

LESSON PLAN

January 2004

COURSE TITLE: Aviation Rescue Swimmer  
Courses, Q-050-0600  
Q-050-0602

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 3.2

LESSON TOPIC: Releases and Escapes

ALLOTTED LESSON TIME: 1.5 Classroom  
5.0 Laboratory

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor  
1 Laboratory Instructor  
Safety personnel and additional  
instructors as required per Annex E,  
Staffing Requirements, of Curriculum  
Outline

INSTRUCTIONAL REFERENCES:

1. NWP 3-50.1, Naval Search and Rescue Manual

INSTRUCTIONAL AIDS:

1. Trainee Guide

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate the proper rescue techniques of military and civilian personnel, day or night, utilizing appropriate SAR equipment for at-sea and overland rescues as outlined in NWP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

- 3.3 List procedural steps for rescue swimmer head hold releases and escapes.
- 3.4 Demonstrate rescue swimmer head hold releases and escapes in a simulated rescue situation.

2. Twelve Foot Deep Pool

CRITERION TEST: Written test/Job Sheet  
3-2

3. Rescue Swimmer's Equipment

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION:

A. Establish Contact

Display name and lesson topic.

1. Introduce self; give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.
4. Review Training Time Out policy.
5. Ask the following questions:
  - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
  - b. Has anyone taken over-the-counter medications within 24 hours?
  - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to the department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Motivating Statements

Establish importance and relevance of lesson material using personal experience or anecdote.

2. Lesson Overview

Briefly outline material to be covered.

**The wave generator may be used during all non-testable portions of this lesson as approved by the Training Chief.**

a. Lesson Topic: Rescue Swimmer Head Hold Releases and Escapes.

b. Major Teaching Point(s):

(1) Front Head Hold Release

(2) Front Head Hold Escape

(3) Rear Head Hold Release

(4) Rear Head Hold Escape

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

**NOTE**

If caution is used and approaches are done correctly, these procedures should not have to be used. Releases and escapes are taught as a precaution.

A. Releases and Escapes

1. To allow rescuer to escape grasp of panicking survivor.
2. Remember that a panicking survivor will do anything to ensure he keeps his head above water. The key to these techniques is that the rescuer submerges deeply enough that survivor goes underwater.
3. A properly performed escape will simply free the rescuer from the grasp of the survivor and require a re-approach; a properly executed release will result in the release of the survivor's grasp while the rescuer remains in control.

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B. Front Head Hold Release

Demonstrate

1. Suck - take a quick breath.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue swimmer extends arms outward, palms up, moving them upward rapidly several times which produces downward movement and submerges survivor and swimmer.
4. If the survivor's head is on the right of rescue swimmer's head, rescue swimmer brings right arm up and over encircling arm and places hand securely against survivor's right cheek, the little finger against the side of survivor's nose and thumb hooked under the jaw.

**NOTE**

If survivor's head is at the rescuer's left side, the method is reversed.

5. The remaining hand is brought up beneath the survivor's other arm seizing it in a grip with the thumb just above the elbow on the pressure point.
6. In one continuous motion, the survivor's head is pressed out and around with the right hand while the left hand is lifting the survivor's arm over the rescue swimmer's head and sweeping it across

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the far side. This is a pressing movement and it is continued until the survivor's back is to the rescuer.

7. The left hand continues to hold the arm until the right hand can be shifted from the survivor's face to the chest, the left hand releases the elbow and the survivor is brought into a controlled cross-chest carry.

**NOTE**

If survivor's head is at the rescuer's left side, the method is reversed.

8. If survivor places a scissors lock on the rescue swimmer with the legs, the scissors rarely is held after the head hold is released. However, if it is not released the rescue swimmer uses one hand between the ankles to unlock the crossed feet.

C. Front Head Hold Escape

Demonstrate

1. Suck

Review

2. Tuck

3. Duck

4. Without pause, the rescue swimmer places both hands on the front of survivor's hips with the

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heels of the hands against the body, fingers extended and thumbs grasping the survivor's sides. By forcefully pressing and extending the arms, the rescue swimmer pushes the survivor's body back and up towards the horizontal position.

This leverage will loosen the survivor's grasp.

