

LESSON PLAN

JANUARY 2004

COURSE TITLE: Aviation Rescue Swimmer  
Course, Q-050-600

TERMINAL OBJECTIVE:  
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 3.9

LESSON TOPIC: Combative Survivor

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:

NTTP 3-50.1 Naval Search and Rescue Manual

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 Objective:  
Completely supported by this lesson topic

- 3.16 Describe characteristics of a panicking survivor.
- 3.17 State the procedures for survivor emergency flotation for both conscious and unconscious.
- 3.18 Demonstrate emergency flotation procedures for conscious and unconscious survivor in a simulated

rescue situation.

INSTRUCTIONAL AIDS:

1. Trainee Guide
  2. Rescue Swimmer's Equipment
  3. Pool
- 3.19 List procedural steps for a combative survivor.
  - 3.20 Demonstrate combative survivor procedures in a simulated rescue situation.
  - 3.21 State modified recovery procedures for a combative survivor.
  - 3.22 Demonstrate modified recovery procedures for a combative survivor in a simulated rescue situation.
  - 3.23 State procedures for providing care for combative survivor while aboard the aircraft.
  - 3.24 Describe appropriate combative survivor hand signals.
  - 3.25 Demonstrate appropriate combative survivor hand signals.

CRITERION TEST: Written test, Practical

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 or 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 or conditions for which you are currently being evaluated?

Refer questionable cases to department medical representative for disposition.

B. State Lesson Objective

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

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2. Lesson Overview

anecdote.

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: Combative Survivor

b. Major Teaching Points:

(1) Survivor Characteristics

(2) Emergency flotation for survivors

(3) Combative survivor

(4) Modified recovery procedures

(5) Caring for combative survivor while on board rescue platform

(6) Combative survivors hand signals

PRESENTATION:

A. Survivor Characteristics

1. Naval Rescue Swimmers are sometimes faced with

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situations where the survivor can be categorized as uncooperative. Uncooperative survivors can be categorized into two distinct types: panicked and combative.

### 2. Panicking Survivors:

- a. Some rescues involve panicky survivors (even some aviators).
- b. Appearance: Wide eyes, frantic activity, gasping for air and other similar behavior.
- c. Will attempt to grab and get on top of rescuer in order to keep his/her own head out of the water. Rescuers could be drowned in this manner.
- d. Best Defense: Do not get too close until you have assessed the situation and decided on the best approach for this survivor.
- e. It may be possible to calm a panicking survivor by talking to them and explaining who you are and what you are doing.
- f. Another means of calming a panicked survivor down is to provide flotation.

- B. Procedures for providing flotation to a conscious/unconscious survivor using an LPU-32/P.

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**Note**

The LPU-32/P is not designed for use as SAR equipment. Due to its design, the Rescue Swimmer will be limited in its use on a survivor.

**Note**

When the survivor has damaged flotation or no flotation, the swimmer may signal for flotation using proper hand signal. If the swimmer chooses to call for flotation, the rescue swimmer shall use the following conscious or unconscious survivor procedures:

**Note**

Upon receiving LPU-32 from helo, the swimmer disconnects flotation and ensures the strap is fully extended.

1. Conscious survivor;

- a. Approach the survivor using the front surface approach and establish communication.
- b. Upon reaching a distance of 6 to 8 feet from the survivor, execute a quick reverse.
- c. Unzip the LPU-32 all the way to help the survivor fit it over his/her head.
- d. While holding onto end of LPU-32 back strap, pass it to survivor.

During the pool evolution, the in water instructor will have a flotation device at the ready, used in the event that a student becomes in distress and will need the flotation.

**WARNING**

Never inflate the LPU-32 prior to fitting it on survivor. Due to the design of the oral inflation tubes, it is extremely difficult to vent off air as needed to fit over survivor's head.

**Note**

An LPU-32/P that is not inflated and fully unzipped should fit over a cranial, or helmet. If the survivor is unable to fit the LPU-32/P over his/her head, instruct them to remove their cranial/helmet and retry.

- e. Instruct the survivor to place the LPU-32/P over his/her head; as the LPU-32/P is completely reversible, it does not matter which side is facing out.

