

3 years

Recertifies

- Swiftwater and Flood Rescue Technician (SRT)
- Whitewater Rescue Technician Professional (WRT-Pro)

Recerted by

- Weir Rescue (WR)

Taught by

- Weir Rescue Instructor (WRI)

Weir Rescue (WR)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		4. Helicopter familiarisation	
2. Weir types, construction and hydrology		5. Weir rescue case studies	
3. Weir risk assessment		6. Boat on a highline theory	

Practical	Date	Practical	Date
7. Foundation skills		10. Tethered boat techniques	
8. Weir rescues – conditional		11. Boat on a highline	
9. Weir rescues – true		12. Scenarios	

If used by agency	Date	If used by agency	Date
13. Inflated fire hose			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Swiftwater swimming techniques			
Throwbags			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O   Pass   O   Fail

Whitewater Rescue Technician - Foundation (WRT-F)

The Whitewater Rescue Technician – Foundation course is designed for whitewater users such as kayakers, canoeists, packrafters, stand up paddle boarders with little or no experience, and aims to teach basic safety and rescue skills required in a moderate whitewater environment, and covers the foundation skills used in all our water safety and rescue courses.

Contact hours

8 hours

Prerequisites

- Must be a confident swimmer
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Whitewater Rescue Technician - Foundation (WRT-F)

Recerted by

- Whitewater Rescue Technician - Foundation (WRT-F)
- Whitewater Rescue Technician - Recreational (WRT-Rec)
- Whitewater Rescue Technician Professional (WRTP)

Taught by

- Whitewater Rescue Technician Instructor (WRTI)

Whitewater Rescue Technician - Foundation (WRT-F)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		6. River running considerations	
2. Training standards		7. Assessing risk	
3. Best practice guidelines		8. Communications	
4. River hydrology and hazards		9. Strainer considerations	
5. Personal equipment		10. Boat wrap/pin considerations	

Practical	Date	Practical	Date
11. Whitewater swimming techniques		14. Foot/body entrapments	
12. Conditional rescues – throwbags		15. Flips/rights and self-rescue	
13. Introduction to shallow water techniques			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Whitewater swimming techniques			
Shallow water techniques			
Throwbags			

Result: O   Pass   O   Fail

Whitewater Rescue Technician - Recreational (WRT-Rec)

The Whitewater Rescue Technician – Recreational course is designed for recreational paddlers with existing river experience, to provide you with the necessary skills to perform rescues in whitewater river situations. Whitewater professionals (eg raft guides, safety kayakers) should take the Whitewater Rescue Technician – Professional (WRT-PRO) course.

Contact hours

16 hours

Prerequisites

- Prior river experience
- Must be a confident swimmer
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Whitewater Rescue Technician - Foundation (WRT-F)
- Whitewater Rescue Technician - Recreational (WRT-Rec)

Recerted by

- Whitewater Rescue Technician - Recreational (WRT-Rec)
- Whitewater Rescue Technician Professional (WRTP)

Taught by

- Whitewater Rescue Technician Instructor (WRTI)

Whitewater Rescue Technician - Recreational (WRT-Rec)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		8. Assessing risk	
2. Training standards		9. Managing an incident	
3. Best practice guidelines		10. Medical considerations	
4. River hydrology and hazards		11. Night/poor visibility considerations	
5. Personal equipment		12. Communications	
6. Technical and group equipment		13. Strainer considerations	
7. River running considerations			

Practical	Date	Practical	Date
14. Whitewater swimming techniques		20. Tethered rescues	
15. Conditional rescues – throwbags		21. Line crossing methods	
16. Introduction to shallow water techniques		22. Handheld diagonals/zip lines	
17. Foot/body entrapments		23. Simple boat wraps/pins	
18. Introduction to knots and anchor systems		24. Victim/casualty management	
19. Introduction to mechanical advantage		25. Scenarios	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.
No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:
The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Whitewater swimming techniques			
Throwbags			
Boat rescue skills			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O   Pass   O   Fail

Whitewater Rescue Technician Professional (WRTP)

The Whitewater Rescue Technician – Professional course is designed for professional river users, eg raft guides, safety kayakers, with existing river experience, to provide you with the necessary skills to perform rescues in whitewater river situations. Recreational paddlers should take the Whitewater Rescue Technician – Recreational (WRT-REC) course.

Contact hours

24 hours

Prerequisites

- River Professional (Raft Guide, Safety Kayaker)
- Prior river experience
- Must be a confident swimmer
- Minimum age: 18.

Qualification valid for

3 years

Recertifies

- Whitewater Rescue Technician - Foundation (WRT-F)
- Whitewater Rescue Technician - Recreational (WRT-Rec)
- Whitewater Rescue Technician Professional (WRTP)

Recerted by

- Whitewater Rescue Technician Professional (WRTP)

Taught by

- Whitewater Rescue Technician Instructor (WRTI)

WRT-P

3

Whitewater Rescue Technician Professional (WRTP)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		8. Assessing risk	
2. Training standards		9. Managing an incident	
3. Best practice guidelines		10. Medical considerations	
4. River hydrology and hazards		11. Night/poor visibility considerations	
5. Personal equipment		12. Introduction to searching rivers	
6. Technical and group equipment		13. Communications	
7. River running considerations			

Practical	Date	Practical	Date
14. Whitewater swimming techniques		22. Line crossing methods	
15. Strainer swim		23. Tensioned diagonals/zip lines	
16. Conditional rescues – throwbags		24. Boat pins and wraps	
17. Shallow water techniques		25. Tethered boat techniques	
18. Foot/body entrapments		26. Victim/casualty management	
19. Knots and anchor systems		27. Belay systems	
20. Tensioning systems and mechanical advantage		28. Scenarios	
21. Tethered rescues			

If used by agency	Date	If used by agency	Date
29. Flips, rights and crew/client recovery		30. Boat on a highline	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques.

No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Whitewater swimming techniques			
Throwbags			
Boat rescue skills			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O   Pass   O   Fail

3

WRT-P

Whitewater Rescue Technician Advanced (WRTA)

The Whitewater Rescue Technician Advanced course follows the Whitewater Rescue Technician – Professional (WRT-PRO) course and is designed for outdoor professionals working in challenging environments, such as grade 4/5 water, unsupported expeditions or in gorges/canyons where vertical access/egress may be required. As with the WRT-PRO, the focus is on solutions to common rescue situations, and effective use of river rescue equipment.

Contact hours

24 hours

Prerequisites

- Whitewater Rescue Technician Professional (WRTP)

Qualification valid for

3 years

Recertifies

- Whitewater Rescue Technician Professional (WRTP)

Recerted by

- Whitewater Rescue Technician Advanced (WRTA)

Taught by

- Whitewater Rescue Technician Advanced Instructor (WRTA)

Whitewater Rescue Technician Advanced (WRTA)

Theory	Date	Theory	Date
1. Rescue 3 philosophy		5. PPE and specialist equipment	
2. Training standards		6. Loads and forces	
3. Rescue planning and incident management		7. System safety check	
4. Incident size-up			

Practical	Date	Practical	Date
8. High energy water - swimming		16. Mechanical advantage systems	
9. High energy water – throwbags and tethered swims		17. Rope based raising and lowering systems	
10. Boat on a highline		18. Passing a knot through a system	
11. In-water rescues at night		19. Search operations and management	
12. Knots and anchors		20. Casualty care and packaging	
13. Belay systems		21. Improvised harness	
14. Steep ground access/egress		22. Improvised stretcher	
15. Basic ascending and descending		23. Low angle casualty evacuation	

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Throwbags			
Boat rescue skills			
Knots and anchor systems			
Tensioning systems and mechanical advantage			

Result: O   Pass   O   Fail

3

WRTA

Work Boat Operator (WBO)

The Work Boat Operator (WBO) course is designed for workers with little or no powerboat experience who wish to attain an inland boat handling and co-worker rescue capability on flat or slow-moving water.

The target audience includes construction industry workers, road and bridge maintenance workers, and their related standby safety crews.

Contact hours

12 hours

Prerequisites

- Must be at least 18 years old

Qualification valid for

3 years

Recertifies

- Work Boat Operator (WBO)

Recerted by

- Work Boat Operator (WBO)

Taught by

- Work Boat Operator Instructor (WBOI)

Work Boat Operator (WBO)

Theory	Date	Theory	Date
1. About Rescue 3		9. Work boat hull and drive types	
2. Workplace legislation		10. Pre- and post-work boat checks	
3. Safe systems of work		11. Communications	
4. Risk assessments		12. Work boat crew roles	
5. Pre-planning for emergencies		13. Navigation and IRPCS considerations for work boats	
6. Water hazards		14. Considerations for working at night or in poor visibility	
7. Personal equipment (PPE)		15. Biosecurity and environmental considerations	
8. Work boat equipment		16. Medical and decontamination considerations	

Practical	Date	Practical	Date
17. Launching and recovery		22. Individual and co-worker recovery into boat	
18. Work boat handling under power		23. Casualty management	
19. Work boat handling with paddles		24. Boat-based conditional rescues	
20. Towing		25. Contact rescues	
21. Anchoring/securing of work boats			

Students must date all elements above, with the exception of 'if used by agency' only if their organisation doesn't use those techniques. No other elements should be taught on the course without the express prior written permission of Rescue 3.

Assessment criteria:

The student's marks must be at 3 or above to pass the below assessments, based on the Rescue 3 assessment criteria document.

