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### CURRICULUM OUTLINE OF INSTRUCTION

#### UNIT 1.0: Course Overview and Swim Screen/Lifeguard Training Course

- **Lesson Topic 1.1:** Prerequisite Verification, Physical Health Screen and Course Overview
- **Lesson Topic 1.2:** Lifeguard Training Course

#### UNIT 2.0: Instruction of Water Survival Skills

- **Lesson Topic 2.1:** Prerequisite Verification, Physical Health Screen and Course Overview for unit two
- **Lesson Topic 2.2:** Swim Screen
- **Lesson Topic 2.3:** Teaching the Non-Swimmer
- **Lesson Topic 2.4:** Personal Flotation Devices
- **Lesson Topic 2.5:** Survival Strokes
- **Lesson Topic 2.6:** Swimming in Organizational Clothing
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- **Lesson Topic 2.15:** Conditioning Swim #1
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- **Lesson Topic 2.18:** Conditioning Swim #4
- **Lesson Topic 2.19:** Spinal Injury Management for Divers and SEALS
- **Lesson Topic 2.20:** Learning to Conduct Swim Tester
- **Lesson Topic 2.21:** Skills Test
- **Lesson Topic 2.22:** Using Games to Improve Swimming and Survival Skills
UNIT 3.0: Stress Awareness/Suicide Prevention, Navy Training Feedback and Swimmer Qualifications and other Survival Training Programs

Lesson Topic 3.1: Stress Awareness and Suicide Prevention
Lesson Topic 3.2: Types of Drowning
Lesson Topic 3.3: Teaching and Performing Extended Sea Survival
Lesson Topic 3.4: Application of Educational Theory When Teaching Water Survival Skills
Lesson Topic 3.5: Application of Physical Principles When Teaching Water Survival Skills
Lesson Topic 3.6: Improving Swimming Speed through Training
Lesson Topic 3.7: Navy Swimmer Qualifications, RTC and OCS Curricula and other Navy Water Survival Training Program
Lesson Topic 3.8: Oxygen Administration
Lesson Topic 3.9: Operational Risk Management
Lesson Topic 3.10: Navy Integrated Training Resources Administration System (NITRAS)

Annex A Equipment Requirements List
Annex B Training Materials List
Annex C Skills Profile
Annex D Master Course Schedule
Annex E Instructional Management Plan
Annex F Stretching and Warm-up
Annex G Basic Water Survival Instructor Course for Water Safety Instructors
Annex H Instructor Trainee and Job Qualification Requirements
This document was prepared for submission to higher authority for approval. The curriculum outline lists course lesson topics and associated learning objectives, both terminal and enabling, in their sequential order. Unless otherwise stated, the standard for achieving each of these objectives is 100%.
1. **Course Title:** Navy Basic Water Survival Instructor Course

2. **Course Identification Number (CIN):** A-012-1014

3. **Course Data Processing Code (CDP) by Site:**
   1. Naval Aviation schools Command, Pensacola 300F
   2. Recruit Training Center, Great Lake, Il 300R
   3. Center Surface Combat Systems, San Diego, Ca 300V
   4. Officer Training Command, Newport, RI 00BM
   5. HC-3, San Diego, Ca 5577

4. **CDP Codes:** 300F, 300R, 300V, 00BM, 5577

5. **Course Status:** Revision

6. **Course Mission Statement:** The Navy Basic Swimming and Water Survival Instructor Training Course is designed to provide Instructors with the knowledge and skills necessary to administer the Third, Second and First Class Swim Tests, and to teach Chief Of Naval Education and Training Water Survival Courses. Instructors will also receive certification in American Red Cross Lifeguarding, First Aid, Supplemental O² Administration and CPR for the Professional Rescuer unless currently qualified or in possession of qualification from a nationally recognized organization or its equivalent.

7. **Occupational Classification:**
   
   E-5 and above, 9502

8. **Prerequisites:** 9502/Second Class Swimmer

9. **Planned Course Length:** 10 days

10. **Current Course Length:** 10 days

11. **Training Sites:**

    1. Naval Aviation Schools Command
       181 Chambers Ave Suite C
       Pensacola Fl 32508-5221

    2. Recruit Training Command
       3301 Indiana St.
       Great Lakes, IL 6088-5300

    3. Center Surface Combat Systems, San Diego
       3975 Norman Scott Rd, Suite 1
       San Diego, CA 92136-5588

    4. Officer Training Command
       307 Peary St
       Newport, RI 02841
5. Helicopter Combat Support Squadron THREE
Search and Rescue Swim School
P.O. Box 357122
San Diego, CA 92135-7122

12. **Site Unique Training Consideration:** None

13. **Number of Convenings by Site:**

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14. **Class Capacity by Site:**

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15. **Planned Average on Board by Site:**

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16. **Instructor/Support Manning:**

a. Basic Swimming and Water Survival Instructor (9510 NEC or Officer equivalent) (certified by the Model Manager to conduct this course)

b. Qualified lifeguard as specified in BUPERSINST 1710.19
1. **Personnel Physical Requirements:** As specified in Chapter 15 of the Manual of the Medical Department. All students must meet physical requirements listed in OPNAVINST 6110.1 series.