**NOTE**

For step "f" the Rescue Swimmer will have to determine which side of the survivor the waist buckle is on. For example, if the waist buckle is on the RS's left side (facing the survivor), the Rescue Swimmer shall swim around to the right of the survivor with the back strap in the Rescue Swimmer's right hand. Reverse as necessary.

- f. While survivor is donning LPU-32, the swimmer shall swim around and behind the survivor

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with the strap in the appropriate hand.

- g. Place survivor in a cross-chest carry under LPU-32 and grasp buckle. Bring strap behind survivor's back and clip into buckle and tighten.

**NOTE**

The cross-chest carry is accomplished using the arm not holding the end of the strap and should remain underneath flotation.

- h. Inflate LPU-32 by pulling both beaded handles.

**WARNING**

**Failure to inflate both lobes of the LPU-32 will result in the survivor floating low in the water, and may cause the survivor to ingest water and/or drown.**

- i. Complete the rescue using normal disentanglement/recovery procedures.
2. Unconscious survivor;
- a. Approach the survivor using the front surface approach and attempt to establish communication/responsiveness.
  - b. Upon reaching a distance of an arm's length

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from the survivor, execute a quick reverse.

- c. Unzip the LPU-32.
- d. The rescue swimmer shall place his/her right arm through the LPU-32 neck hole.

**NOTE**

The rescue swimmer should place the LPU-32 over the arm with the waist buckle forward; this will allow the swimmer to easily fit to the survivor with the waist buckle on the survivor's right side. This will allow the rescue swimmer to clip the back strap into the buckle without having to switch arms or twist the waist belt assembly.

- e. Initiate a front surface approach by grasping survivor's right wrist with swimmer's right hand.
- f. Place LPU-32 over survivor's head. This is done with the swimmer's right arm while maintaining survivor in a left hand cross-chest carry.
- g. Continue cross-chest carry under LPU-32 and grasp buckle. Bring strap behind survivor's back and clip strap into buckle.
- h. Zip up LPU-32.
- i. Inflate LPU-32 by pulling both beaded

handles.

**WARNING**

Failure to inflate both lobes of the LPU-32 will result in the survivor floating low in the water, and may cause the survivor to ingest water and/or drown.

- j. Check for breathing. Give two breaths if required.

**WARNING**

Lack of respiratory function (breathing) is a life-threatening condition. If the survivor is not breathing, the Rescue Swimmer shall give two rescue breaths to the survivor, safely complete all applicable disentanglement/recovery procedures, and signal the rescue platform for immediate recovery of the survivor. After the completion of applicable disentanglement/recovery procedures, the Rescue Swimmer shall continue rescue breathing for the survivor every 15-20 seconds until recovery by the rescue platform.

- k. Perform disentanglement procedures.

- l. Complete the rescue using normal procedures.

C. Combative Survivor

**WARNING**

Combative survivors may not initially desire to be rescued and may actively resist assistance from the rescue swimmer.

The combative survivor may intentionally try to harm the rescue swimmer or themselves when approached. This type of behavior can continue indefinitely, even after repeated attempts by the rescue swimmer to provide assurance and recovery.

1. Indications that a survivor might be combative are:
  - a. Prior mentally unstable behavior, suicide attempt, voluntarily jumping into the water.
  - b. Suspected or known enemy, foreign personnel demonstrating hostility towards Americans or suspicious personnel aboard vessels being detained.
2. Combative Survivor Procedures

**WARNING**

The rescue swimmer shall not be deployed into the water to recover enemy or hostile survivors armed with weapons.

**WARNING**

Recovery of enemy or hostile survivors should only be attempted using a rescue boat or ship's J-bar davit with armed security personnel on station in the rescue boat or ships forecandle. Helicopter recovery of an enemy or hostile survivor should only be used under operational

necessity.

**WARNING**

Direct deployment procedures should not be used on a combative survivor. If direct deployment procedures are utilized, the rescue swimmer shall be deployed to a safe distance from the survivor (6-8 feet). If from this "safe distance" the rescue swimmer determines that the survivor is going to remain combative, the rescue swimmer should disconnect from the double rescue hook, reattach the quick strop to the double rescue hook and signal the crew chief "up hoist". Combative survivor procedures should then be utilized.

**WARNING**

A single rescue swimmer should not attempt the recovery of a combative survivor without assistance from a rescue boat and/or a second rescue swimmer.

