

LESSON PLAN

January 2004

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

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 3.3

LESSON TOPIC: Water Entry

ALLOTTED LESSON TIME: 1.0 Classroom  
2.0 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. NTTP 3-50.1, Naval Search and Rescue Manual

INSTRUCTIONAL AIDS:

1. Trainee Guide
2. Twelve foot deep Pool
3. Ten foot Tower
4. Rescue Swimmer's Equipment
5. Two Crewman's Safety Belts

INTRODUCTION:

TERMINAL OBJECTIVES:

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 NTTP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 3.5 List the procedures for day or night water entry and day or night direct deployment.
- 3.6 Perform day or night water entry procedures and day or night direct deployment from search and rescue helicopters.

CRITERIA TEST:

Performance tests: Job sheet checklist 3.3  
Written test

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

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. Reiterate 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 department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

1. Motivating Statements

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

DISCUSSION POINT

2. Lesson Overview

- a. Lesson Topic: Water Entry Indoctrination
- b. Major Teaching Points:
  - (1) Day Water Entry
  - (2) Night Water Entry

RELATED INSTRUCTOR ACTIVITY

Briefly outline material to be covered.

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

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

A. Day Water Entry

Observe from poolside.

1. Don crewman's safety belt.
2. Quickly give gear a final check.
3. Crewman maintains positive control of swimmer, while swimmer scoots up to doorway.
4. Tap on chest to release gunner's belt.

**WARNING**

**The crewman shall maintain a hold of the swimmer's harness with one hand as the other hand is used to tap the swimmer's chest. This is to avoid an inadvertent rescue swimmer deployment.**

5. Remove crewman's safety belt with right hand.
6. Assume ready position.
  - a. Hands on door edge.
  - b. Fingers straight.
  - c. Legs out straight, knees slightly bent.
  - d. Toes pointed upward, eyes on horizon.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- |   |   |
|---|---|
| 7. Receive Jump command (three taps on shoulder).                     |   |
| 8. Visually ensure landing area is clear look left, right and center. |   |
| 9. Keep eyes on horizon.  |   |
| 10. Push out of doorway with hands.                                   |   |
| 11. Hands assume proper position.                                     | Demonstrate; right hand on left shoulder, left hand on face mask or vice versa. |
| 12. Clear mask prior to surfacing.                                    |   |
| 13. Surface and give helo hand signal for "I'm all right"             | Demonstrate hand signal   |
| B. Night Water Entry  | Explain procedures and hazards of night water entry.                            |
| 1. Prior to leaving platform, quickly give gear a final check.        |   |
| 2. Illuminate lighting device.  |   |
| 3. Don rescue strop.  |   |
| 4. Tap on chest to remove crewman's safety belt.                      | Explain that crewman will then take out slack in cable.                         |
| 5. Swimmer is lowered in from 40-60 foot hover.                       | Explain platform dependent.   |
| 6. Swimmer disconnects from hoist.                                    |   |

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

7. Give night signal for "I'm all right."
8. Proceed with rescue.

SUMMARY:

- A. State Lesson Objectives
- B. Review Major Teaching Points

Turn to cover page for objectives.

Briefly summarize.

Check for understanding.

APPLICATION:

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

NOTE

The wave generator may be used during all portions of this event as approved by the Training Chief.

A. Practical Application (Day)

1. Instructor demonstrates a day water entry while another instructor talks through the procedure.
2. Students perform dry land procedures on pool deck.
3. Water entries shall be conducted from the platform prior to jumping from the helo. Students must demonstrate proper form/technique.
4. One instructor in tower as crewman.
5. One instructor in water to critique jumps.
6. Only two students in tower at a time with fins, mask, harness and SAR-1 Vest.
7. Students practice jumps under instructor supervision.

B. Practical Application (Night)

1. Instructor demonstrates a night water entry while another instructor talks through the procedure.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Device 9H1A Operator shall:
  - a. Assist the students in donning the appropriate equipment.
  - b. Shall ensure that the students are properly attached and clear of the cable prior to hoisting.
3. Students shall first complete day entry practice then begin night entry procedures.
4. Students shall complete as many water entries as time permits.

EVALUATION: Job sheet checklist 3-3.  
Written test

ASSIGNMENT: None