2. **Security Clearance:** None

3. **Obligated Service:** None

4. **NOBC/NEC Earned:** Pending Approval
UNIT 1.0: Course Overview and Lifeguard Training Course

Contact Periods: 19.0 Classroom, 16.5 Laboratory

Media: Lecture / Video

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

1.0 Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.
Lesson Topic 1.1: Prerequisite Verification, Physical Health Screen and Course Overview for Unit One

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

1.1 State Unit One TTO/DOR policy.

1.2 Identify Unit One pool rules and safety precautions

1.3 State Unit One procedures for recognizing and reporting mishaps and hazardous/unsafe conditions.
Lesson Topic 1.2: Lifeguard Training Course

Contact Periods: 18.0 Classroom 16.5 Laboratory

Media: Lecture/Video

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

1.4 Perform Skills, knowledge, and written requirements of the American Red Cross Lifeguard Training Course.
UNIT 2.0: Instruction of Water Survival Skills

Contact Periods:  5.0 Classroom, 30.0 Laboratory

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.
Lesson Topic 2.1: Prerequisite Verification, Physical Health Screen and Course Overview for Unit Two

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:
Completely supported by this lesson topic:

2.1 State Unit Two TTO/DOR policy.

2.2 Identify Unit Two pool rules and safety precautions.

2.3 State Unit Two procedures for recognizing and reporting mishaps and hazardous/unsafe conditions.
Lesson Topic 2.2: Swim Screen

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.4 Complete a 500-yard swim test within the standards identified in this lesson plan with a maximum time of 25 minutes.

2.5 Demonstrate lifeguarding skills competency.
Lesson Topic 2.3: Teaching the Non-Swimmer

Contact Periods 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.6 Teach water adjustment/familiarity.

2.7 Teach buoyancy and floating techniques.

2.8 Teach breath control and rhythmic breathing.
Lesson Topic 2.4: Personal Flotation Devices

Contact Periods: 1.0 Classroom, 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.9 Identify the purposes and characteristics of personal flotation devices.

2.10 Practice survival skills while wearing a personal flotation device.
Lesson Topic 2.5: Survival Strokes

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.11 Perform Survival Strokes.
Lesson Topic 2.6: Swimming in Organizational Clothing

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.12 Perform survival strokes in organizational clothing.
Lesson Topic 2.7: Treading Water

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.13 Perform four methods of treading water.
UNIT 2.8: Methods of Staying Afloat

Contact Periods: 1.0 Laboratory

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this unit:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.14 Perform five methods of survival floating.
Lesson Topic 2.9: Underwater Swimming and Surface Dives

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.15 Perform underwater swimming and surface dives.
CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.10: Abandon Ship Drill/Submerged Burning Oil Swim

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.16 Perform the abandon ship drill and submerged burning oil swim.
CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.11: Surface Debris, Surfacing Burning Oil, and Rough Water Swimming

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.17 Perform surface debris, surface burning oil and rough water swimming.
Lesson Topic 2.12: Advanced Strokes

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.18 Perform advanced swimming strokes.
Lesson Topic 2.13: Mask, Fins, and Snorkel Indoctrination

Contact Periods: 1.0 Classroom 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.19 Maintain safety swimmer equipment per current 13-1-6 series manual.

2.20 Use mask, fins, and snorkel.

2.21 Don masks, fins, and snorkel.

2.22 Perform side/breast/crawl strokes while wearing mask, fins and snorkel.

2.23 Perform submerged victim rescue and spinal management rescue from bottom of pool while wearing mask, fins and snorkel.
Lesson Topic 2.14: Swimming for Lifetime Fitness

Contact Periods: 0.5 Classroom 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.24 Perform aerobic exercise.