- a. Approach survivor and establish verbal communication. Attempt to calm the survivor with verbal reassurance and commands.
- b. If survivor is actively combative, do not attempt to immediately gain physical control of the survivor. The rescue swimmer should remain a safe distance (6-8 feet) from the survivor and assess the situation.
- c. If survivor does not have operable flotation, the rescue swimmer should attempt to provide a flotation device to the survivor while still

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maintaining a safe distance.

- d. Communicate with the rescue platform and brief the situation.
- e. Request assistance utilizing radio or hand signals:
  - 1. Request rescue boat assistance.
  - 2. Request the assistance of a second Rescue swimmer. The second rescue swimmer is backup to the primary rescue swimmer and has the following responsibilities:
    - (a) Ensure the safety of the primary rescue swimmer.
    - (b) Assume control of the scene as primary rescue swimmer as needed.
    - (c) Deploy with rescue equipment requested by primary rescue swimmer.
    - (d) Once on scene, the back-up rescue swimmer may assume/help with communication duties to the rescue platform.
    - (e) Assist the primary rescue swimmer as required.

**Note**

There are no dual rescue swimmer procedures. The back-up rescue swimmer should act as a safety observer and assist the primary rescue swimmer as required.

- D. Use the following modified recovery procedures:
1. Maintain 6-8 feet distance from survivor, remain vigilant and ready to render immediate assistance, and wait for the survivor to tire, calm down, and/or ask for assistance.
  2. Be patient. Attempt to calm the survivor and provide flotation to the survivor if needed and/or practical.
  3. Assume physical control of the survivor only when deemed safe. Do not attempt to rescue an actively combative survivor unless the following conditions occur:
    - a. The survivor requests assistance.
    - b. The survivor becomes unconscious/incapacitated.
  4. Ensure the survivor has no weapons.
    - a. If conscious, direct the survivor to maintain hands in view at all times.
    - b. Once physical control is established, the rescue swimmer shall remain vigilant for survivor to become actively combative or the

presence of any weapons.

5. Recover survivor using appropriate device.

**Note**

The rescue boat or ship's J-Bar davit is the preferred recovery vehicle. If a rescue boat or ship is unavailable, recovery may be made to a helicopter.

**WARNING**

**In all cases (whether the survivor is determined to be combative, panicked, or cooperative) the rescuer shall not hoist the survivor from an overland or maritime environment without the proper application of the selected rescue device to include any and all safety straps or safety devices per all applicable publications and instructions.**

- a. Rescue strop:

1. The rescue swimmer shall, in all cases, correctly employ the arm retaining straps prior to signaling "up hoist".

- b. Direct deployment:

1. Shall only be used by a rescue swimmer qualified in direct deployment procedures. The quick strop shall only be used in conjunction with the TRI-SAR harness.
2. The rescue swimmer shall, in all cases, correctly employ the quick strop crotch

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strap prior to signaling "up hoist."

- E. Care and control of a combative survivor on board the rescue platform:
1. The rescue platform shall notify the on-scene commander of the situation, survivor's condition, and request medical and security personnel assistance at the rescue platforms location.
  2. The rescue platform crew shall remain vigilant during transit. A member of the crew or security personnel shall be stationed next to the survivor at all times during transit to provide immediate physical control if required.

**WARNING**

**Restraints will preclude the survivor from being able to egress/swim in the event of an aircraft mishap or rescue boat capsizing during transit. Rescue personnel may need to provide assistance to the survivor to egress the rescue platform in the event of a mishap.**

3. Once aboard the rescue platform, the survivor should be secured into a rescue or medevac litter at the earliest opportunity. If aboard a helicopter, cabin doors and windows should be secured.

**Note**

The rescue personnel shall assess condition of survivor and provide medical treatment during transit.

**Note**

Once rescue platform is safely aboard ship or ashore, transfer survivor to awaiting medical and/or security personnel.

F. Hand Signals:

1. Request rescue boat assistance:
  - a. The rescue swimmer extends both arms directly overhead, palms placed together
2. Request the assistance of a second rescue swimmer:
  - a. Rescue swimmer faces the rescue platform, raises one arm from side of body, diagonally (45 degrees) palms down, fingers extended straight out and rotate arm in a circular motion.

EVALUATION: Written test and practical.

The wave generator may be utilized for this laboratory evolution at the TCPO's discretion.

ASSIGNMENT: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY