



Foundation in Water Safety F-WS

A course accredited by the
Institute of Search and Technical Rescue (InSTR)



F-WS 'Foundation in Water Safety'

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This 2-hour basic training course is designed to make people who find themselves near the water, aware of the hazards associated with it and discover what can be done to make it safer.

The often unknown dangers of open water are explained and basic safety measures are introduced.

The initial classroom session includes awareness of water-related hazards, water hydrology, principles of water safety, low-risk rescue options and a foundation level introduction to basic water safety.

A practical session outdoors covers the hierarchy of rescue, Shout, Reach, Throw; and importantly; 'Don't Go'.

Approved by the Institute of Search and Technical Rescue as the awarding body, the aim of the course is to highlight the dangers of operating near water to the widest possible audience, hopefully reducing the number of avoidable, accidental drownings.

New for Summer 2026; 'closed courses' for 6-12 candidates can be delivered at our Staffordshire training centre, or at a location of your choosing by arrangement with additional charges added for transportation, travel time and overnight allowance, if applicable.



Course Administration	• Course documentation • Safety brief
Hydrology Principles and Hazards	• Understands principles of 'Reading the Water' • Familiarity with effects of force of water • Knowledge of Hazards
Water Rescue PPE	• Knowledge and correct selection of PPE • Explain benefits, limitations, and risks of using water rescue equipment.
Cold Water Shock & Drowning	• Understands impact of Coldwater Shock and drowning • Understands the impact of temperature of water
Illnesses from Water	• Knowledge of Water Bourne Diseases
Basic Rescue	• Knowledge of: ○ Rescue Protocol ○ Hierarchy of Rescue ○ Unstable ground and its hazards ○ Basic Rescue Techniques

Please contact the office for course costs and details.







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