



# SWIFT PRACTICAL TRAINING

## Training Outline

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### PURPOSE

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The 4,5 days training is designed to prepare the participants for interventions in case of floods in the area of South East Europe. The objective is to increase the awareness of the international disaster operations and the role of the team members in a mission cycle of intervention, introduction of water rescue equipment including its safe and effective use. Training will enhance their teamwork capability in floods response team as well as how to read the water.

Participants will spend time practicing self-rescue techniques and performing in-water rescues as part of a rescue team, boat and pathway handling, rope rescue techniques and consideration of still water and unstable ground hazards such as mud and ice. Training will provide opportunity to discuss experiences from interventions, in particular those where special expertise was required and/or used.

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### OBJECTIVES

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1. To prepare team members of national units for flood response operations in the South East Europe region;
2. To establish effective regional cooperation and coordination of the preparedness activities in the region of South Eastern Europe in case of major floods;
3. To enhance the participants' knowledge about international disaster response operations;
4. To increase the participants' capability knowledge of water rescue techniques and tactics and tactical problem solving;
5. To increase knowledge of water rescue techniques, tactics, tools and equipment and rope rescue techniques;
6. To build a network among the participants by sharing the experience, existing know-how and team building.

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### TARGET AUDIENCE

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The course targets nominated team members of intervention teams from SEE in case of floods and their replacements (two persons per country):

- have background in national flood response operations and basic knowledge of water rescuer tasks
- to have basic knowledge of water rescue techniques, tactics, tools and equipment
- to be able to work in the team
- basic knowledge of English

## PERSONAL EQUIPMENT FOR TRAINING

Every participant need to bring following equipment to the training:

- dry suite
- boots
- gloves
- helmet
- life jacket
- knife
- whistle
- personal first aid kit

## METHODOLOGY AND TRAINING MODEL

The training is composed of an appropriate mix of theoretical presentations, practical sessions and exercises. Practical sessions offer an opportunity for the participants to get a taste of a “realistic” experience and to apply theoretical knowledge to a water rescue operations. The course language is English and all lessons, practical work and exercise will be conducted in English.

## COURSE STRUCTURE

Day 1	Day 2	Day 3	Day 4	Day 5
<i>Preparedness</i>	<i>Mobilization</i>	<i>Operations</i>	<i>Organization and Implementation</i>	<i>Mission End</i>
<b>Block 1</b>	<b>Block 3</b>	<b>Block 5</b>	<b>Block 7</b>	<b>Block 9</b>
1.Course Welcome and Introduction 2. DPPI SEE - JERU Project 3.International Environment - Floods response	6.Community CP Mechanism - Module systems and HNS 7. Safety and Security on missions	9. Boat operations procedures	11.Team organization and command chain	13. Recap 14. Evaluation and next steps 15. Course Closure
<b>Block 2</b>	<b>Block 4</b>	<b>Block 6</b>	<b>Block 8</b>	
4.Preparedness of water rescue team and equipment 5. First aid	8. Water Rescue Technics	10. Water operations	12. Practical exercise	<b>Departure of participants</b>

### Recourse personnel:

- 1 coordinator + 1 organization person (host country)
- 4 facilitators (DPPI SEE Countries, MSB) and 4 support staff (host country)

**Location:** DPPI SEE Member Country

**Date:** TBD

**Timing:** Morning session from 8:30 to 12:30 and afternoon session from 13:30 to 17:30h  
Every block last 4 hours - 210 minutes working part and 30 minutes breaks

## **CORRICULUM TOPICS**

### **0. Team building (120 minutes - night of the arrival day)**

- Team dynamics
- Joint welcome drink and dinner

### **1. Course Welcome and Introduction (45 minutes)**

- Welcome by host country
- Introduction of the participants and facilitators
- Training objectives and agenda
- Admin and organizational info

### **2. DPPI SEE - JERU Project (45 minutes)**

- Brief info on DPPI SEE
- Project objectives, methodology and approach
- Project management
- Training and equipment

### **3. International Environment - Floods response (120 minutes)**

- Floods statistics in SEE
- International Partners (UN, IFRC, NATO, EU)
- National Civil Protection Authorities in SEE
- Case study (international floods operation in SEE)

### **4. Preparedness of water rescue team and equipment (120 minutes)**

- Personal protective equipment for water rescue
- Boat equipment
- Boat crew (4 members) and work distribution
- Outfitting the boat
- Ensuring safety, while maintaining rescuer safety

### **5. First Aid (90 minutes)**

- Medical equipment for first aid
- Typical injuries in water environment
- Basic life support
- Use of protection items

### **6. Community CP Mechanism - Module systems (120 minutes)**

- Legal basis, Participating Countries, Tools (MIC, CECIS, training programme and modules system)



- Capacities and main components of the modules (emphasis on flood response modules)
- Requirement of self-sufficiency
- EU HNS Guidelines, templates, check lists, liaison officers
- Phases of HNS assistance from request to operation

### **7. Safety and Security (90 minutes)**

- Mission S&S measures
- Threat and risk perception
- Security planning
- Stress management and medical incidents

### **8. Water Rescue Technics (210 minutes)**

- Basic rescue techniques - safely access, reach, tow and extricate (un)conscious victim from the water
- Swimming techniques and water jumps
- Using floatation devices and rope throw bags
- Advanced rescue techniques / rescue in adverse conditions

### **9. Boat operations procedures (210 minutes)**

- Preparing the boat, trailer and the vehicle for transportation
- Arrival at the site, situation assessment and ensuing site safety
- Launch and taking the boat out from the water
- Down- and upstream navigation
- Taking to the opposite shore (swift water) - traversing
- Anchoring, access and berthing
- Boat maneuvering in various conditions (weak and strong winds, weak and strong river currents)
- Navigation (GPS, maps)

### **10. Water operations (210 minutes)**

- Fundamentals of still water, rivers and floods - hydrology
- Water dangers
- International scale of river difficulty (ICF scale)
- Reaching the victim in the water by boat in various conditions
- Pulling victim onto the boat
- Evacuation and transportation during floods
- Other tasks during floods (water and food delivery and sim.)

### **11. Team organization and command chain (210 minutes)**

- Composition and size of the water rescue team
- Operational tactics - briefings and communications system
- Command chain and responsibilities



- Organization and management of in-water, including flood search and rescue operations

## **12. Practical exercise (300 minutes)**

- Teams will be organized among participants from two neighbouring countries (4 persons)
- Scenario - floods in SEE country (course host country)

## **13. Recap (90 minutes)**

- Summary of all sessions

## **14. Evaluation and next steps (30 minutes)**

- Training evaluation questionnaire

## **15. Course Closure (30 minutes)**

- Diplomas delivery
- Next steps