

## COURSE TRAINING TASK LIST (CTTL)

### AVIATION RESCUE SWIMMER SCHOOL

Q-050-0600

#### Course Mission Statement

The purpose of the course is to promote standardization of Search and Rescue (SAR) Swimmer procedures and to establish a minimum SAR training program for personnel assigned Rescue Swimmer duties aboard aircraft. This training is considered to be a minimum for initial rescue swimmer training. Commands are encouraged to supplement this training with additional lectures and materials pertinent to local mission requirements.

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<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
1.	NWP 3-50.1 Naval Search and Rescue Manual	Identify the NWP 3-50.1 requirements for Surface Rescue Swimmer training	K
2.	OPNAVIST 6110.1 Physical Readiness Program	Describe the fundamental of physical conditioning	K
3.	OPNAVINST 6110.0 Physical Readiness Program	Perform Dry Land Conditioning program	S
4.	OPNAVINST 6110.1 Physical Readiness Program	Perform indoctrination level physical conditioning exercise	S
5.	OPNAVINST 6110.1 Physical Readiness Program	Perform Level One physical conditioning exercises	S
6.	OPNAVINST 6110.1 Physical Readiness Program	Perform Level Two physical conditioning exercises	S
7.	OPNAVINST 6110.1 Physical Readiness Program	Perform Level Three physical conditioning exercises	S
8.	OPNAVINST 6110.1 Physical Readiness Program	Perform Physical Fitness Out test	S
9.	USN Water Survival Instructor's Manual	Describe how performance of rescue swimmer skills is affected by the sea state, visibility, sea life, swimmer buoyancy, and other variables encountered in the water environment	K

10.	USN Water Survival Instructor's Manual	The student will perform basic rescue swimmer skills for 30 to 40 minutes in the the open water environment under daytime conditions	S
11.	USN Water Survival Instructor's Manual	The student will perform basic rescue swimmer skills for 30 to 40 minutes in the the open water environment under nighttime conditions	S
9.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the rear surface approach to an active/passive and conscious/unconscious survivor	K
10.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation demonstrate the rear surface approach to an active/passive and conscious/unconscious survivor	S
11.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the front surface approach to a passive/unconscious survivor	K
12.	NWP 3-50.1 Naval Search And Rescue Manual	In a simulated rescue situation demonstrate front surface approach to a passive/unconscious survivor	S
13.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the underwater approach to an active/conscious survivor	K
14.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation demonstrate the underwater approach to an active/conscious survivor	S
15.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the cross chest carry	K
16.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation demonstrate the cross chest carry	S
17.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the collar/equipment tow of a survivor	K
18.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation Demonstrate collar/equipment tow to a survivor	S

19.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the tired swimmer carry of a passive/conscious survivor	K
20.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation demonstrate tired swimmer carry of a passive/conscious survivor	S
21.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the front/rear head hold release	K
22.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation demonstrate the front/rear head hold release	S
23.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the front/rear head hold escape	K
24.	NWP 3-50.1 Naval Search and Rescue Manual	In a simulated rescue situation demonstrate the front/rear head hold escape	S
25.	NWP 3-50.1 Naval Search and Rescue Manual	List day/night water entry from search and rescue helicopter per NWP 3-50.1	K
26.	NWP 3-50.1 Naval Search and Rescue Manual	Perform day/night water entry procedures from search and rescue helicopter per NWP 3-50.1	S
29.	NWP 3-50.1 Naval Search and Rescue Manual	List parachute disentanglement procedures for day and night conditions for the quick fitting and parachute restraint harness (PCU-33/P) as outline in NWP 3-50.1	K
30.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate parachute disentanglement procedures for day and night conditions for the quick fitting and parachute restraint harness	S
31.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedures for parachute disentanglement from a ballooned canopy	K
32.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate procedures for executing parachute disentanglement for the ballooned canopy	S

33.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedures for a non-aviator rescue	K
34.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for a non-aviator rescue	S
35.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedures for parachute disentanglement for multiple victim rescue	K
36.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for parachute disentanglement for the multiple victim rescue	S
37.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for parachute disentanglement for a three survivor multiple rescue utilizing SAR tactics	S
37.	NAVAIR 1-13-1 series Manual	List the requirements for the maintenance of rescue swimmers equipment per current NAVAIR 13-6-1 series manuals/ maintenance requirement cards (MRC's).	K
38.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the functional operation of rescue swimmer's equipment per NWP 3-50.1 <ul style="list-style-type: none"> <li>a. Wet Suit</li> <li>b. Mask, Fins, and Snorkel</li> <li>c. Rescue Swimmer Harness</li> <li>d. LPU-28 (SAR-1)</li> <li>e. AN/PRC-125</li> </ul>	K
39.	NWP 3-50.1 Naval Search and Rescue Manual	Perform Maintenance on rescue swimmer's equipment per current MRC's	K
40.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for donning mask, fins, and snorkel	S
41.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for clearing mask and snorkel	S
42.	NWP 3-50.1 Naval Search and Rescue Manual	Perform side/breast/crawl strokes while wearing mask, fins and snorkel	S

43.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the functional operation of the following rescue Devices per NWP 3-50.1 a. Double Rescue Hook b. Survivor Rescue Sling c. Rescue Litter/SAR MEDVAC Litter, Trail Line and Gloves d. Forest Penetrator	K
44.	NWP 3-50.1 Naval Search and Rescue Manual	Place simulated victim into the following rescue devices in a water environment: a. Double Rescue Hook b. Survivor Rescue Sling c. Rescue net d. Rescue Litter/SAR MEDVAC Litter,	S
48.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the functional operation and hardware associated with various parachute harnesses	K
47.	NWP 3-50.1 Naval Search and Rescue Manual	List the types of harnesses as outlined in NWP 3-50.1	K
49.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the procedures for donning/doffing the following assemblies: a. Helmet assemblies b. RSSK assemblies c. Oxygen Mask assemblies d. Survival vest/Flotation Assemblies	K
50.	NWP 3-50.1 Naval Search and Rescue Manual	State the five stages of the Search and Rescue	K
51.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the SAR area conditions which will allow for the execution of a multiple rescue	K
52.	NWP 3-50.1 Naval Search and Rescue Manual	Determine the condition of the water surrounding the survivors at the rescue scene	S
53.	NWP 3-50.1 Naval Search and Rescue Manual	Determine the condition of the survivors at the rescue scene	S
54.	NWP 3-50.1 Naval Search and Rescue Manual	Given a rescue scenario formulate a rescue plan to effect a rescue of multiple	S

		survivors when given a rescue scenario	
55.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the procedures for recovery of survivor/s from motor whale boat/RIB, and forecandle	K
57.	NWP 3-50.1 Naval Search and Rescue Manual	Identify the short title and content of publications applicable to the rescue swimmer	S
58.	NWP 3-50.1 Naval Search and Rescue Manual	Given a rescue scenario Complete a rescue report SAR form 19-1/1 when given a rescue scenario	S
59.	NWP 3-50.1 Naval Search and Rescue Manual	List all procedures and equipment used by the rescue of an aviator by rescue boat	K
65.	American Red Cross First Aid and CPR Instructor's Manual	Respond to an emergency per current American Red Cross Standards	S
66.	American Red Cross First Aid and CPR Instructor's Manual	Administer Adult CPR per current American Red Cross Standards	S
67.	American Red Cross First Aid and CPR Instructor's Manual	Administer Standard First Aid per current American Red Cross Standards	S
68.	American Red Cross First Aid and CPR Instructor's Manual	Administer Practical First Aid in a mock (moulage) Scenario	S