Assessment	Date	Pass	Fail
Foundation knowledge			
Work boat handling under power			
Work boat handling with paddles			
Worker recovery into boat			
Contact rescues			

Result: O   Pass   O   Fail

4   INSTRUCTOR Levels

Instructor Training

Rescue 3 Instructors have long been considered some of the best in the industry and the Rescue 3 Instructor qualification is used as a sign of professionalism and quality wherever rescue courses are run throughout the world.

There are currently 1500 Rescue 3 Instructors worldwide, and over 500,000 students hold a Rescue 3 qualification. In the following section we have separated the Instructor pathways for those students wishing to go on to train as Rescue 3 Instructors in the various disciplines we teach.

Air Monitoring Instructor (AMI)

The Air Monitoring Instructor course enables Instructors to teach the gas detection courses.

Prerequisites

- Air Monitoring Qualified Person (AMQP)
- Confined Space Rescue Operator (CSRO)
- First aid qualification, appropriate for the environment in which they will be working.

Instructor training & assessment

- Air Monitoring Instructor Training & Assessment

Qualification valid for

2 years

Able to teach

- Basic Air Monitoring (BAM)
- Air Monitoring Qualified Person (AMQP)

4

AMI

Basic Water Rescue Instructor (BWRI)

The Basic Water First Responder Instructor pathway is designed for candidates wishing to deliver a course with a rescue capability in a still or slow moving water environment, such as lakes, ponds and canals.

Prerequisites

- Swiftwater and Flood First Responder (SFR) or higher
- EMT or Wilderness First Responder (WFR)

Instructor training and assessment

- Basic Water First Responder Instructor course (16 hours)

Qualification valid for

2 years

Able to teach

- Water and Flood Awareness (AWR)
- Basic Water Rescuer - Foundation (BWR-F)
- Basic Water Rescuer (BWR)

4

BWFRI

Confined Space Entry and Rescue Instructor (CSERI)

The CSERI course enables delivery of courses to instruct how to free a colleague from a dangerous situation in confined spaces.

Prerequisites

- Confined Space Entry and Rescue 2 (CSER2)
- Documented experience working in confined spaces
- Workplace emergency medical certification appropriate for the environment in which they will be working

Instructor training & assessment

- Confined Space Entry and Rescue Instructor Training and Assessment

Qualification valid for

2 years

Able to teach

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)

4

CSERI

Confined Space Rescue Operator Instructor (CSROI)

The Confined Space Rescue Operator Instructor course covers the teaching of concepts and techniques to enable small teams to undertake technical confined space rescues.

Prerequisites

- Confined Space Rescue Operator (CSRO)
- Current Confined Space Rescue Technician (CSRT)
- Documented experience working in confined spaces
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment

- Confined Space Rescue Operator Instructor training and assessment

Qualification valid for

2 years

Able to teach

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)

4

CSROI

Confined Space Rescue Technician Instructor (CSRTI)

The Confined Space Rescue Technician Instructor course covers the teaching of concepts and techniques to enable small teams to undertake technical confined space rescues.

Prerequisites

- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Current Confined Space Rescue Specialist (CSRS)*
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment

- Confined Space Rescue Technician Instructor Training

Instructor assessment

- Confined Space Rescue Technician Instructor Assessment

Qualification valid for

2 years

Able to teach

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)

Confined Space Rescue Specialist Instructor (CSRSI)

The Confined Space Rescue Specialist Instructor course builds on the Confined Space Rescue Technician Instructor (CSRTI) course, enabling the instructor to teach advanced technical solutions to confined space rescue problems.

Prerequisites
- Current Confined Space Rescue Technician Instructor (CSRTI)
- Current Confined Space Rescue Specialist (CSRS) certification
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

IInstructor training & assessment
- Confined Space Rescue Specialist Instructor Training

Instructor assessment
- Confined Space Rescue Specialist Instructor Assessment

Qualification valid for

2 years

Able to teach
- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)
- Confined Space Entry and Rescue 1 (CSER1)
- Confined Space Entry and Rescue 2 (CSER2)
- Confined Space Rescue Operator (CSRO)
- Confined Space Rescue Technician (CSRT)
- Confined Space Rescue Specialist (CSRS)

4

CSRSI

Co-Worker Rescue at Heights Instructor (CWRHI)

The Co-Worker Rescue at Heights Instructor course will enable candidates to teach the regulations, legislation and equipment relevant to working at heights, and demonstrate safe systems of work. They will also be able to teach participants how to deal with a colleague who has fallen and is hanging in their fall arrest system.

Prerequisites
- Co-Worker Rescue at Heights (CWRH)
- EMT, Wilderness First Aid, or equivalent workplace medical certification

Instructor training & assessment
- Co-Worker Rescue at Height Instructor training and assessment

Qualification valid for

2 years

Able to teach
- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)

4

CWRHI

Flood Rescue Boat Operator Instructor (FRBOI)

The Flood Rescue Boat Operator Instructor (FRBOI) pathway is designed for rescue professionals who want to teach both the RBO and FRBO syllabus, and includes a flood response training element.

Prerequisites

- Logged experience of power boat handling (1 year)
- Swiftwater and Flood Rescue First Responder (SFR)
- Flood Rescue Boat Operator (FRBO)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment
- Flood Rescue Boat Operator Training
- Flood Rescue Boat Operator Assessment

Qualification valid for

2 years

Able to teach
- Rescue Boat Operator (RBO)
- Flood Rescue Boat Operator (FRBO)

4

FRBOI

Ice Rescue Technician Instructor (IRTI)

The Ice Rescue Technician Instructor (IRTI) pathway is designed for teaching personnel with an Ice capability up to Technician level.

Prerequisites
- Ice Rescue Technician (IRT)
- Swiftwater and Flood Rescue Technician (SRT)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment
- Ice Rescue Instructor Training
- Ice Rescue Instructor Assessment

Qualification valid for

2 years

Able to teach
- Ice Awareness (IA)
- Ice Field Safety (IFS)
- Ice Rescue Technician (IRT)

4

IRTI

Ice Rescue Advanced Instructor (IRAI)

The Ice Rescue Technician Advanced Instructor (IRTAI) course enables delivery of a course for personnel who operate on frozen, large volume rivers with open leads.

Prerequisites

- Ice Rescue Technician (IRT)
- Ice Rescue Technician Advanced (IRTA)
- Swiftwater and Flood Rescue Technician (SRT)
- Current Ice Rescue Technician Instructor
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Ice Rescue Advanced Instructor Training
- Ice Rescue Advanced Instructor Assessment

Qualification valid for

2 years

Able to teach

- Ice Awareness (IA)
- Ice Field Safety (IFS)
- Ice Rescue Technician (IRT)
- Ice Rescue Technician Advanced (IRTA)

4

IRTAI

Ice Rescue Awareness Instructor (IAI)

The Ice Awareness Instructor (IAI) course enables delivery of the Ice Awareness (IA) course, which is geared toward those who supervise emergency responders who respond to incidents on surface ice, including frozen lakes, ponds and rivers.

Prerequisites
- Ice Rescue Technician (IRT)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment
- Ice Rescue Awareness Instructor Training

Qualification valid for

2 years

Able to teach
- Ice Awareness (IA)

4

IRI

Inland Rescue Swimmer Instructor (IRSI)

The Inland Rescue Swimmer Instructor pathway is designed for existing Swiftwater and Flood Rescue Technician Instructor (SRTI) or above to be able to deliver IRS courses.

Prerequisites

- Currently hold one of the following Instructor qualifications:
    - *Swiftwater and Flood Rescue Technician Instructor (SRTI)*
    - *Swiftwater and Flood Rescue Advanced Instructor (SRTAI)*
    - *Swiftwater Rescue - Instructor Trainer (SRT-IT)*
- Inland Rescue Swimmer (IRS)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Observe, assist & be assessed by IRS-IT and/or as agreed upon with Rescue 3's International Office

Qualification valid for

2 years

Able to teach

- Inland Rescue Swimmer (IRS)

Additional Specialty Qualifications

- Inland Rescue Swimmer Advanced (IRSA)*
- Inland Rescue Swimmer Coastal (IRSC)*

4

IRSI

*Inland Rescue Swimmer Instructors may be signed off to teach these courses once they have attended each particular type of course and are assessed as competent by the instructor overseeing the course.

Management of Water and Flood Incidents Instructor (MWFII)

The Management of Water and Flood Incidents Instructor pathway is aimed at the emergency and rescue services. It is designed for teaching flood incident management.

Prerequisites

- Swiftwater and Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)
- Management of Water and Flood Incidents (MWFI)
- EMT or Wilderness First Responder (WFR)
- Prior command level flood experience

Instructor training & assessment

- Management of Water and Flood Incidents Instructor Training and Assessment

Qualification valid for

2 years

Able to teach

- Water and Flood Team Leader (WFTL)
- Management of Water & Flood Incidents (MWFI)
- Flood Management for Non-Emergency Services (FMNES)

MWFII

4

Personal Watercraft Rescue Instructor (PWCI)

The Personal Watercraft Rescue Instructor pathway is designed for existing water Instructors with the necessary PWC handling experience to deliver the PWC course.

Prerequisites

- Currently hold one of the following Instructor qualifications:
    - *Whitewater Rescue Technician - Recreational (WRT-Rec)*
    - *Whitewater Rescue Technician Professional (WRTP)*
    - *Whitewater Rescue Technician Instructor Trainer (WRT-IT)*
    - *Swiftwater and Flood Rescue Technician Instructor (SRTI)*
    - *Swiftwater and Flood Rescue Advanced Instructor (SRTAI)*
    - *Swiftwater Rescue - Instructor Trainer (SRT-IT)*
- Logged experience of PWC handling
- Personal Watercraft Surf Rescue Technician (PWC)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Observe, assist & be assessed by PWC-IT (pg 172) and/or as agreed upon with Rescue 3's International Office

Qualification valid for

2 years

Able to teach

- Personal Watercraft Surf Rescue Technician (PWC)

4

PWCI

Recreational Rappel Instructor (RECROI)

Legacy Instructor Qualification - No new Instructor candidates will be accepted into this program. RECRO will be phased out as of December 2023

The Recreational Rappel Instructor course is for people in the Outdoor Adventure Industry who want to teach the Recreational Rappel Operator course.

Prerequisites
- Recreational Rappel Operator (RECRO)
- EMT, Wilderness First Responder (WFR), or equivalent workplace medical certification

Instructor training & assessment
- Observe, assist & be assessed by Recreational Rappel Instructor Trainer (RECRO-IT) (pg 169) and/or as agreed upon with Rescue 3's International Office

Qualification valid for
2 years

Able to teach
- Recreational Rappel Operator (RECRO)

Rescue Boat Operator Instructor (RBOI)

The Rescue Boat Operator Instructor (RBOI) pathway is designed for rescue professionals who wish to teach the RBO syllabus on flat or slow moving water environments and who need a rescue capability.

Prerequisites

- Logged experience of power boat handling (1 year)
- Rescue Boat Operator (RBO)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Rescue Boat Operator Training
- Rescue Boat Operator Assessment

Qualification valid for

2 years

Able to teach

- Rescue Boat Operator (RBO)

4

RBOI

Rope Rescue Operator Instructor (RROI)

The Rope Rescue Operator Instructor (RROI) course will enable tuition of those who operate safely and effectively during rope rescues, as an active part of a rope rescue team, working under the supervision of Rope Rescue Technicians.

Prerequisites

- Current Rope Rescue Operator (RRO)
- Current Rope Rescue Technician (RRT)
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment

- Rope Rescue Operator Instructor Training and Assessment

Qualification valid for

2 years

Able to teach

- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)
- Rope Rescue Operator (RRO)

4

RROI

Rope Rescue Technician Instructor (RRTI)

The Rope Rescue Technician Instructor (RRTI) course covers the teaching of concepts and techniques to enable small teams to undertake technical rope rescues. A building block approach is used throughout the course so that candidates can progress from key concepts through to the rigging and operation of full systems for raising, lowering and highline rescues.

Prerequisites

- Current Rope Rescue Operator Instructor (RROI)
- Current Rope Rescue Technician (RRT)
- Current Rope Rescue Specialist (RRS)*
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment

- Rope Rescue Technician Instructor and Assessment

Qualification valid for

2 years

Able to teach

- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)
- Rope Rescue Operator (RRO)
- Rope Rescue Technician (RRT)

4

RRTI

* This may be waived in lieu of significant work experience and skill in areas where RRS is not yet available.

Rope Rescue Specialist Instructor (RRSI)

The Rope Rescue Specialist Instructor (RRTS) course builds on the Rope Rescue Technician Instructor course, enabling the tuition of advanced technical solutions to rope rescue problems.

Prerequisites

- Current Rope Rescue Technician Instructor (RRTI)
- Current Rope Rescue Specialist (RRS)
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment

- Rope Rescue Specialist Instructor Training and Assessment

Qualification valid for

2 years

Able to teach

- Safe Work at Heights (SWAH)
- Co-Worker Rescue at Heights (CWRH)
- Rope Rescue Operator (RRO)
- Rope Rescue Technician (RRT)
- Rope Rescue Specialist (RRS)

4

RRSI

Safe Work at Heights Instructor (SWAHI)

The Safe Working at Height Instructor (SWAHI) course will enable instruction in regulations, legislation and equipment relevant to working at height, as well as safe systems of work.

Prerequisites

- Current Co-Worker Rescue at Heights (CWRH)
- First aid qualification, appropriate for the environment in which they will be working

Instructor training & assessment

- Safe Working at Height Training and Assessment

Qualification valid for

2 years

Able to teach

- Safe Work at Heights (SWAH)

Safe Work in Confined Space Instructor (SWCSI)

The Safe Work in Confined Spaces Instructor (SWCS) course enables delivery of a course that provides insight into the dangers that workers face when working in confined spaces and the current legislation in this area.

Prerequisites

- Confined Space Entry and Rescue 2 (CSER2)
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment

- Safe Work in Confined Spaces Instructor Training and Assessment

Qualification valid for

2 years

Able to teach

- Safe Work in Confined Spaces 1 (SWCS1)
- Safe Work in Confined Spaces 2 (SWCS2)

4

SWCSI

Searching Rivers and Floods Instructor (SRFI)

The Searching Rivers and Floods Instructor (SRFI) pathway is designed for existing Swiftwater and Flood Rescue Technician Instructor (SRTI) to be able to deliver SRF courses.

Prerequisites

- Currently hold one of the following Instructor qualifications:
  - *Swiftwater and Flood Rescue Technician Instructor (SRTI)*
  - *Swiftwater and Flood Rescue Advanced Instructor (SRTAI)*
- Searching Rivers and Floods
- EMT or Wilderness First Responder (WFR)

Instructor training and assessment

- Observe, assist & be assessed by Searching River and Floods Instructor Trainer (SRF-IT) and/or as agreed upon with Rescue 3's International Office

Qualification valid for

2 years

Able to teach

- Searching Rivers and Floods (SRF)
- Managing Search Operations (MSO)

4

SRFI

Swiftwater First Responder Instructor (SFRI)

The Swiftwater and Flood First Responder Instructor (SFRI) pathway is designed for teaching personnel with a swiftwater and flood capability up to first responder level.

Prerequisites
- Swiftwater and Flood Rescue Technician (SRT)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment
- Swiftwater First Responder Instructor training and assessment

Qualification valid for

2 years

Able to teach
- Water and Flood Awareness (AWR)
- Water Awareness and Safety (WAS)
- Basic Water Rescuer - Foundation (BWR-F)
- Basic Water Rescuer (BWR)
- Swiftwater and Flood First Responder (SFR)
- Safe Work Near Water (SWNW)
- Safe Work In Water (SWIW)
- Flood Operations (FO)

4

SFRI

Swiftwater & Flood Rescue Boat Operator Instructor (SFRBOI)

The Swiftwater and Flood Rescue Boat Operator Instructor (SFRBOI) pathway is designed for rescue professionals who want to teach the full suite of boat classes – RBO, FRBO, and SFRBO – and includes flat/slow moving water rescue techniques, flood rescue techniques and swiftwater rescue techniques.

Prerequisites

- Logged experience of power boat handling (1 year)
- Swiftwater Rescue Technician (SRT)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Swiftwater and Flood Rescue Boat Operator Training
- Swiftwater and Flood Rescue Boat Operator Assessment

Qualification valid for

2 years

Able to teach

- Rescue Boat Operator (RBO)
- Flood Rescue Boat Operator (FRBO)
- Swiftwater and Flood Rescue Boat Operator (SFRBO)

4

SFRBOI

Swiftwater and Flood Rescue Advanced Water and Rope Instructor (SRTAI)

The Swiftwater and Flood Rescue Technician Advanced (Water and Rope) Instructor (SRTAI) pathway is designed for emergency services personnel or rescue training professionals who will be teaching clients who need a swiftwater and flood response along with a poor visibility and high angle rope rescue capability in a river or flood environment.

Prerequisites

- Swiftwater and Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Technician Advanced Water and Rope (SRTAWR)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- One of the following:
  - Current RROI
  - Current RRTI
  - Advanced rope capability adequate to teach rope components of this course as assessed by the IT
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Swiftwater and Flood Rescue Advanced Instructor Training
- Swiftwater and Flood Rescue Advanced Instructor Assessment

Qualification valid for

2 years

Able to teach

- Water and Flood Awareness (AWR)
- Basic Water Rescuer - Foundation (BWR-F)
- Basic Water Rescuer (BWR)
- Flood Operations (FO)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)
- Water Safety and Awareness (WAS)
- Safe Work Near Water (SWNW)
- Safe Work In Water (SWIW)
- Rescues from Vehicles in Water (RVW) after attending a Rescue from Vehicles in Water Course or Workshop
- Swiftwater and Flood Rescue Technician Advanced - Water& Rope
- Swiftwater and Flood Rescue Technician Advanced - Water

Swiftwater and Flood Rescue Advanced Water Instructor (SRTAWI)

The Swiftwater and Flood Rescue Technician Advanced (Water) Instructor (SRTAWI) pathway is designed for emergency services personnel or rescue training professionals who will be teaching clients who need a swiftwater and flood response along with a night/poor visibility capability in advanced river or flood environments.

Prerequisites

- Swiftwater and Flood Rescue Technician (SRT)
- Swiftwater and Flood Rescue Technician Advanced Water (SRTAW)
- Swiftwater and Flood Rescue Technician Instructor (SRTI)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Swiftwater and Flood Rescue Advanced - Water Instructor Training
- Swiftwater and Flood Rescue Advanced - Water Instructor Assessment

Qualification valid for

2 years

Able to teach

- Water and Flood Awareness (AWR)
- Basic Water Rescuer - Foundation (BWR-F)
- Basic Water Rescuer (BWR)
- Flood Operations (FO)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)
- Water Safety and Awareness (WAS)
- Safe Work Near Water (SWNW)
- Safe Work In Water (SWIW)
- Rescues from Vehicles in Water (RVW) after attending a Rescue from Vehicles in Water Course or Workshop
- Swiftwater and Flood Rescue Technician Advanced - Water

4

SRTAWI

Swiftwater and Flood Rescue Technician Instructor (SRTI)

The Swiftwater and Flood Rescue Technician Instructor (SRTI) pathway is designed for emergency services personnel or rescue training professionals who will be teaching clients who need a swiftwater and flood response capability.

Prerequisites
- Swiftwater and Flood Rescue Technician (SRT) (24 hours) at least twice
- Swiftwater and Flood Rescue Technician Advanced - Water (SRTAW) or Swiftwater and Flood Rescue Technician Advanced Water & Rope (SRTWR)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment
- Swiftwater and Flood Rescue Technician Instructor Training

- Swiftwater and Flood Rescue Technician Instructor Assessment

Qualification valid for

2 years

Able to teach
- Water and Flood Awareness (AWR)
- Basic Water Rescuer - Foundation (BWR-F)
- Basic Water Rescuer (BWR)
- Flood Operations (FO)
- Swiftwater and Flood First Responder (SFR)
- Swiftwater and Flood Rescue Technician (SRT)
- Water Safety and Awareness (WAS)
- Safe Work Near Water (SWNW)
- Safe Work In Water (SWIW)
- Rescues from Vehicles in Water (RVW) after attending a Rescue from Vehicles in Water Course or Workshop

4

SRTI

Swiftwater Paddle Boat Handling Instructor (SPBHI)

The Swiftwater Paddle Boat Handling Instructor pathway is designed for existing water Instructors with the necessary paddle boat handling experience to deliver the SPBH course.

Prerequisites

- Currently hold one of the following Instructor qualifications:
    - *Swiftwater and Flood Rescue Technician Instructor (SRTI)*
    - *Swiftwater and Flood Rescue Advanced - Water Instructor (SRTAWI)*
    - *Swiftwater and Flood Rescue Advanced - Water & Rope Instructor (SRTAI)*
    - *Whitewater Rescue Technician - Recreational (WRT-Rec)*
    - *Whitewater Rescue Technician Professional (WRTP)*
    - *Swiftwater and Flood Rescue Boat Operator Instructor (SFRBOI)*
- Logged experience of paddle boat handling
- Swiftwater Paddle Boat Handling (SPBH)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Swiftwater Paddle Boat Handling Instructor Training
- Swiftwater Paddle Boat Handling Instructor Assessment

Qualification valid for

2 years

Able to teach

- Swiftwater Paddle Boat Handling (SPBH)

4

SPBHI

Tower Rescue Instructor (TWRI)

The Tower Rescue Instructor course enables Instructors to teach workers and rescuers operating in and on towers.

Prerequisites
- Current Rope Rescue Technician (RRT)
- Current Tower Safety, Climbing, & Rescue (TWR)
- EMT, Wilderness First Responder (WFR), or equivalent workplace emergency medical certification

Instructor training & assessment
- Observe, assist & be assessed by TWR-IT (pg 170) and/or as agreed upon with Rescue 3's International Office

Qualification valid for

2 years

Able to teach
- Tower Safety, Climbing, & Rescue (TWR)

4

TWRI

Water and Flood Awareness Instructor (AWRI)

The Water and Flood Awareness Instructor pathway enables the candidate to deliver the classroom-based Water and Flood Awareness course.

Prerequisites
- Swiftwater and Flood First Responder (SFR) or higher
- First aid qualification, appropriate for the environment in which they will be working

Instructor training and assessment
- Water and Flood Awareness Instructor Training

Qualification valid for

2 years

Able to teach
- Water and Flood Awareness (AWR)

4

AWRI

Whitewater Rescue Technician Instructor (WRTI)

The Whitewater Rescue Technician Instructor (WRTI) pathway is designed for river professionals and outdoor instructors. It is designed for teaching whitewater rescue techniques.

Those needing to teach a flood rescue capability should take the Swiftwater and Flood Rescue Technician Instructor course.

Prerequisites

- Whitewater Rescue Technician Professional (WRTP)
- Documented experience working in a Class III or above river environment.
- EMT or Wilderness First Responder (WFR)

Qualification valid for

2 years

Instructor training & assessment

- Whitewater Rescue Technician Instructor Training
- Whitewater Rescue Technician Instructor Assessment

Able to teach

- Whitewater Rescue Technician – Foundation (WRT-F)
- Whitewater Rescue Technician – Recreational (WRT-REC)
- Whitewater Rescue Technician – Professional (WRT-PRO)

4

WRTI

Whitewater Rescue Technician Advanced Instructor (WRTAI)

The Whitewater Rescue Technician Advanced Instructor (WRTAI) pathway is designed for river professionals and outdoor instructors. It is designed for teaching whitewater rescue techniques.

Those needing to teach a flood rescue capability should take the Swiftwater and Flood Rescue Technician Instructor course.

Prerequisites

- Whitewater Rescue Technician Instructor (WRTI)
- Whitewater Rescue Technician Advanced (WRTA)
- Documented experience working in a Class III or above river environment
- EMT or Wilderness First Responder (WFR)

Qualification valid for

2 years

Instructor training & assessment

- Whitewater Rescue Technician Advanced Instructor Training
- Whitewater Rescue Technician Advanced Instructor Assessment

Able to teach

- Whitewater Rescue Technician – Foundation (WRT-F)
- Whitewater Rescue Technician – Recreational (WRT-REC)
- Whitewater Rescue Technician – Professional (WRT-PRO)
- Whitewater Rescue Technician - Advanced (WRTA)

4

WRTAI

Work Boat Operator Instructor (WBOI)

The Work Boat Operator Instructor (WBOI) pathway enables the candidate to deliver the Work Boat Operator (WBO) course

Prerequisites

- Work Boat Operator (WBO)
- EMT or Wilderness First Responder (WFR)

Instructor training & assessment

- Work Boat Operator Training
- Work Boat Operator Assessment

Qualification valid for

2 years

Able to teach

- Work Boat Operator (WBO)

4

WBOI

Instructor Emeritus (INS-E)

Instructor Emeritus are instructors who have retired from teaching. They are still able to contribute to curriculum and attend events, but are no longer teaching in the field. They are exempt from instructor requirements.

Prerequisites

- Active Instructor in good standing at time of retirement

- Submit letter to Regional Director and Corporate office indicating wish to be moved to Emeritus status and reason (such as due to age or medical condition)

Qualification valid for

Life

4

WBOI

5   INSTRUCTOR TRAINERS

Instructor Trainers

Instructor Trainer is the Rescue 3 International's highest level instructor qualification. These people have extensive technical experience in the discipline, as well as extensive teaching experience. Instructor Trainers deliver instructor level courses, and every level of course in that discipline. Instructor trainers also support new instructors, and have the ability to do instructor sign-offs. They are also qualified to participate in curriculum development and sit on course development committees.

Becoming an Instructor Trainer

Prerequisites:

Instructor Trainer candidates would need to have a minimum of two years experience as an Independent Rescue 3 Instructor and will typically have many years of both operational experience and in delivering instructor level courses, to a variety of different organizations.

Instructor Trainer pathway:

In the first instance IT candidates should apply in writing to the Rescue 3 International office and if approved, they can apply to attend an Instructor Trainer course, this is a one day course covering elements such as:

- Role of Rescue 3 IT
- Teaching and learning
- Structuring safe and informative instructor level courses
- Rescue 3 standards
- Instructor level assessments
- Feedback
- Rescue 3 accreditation paperwork

Following this course the IT candidate can then download their logbook from the Rescue 3 database and begin the process of observing, assisting and being assessed running instructor level courses in the discipline that they wish to become an IT, under the supervision of two different IT's.

While the exact amount of courses that would need to be worked on can vary, three is considered the minimum.

Please contact the Rescue 3 International office for more information or to start the process.

Water Instructor Trainer Qualifications:

- Swiftwater & Flood Rescue Technician IT (SRT IT)
- Swiftwater & Flood Rescue Technician IT (SRTA IT)
- Whitewater Rescue Technician IT (WRT IT)
- Whitewater Rescue Technician Advanced IT (WRTA IT)
- Swiftwater & Flood First Responder IT (SFR IT)
- Management of Water & Flood Incidents IT (MWFI IT)

Rope instructor trainer qualifications available:

- Safe Working At Height IT (SWAH IT)
- Rope Rescue Operator IT (RRO IT)
- Rope Rescue Technician IT (RRT IT)
- Rope Rescue Specialist IT (RRS IT)

Boat instructor trainer qualifications available:

- Swiftwater & Flood Rescue Boat Operator IT (SFRBO IT)
- Swiftwater Paddle Boat Handling IT (SPBH IT)

Confined Space instructor trainer qualifications available:

- Confined Space Rescue Operator IT (CSRO IT)
- Confined Space Rescue Technician IT (CSRT IT)
- Confined Space Rescue Specialist IT (CSRS IT)

Ice instructor trainer qualifications available:

- Ice Rescue Technician IT (IRT IT)
- Ice Rescue Technician Advanced IT (IRTA IT)

5

INSWR-IT