5. By tucking the chin inward and hunching the shoulders, the rescue swimmer's head is freed. Survivor is then pushed away.
6. Rescue swimmer surfaces to reassess the situation.

D. Rear Head Hold Release

1. Suck
2. Tuck
3. Duck
4. Rescue swimmer places both hands on survivor's wrist, either top or bottom, and pulls toward rescue swimmer's hips, rotating the hand and sliding the other hand up to the survivor's elbow.
5. By twisting inward and down on the survivor's wrist and pushing the survivor's elbow upward,

Explain this is perhaps the worst situation a swimmer can encounter.  
Review

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the grip is released. Rescuer slides survivor over his/her head until the survivor is in front of the rescuer with the survivor's fore arm straight across survivor's back and survivor is in front of rescue swimmer.

6. From this position behind survivor, rescue swimmer shall release the grip on the elbow while maintaining control of the wrist, reaching over the survivor with the free hand and then place survivor in controlled cross-chest carry.

E. Rear Head Hold Escape

Demonstrate

1. Suck

Review

2. Tuck

3. Duck

4. Rescue swimmer brings the hands up to underside of each of the survivor's elbows. While keeping chin tucked in and hunching the shoulders, rescue swimmer pushes forcefully upward freeing the head.

5. Survivor is then pushed back away. Swimmer turns to face survivor, prepared to prevent subsequent grasps.

6. Rescue swimmer swims well out of reach of survivor,

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surfaces, and decides which rescue procedures to use.

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION:

NOTE

It is unrealistic for a survivor to act aggressively and chase the rescue swimmer. This is an impractical simulation of an active drowning victim as defined by the American Red Cross (Lifeguarding manual, pg. 56); GAO report (pg. 17) calls "belligerent and aggressive victims a poor teaching method and an ineffective way to mentally condition students to perform under stress." Survivors SHALL be briefed to exhibit the following characteristics as detailed by the ARC:

1. Struggle to keep the face above water in an effort to breathe.
2. Have arms extended to the side, pressing down for support. There is no

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supporting kick.

3. Have a vertical body position in the water.
4. Struggles at the surface, unable to move forward, for approximately 20 to 60 seconds before submerging.

**IN NO CASE WILL THE SURVIVOR CHASE THE RESCUE SWIMMER.**

**THE STUDENT'S EYES SHALL REMAIN OPEN DURING ALL PHASES OF LIFESAVING TRAINING.**

- A. Have students form two rows on pool deck and conduct dry land drills on releases and escapes.
- B. Two instructors will conduct in water demonstration of releases and escapes.
- C. Students form lines within their groups in the deep end. Instructor will designate skill to be practiced.
- D. On the instructors command, the first student will swim out 5-10 yards act as the swimmer. On the instructors command, the second student in line drops the mask and snorkel, and acting as the "survivor/panicky survivor", will act as instructed or approach the "swimmer" and place him in the designated head hold.

Students will be staged in the pool to provide an unobstructed view of the demonstration.

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As required, review characteristics of panicking survivor. Survivor should be as realistic as possible.

- E. Students will practice releases and escapes in the deep end under instruction.
- F. Students will then be divided, lined up and demonstrate each approach and carry, release and escape.

One in water instructor per group will evaluate each student for proficiency of skill demonstrated.

**NOTE**

The possibility of a panicky survivor grasping the rescue swimmer in a front or rear head hold exists. The rescue swimmer must be prepared to act quickly to effect a release/escape and continue rescue efforts. A person drowning will commonly attempt to grasp and climb up on top of anything close enough for them to reach. This action results in the rescuer being forced underwater. The natural impulse for the rescuer is to attempt to keep their head above water in order to breathe. A rescuer without personal flotation would quickly become exhausted and possibly aspirate water in an attempt to support the survivor.

Instructors may demonstrate skills as a rescuer while using a student as a survivor. Because of their superior aquatic skills, instructors shall not NORMALLY assume the role of survivor. However,

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instructors may act as survivors for extra instruction only after all other means of instructions have failed and only with the permission of the pool deck safety monitor.

In-water instructors will carry a rescue tube or torpedo buoy during practice and testing of approaches and carries, releases, holds, and escapes.

Activate Mishap Plan when an accident or injury is observed.

EVALUATION: Written Test/Job Sheet 3-2.

ASSIGNMENT: None.