2.25 Adjust exercise.

2.26 State the components of a workout.

2.27 Identify the phases of a fitness-swimming program.

2.28 Identify the components of a fitness swimming program.

2.29 Perform effective aquatic exercise.
Lesson Topic 2.15: Conditioning Swim #1

Contact Periods: 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.30 Participate in a 50-minute conditioning swim exercise.
Lesson Topic 2.16: Conditioning Swim #2

Contact Periods: 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.31 Participate in a 60-minute conditioning swim exercise.
Lesson Topic 2.17: Conditioning Swim #3

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.32 Participate in a 70-minute conditioning swim exercise while wearing organizational clothing (flight suit or coveralls).
Lesson Topic 2.18: Conditioning Swim #4

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.33 Participate in an 80-minute conditioning swim exercise.
Lesson Topic 2.19: Spinal Injury Management for Divers and SEALs

Contact Periods: 3.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.34 Demonstrate Spinal Injury Management Skills per the American Red Cross Lifeguarding Manual.
Lesson Topic 2.20: Learning to Conduct the Swim Tester Course

Contact Periods: 2.0 Classroom 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.35 State training time out and drop on request procedure.

2.36 State safety and mishap procedures.

2.37 Demonstrate lifeguarding skills competency.

2.38 Perform survival strokes, treading water, burning oil swimming and the abandon ship drill per Navy Water Survival Instructor’s Manual (P1552/16).
Lesson Topic 2.21: Skills Test

Contact Periods:  1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.39 Perform survival swimming test.
CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.22: Using Games to Improve Swimming and Survival Skills

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.40 Demonstrate improved aerobic fitness, strength, aquatic familiarity and swim skills.
UNIT 3.0: Survival Training Programs

Contact Periods: 9.5 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.
Lesson Topic 3.1: Stress Awareness and Suicide Prevention

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.1 Define stress.

3.2 Identify five sources of stress.

3.3 List the detrimental effects of overstress, including substance abuse.

3.4 Describe the physical, physiological, and social symptoms of over-stress.

3.5 Explain the stress management strategies of coping, cooperation, and changing.

3.6 Define suicide.

3.7 Describe the most common causes of suicide.

3.8 State the common warning signs and risk factors of suicide.

3.9 Identify the individual’s role in suicide prevention and available resources.
Lesson Topic 3.2: Types of Drowning

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.10 Describe the two classes of drowning.

3.11 State the related physiology of drowning.

3.12 Describe the care for victims of drowning.
Lesson Topic 3.3: Teaching and Performing Extended Sea Survival

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.13 Name the standard naval liferafts.

3.14 Describe the methods for righting and boarding liferafts.

3.15 State the important elements for survival at sea.

3.16 Explain the personal priorities during extended sea survival.

3.17 Identify the signs and symptoms of hypothermia.

3.18 Explain the procedures for prevention of hypothermia.

3.19 Identify the signs and symptoms of heat stress and the procedures for prevention.

3.20 Describe the procedures for procuring additional water and food.

3.21 State signs of land.

3.22 Explain the techniques for rafting ashore.
CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.4: Application of Educational Theory When Teaching Water Survival Skills

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.23 Explain educational theory that applies to teaching aquatics.
Lesson Topic 3.5: Application of Physical Principles When Teaching Water Survival Skills

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.24 Explain physical principles that apply to teaching aquatics.
Lesson Topic 3.6: Improving Swimming Speed through Training

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.25 State techniques to improve swimming speed.
Lesson Topic 3.7: Swimmer Qualifications, RTC and OCS Curricula and other Navy Water Survival Training Programs

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.26 Describe the curricula and requirements for Navy officer and enlisted accession programs, small boat operators, BUDS, and Dive School.
Lesson Topic 3.8: Oxygen Administration

Contact Periods: 2.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will
demonstrate knowledge of subject matter, curricula, policies and
procedures necessary of a Navy Basic Swimming And Water Survival
Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.27 Perform Skills, knowledge, and written requirements of the
American Red Cross Breathing Devices Module of the Emergency
Response course.
Lesson Topic 3.9: Operational Risk Management

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.28 Explain principles that apply to Operational Risk Management.
Lesson Topic 3.10: Navy Integrated Training Resources Administration System (NITRAS)

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.29 Explain basic principles that apply to Navy Integrated Training Resources Administration System (NITRAS)
COURSE TRAINING TASK LIST (CTTL)

BASIC SWIMMING AND WATER SURVIVAL INSTRUCTOR TRAINING COURSE

A-012-1014

Course Mission Statement

The Navy Basic Swimming and Water Survival Instructor Training Course is designed to provide Instructors with the knowledge and skills necessary to administer the Third, Second and First Class Swim Tests, and to teach Chief of Naval Education and Training Water Survival Courses. Instructors will also receive certification in American Red Cross Lifeguarding, First Aid, Supplemental 02 Administration and CPR for the Professional Rescuer unless currently qualified or in possession of qualification from a nationally recognized organization or its equivalent.

<table>
<thead>
<tr>
<th>No</th>
<th>Source</th>
<th>Duty/Task</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>American Red Cross Lifeguarding Today</td>
<td>FILL out medical screening form.</td>
<td>K</td>
</tr>
<tr>
<td>2.</td>
<td>American Red Cross Swimming and Diving</td>
<td>READ and sign Training Time Out and Drop On Request forms.</td>
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<tr>
<td></td>
<td></td>
<td>DEMONSTRATE American Red Cross swimming skills test.</td>
<td>S</td>
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<tr>
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<td>DEMONSTRATE 500 yard swim test.</td>
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<td></td>
<td></td>
<td>DEMONSTRATE lifeguarding skills.</td>
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<tr>
<td></td>
<td></td>
<td>TEACH water adjustment and familiarity.</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TEACH buoyancy and floating techniques.</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TEACH breath control and rhythmic breathing.</td>
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</tr>
<tr>
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<td>Duty/Task</td>
<td>Level</td>
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<tr>
<td></td>
<td></td>
<td>DEMONSTRATE survival skills with flotation device.</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE survival strokes.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE survival strokes in organizational clothing.</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE treading water.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE survival floating.</td>
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<tr>
<td></td>
<td></td>
<td>DEMONSTRATE underwater swimming and surface dives.</td>
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<tr>
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<td>DEMONSTRATE abandon ship drill and submerged burning oil swim.</td>
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<tr>
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<td></td>
<td>DEMONSTRATE surface debris, surface burning oil and rough water swimming.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE advanced swimming strokes.</td>
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<tr>
<td></td>
<td></td>
<td>DEMONSTRATE swimming skills with mask, fins, and snorkel.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE lifeguarding skills with mask, fins, and snorkel.</td>
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</tr>
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<td></td>
<td></td>
<td>DEMONSTRATE conditioning swimming.</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>DEMONSTRATE conditioning swimming with organizational clothing.</td>
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</tr>
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<td></td>
<td>DEMONSTRATE swim tester skills.</td>
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<td></td>
<td></td>
<td>DEMONSTRATE survival swimming test.</td>
<td>S</td>
</tr>
<tr>
<td>No</td>
<td>Source</td>
<td>Duty/Task</td>
<td>Level</td>
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<td>--------</td>
<td>-----------</td>
<td>-------</td>
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<tr>
<td></td>
<td></td>
<td><strong>DEMONSTRATE</strong> aerobic fitness, strength, aquatic familiarity and swim skills.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><strong>PERFORM</strong> swim screen per Intermediate swim curricula.</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>PERFORM</strong> swim proficiency test per intermediate swim curricula.</td>
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<tr>
<td></td>
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<td><strong>ATTEND</strong> stress awareness and suicide prevention.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the different types of drowning.</td>
<td>K</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the aspects of extended sea survival.</td>
<td>K</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the educational theory that applies to teaching aquatics.</td>
<td>K</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the physical principles that apply to teaching aquatics.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the techniques to improve swimming speed.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> requirements for other aquatic programs.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><strong>PERFORM</strong> oxygen administration skills.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the principles to Operation Risk Management</td>
<td>K</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>KNOW</strong> the principles to Navy Integrated Training Resources Administration System.</td>
<td>K</td>
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# ANNEX A

## EQUIPMENT REQUIREMENT LIST

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<th>TYPE</th>
<th>NOMENCLATURE</th>
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<th>COST</th>
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<tr>
<td>Video Cassette Player 1/2 inch</td>
<td>GSA contract</td>
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<td>Color Monitor, 25&quot;</td>
<td>Open purchase</td>
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<td></td>
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<td>Video Camera</td>
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<td>Proxima</td>
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<td>unknown</td>
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<td></td>
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<td><strong>LIFE SUPPORT EQUIPMENT</strong></td>
<td>Life Preserver Assy</td>
<td>4220-00-200-0538</td>
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<td><strong>MEDICAL EQUIPMENT</strong></td>
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<td>Oxygen, System Portable</td>
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<td>Pocket Mask with O2 Inlet Valve</td>
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<td>25</td>
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<td>Ear Drops (Swimmers Ear)</td>
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<td>Bandage, cotton elastic</td>
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<td>Bandage, gauze elastic</td>
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<td>Gauze</td>
<td>6510-01-010-8762</td>
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<td>Triangle bandages</td>
<td>6510-00-201-1755</td>
<td>50</td>
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<td>Splint-arm</td>
<td>6515-01-010-8762</td>
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<td>Splint-leg</td>
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<td>Infant Mannequin</td>
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<td>6</td>
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<td></td>
<td>Blankets</td>
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<td>Bag Valve Mask</td>
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<td>Whistle</td>
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<td>Diving Brick (10 LB)</td>
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## ANNEX B

### TRAINING MATERIALS LIST

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<td>NETC P1552/16</td>
<td>U.S. NAVY WATER SURVIVAL INSTRUCTORS MANUAL</td>
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<tr>
<td>329452</td>
<td>ARC LIFEGUARDING</td>
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<td>652000</td>
<td>ARC SWIMMING AND DIVING</td>
<td>30</td>
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<td>652048</td>
<td>ARC CPR PROFESSIONAL RESCUER</td>
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#### INSTRUCTOR MANUAL

| 329453         | ARC LIFEGUARDING                               | 10  |
| 652001         | ARC WATER SAFETY                               | 10  |

#### VISUAL INFORMATION

<p>| 65201          | CPR FOR THE PROFESSIONAL RESCUER               | 2   |
| 329331         | EM AQUATIC SKILLS                              | 2   |
| 329328         | SPINAL INJURY MANAGEMENT                       | 2   |
| 652036         | STANDARD FIRST AID                             | 2   |
| SVN 803165DN   | SURVIVAL SWIMMING                              | 2   |
| 329740         | ARC INSTRUCTOR CANDIDATE TRAINING             | 2   |
| 652055         | ARC PREVENTING DISEASE TRANSMISSION            | 2   |
| 654114         | ARC LIFEGUARDING TODAY                         | 2   |
| 652006         | ARC COMMUNITY FIRST AID                        | 2   |
| 652005         | ARC TEACHING AQUATIC SKILLS                    | 2   |</p>
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<th>PRINTED MATERIAL</th>
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<td>654110 ARC LIFEGUARDING TODAY PARTICIPANT’S MANUAL</td>
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<td>654112 ARC LIFEGUARDING TODAY INSTRUCTOR’S MANUAL</td>
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<td>652048 ARC CPR PROFESSIONAL RESCUER PARTICIPANTS MANUAL</td>
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<td>652222 ARC SWIMMING AND DIVING PARTICIPANTS MANUAL</td>
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<td>652223 ARC WATER SAFETY INSTRUCTOR’S MANUAL</td>
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<td>329741 ARC INSTRUCTOR CANDIDATES TRAINING MANUAL</td>
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<tr>
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ANNEX D

MASTER COURSE SCHEDULE

This annex contains the Master Course Schedules for the Basic Swimmer and Water Survival Instructor Training Course, which is the basic guideline for training of first class swimmers. The instructor may rearrange the order of topics presented to best use available assets; however, schedule changes must ensure that a logical progression of learning is maintained.

This annex contains an ideal Master Course Schedule. With the realization that swimming facilities are heavily booked throughout the Navy, the following information is given to allow scheduling flexibility.

1. Unit one must be taught prior to units two and three.

2. Lesson Topics 2.20 and 2.21 must be preceded by lesson plans 2.1-11 and lesson plans 2.15-2.18.

3. Lesson plans 2.1-2.11 must be taught in the order written and must occur before lesson plans 2.20 and 2.21.

4. Lesson plans 2.12-2.14, 2.19, 2.22 and 3.1-3.10 may be conducted at any time during the course.

5. Lesson plans 2.15-2.18 must occur in the order written and before lesson plans 2.20-2.21.

6. The Course Curricula Model Manager must approve additional scheduling changes.

Course Title: Basic Water Survival Instructor Course Schedule.

Operational Hours: 0730-1600
Length of Period: 50.0 minutes
<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Type</th>
<th>Period (Hours)</th>
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<td>Class</td>
<td>01</td>
<td>1.0 Prerequisite Verification, Physical Health Screen and Class Overview</td>
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<td>1.2</td>
<td>Class</td>
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<td></td>
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<td>Lab</td>
<td>03</td>
<td>3.0 ARC Lifeguard Training</td>
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<td>2.1</td>
<td>Class</td>
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<td>0.5 Prerequisite verification, physical health screen and course overview for unit two</td>
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<td>2.19</td>
<td>Lab</td>
<td>14</td>
<td>3.0 Spinal Injury Management for Divers, SEALs, and</td>
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<td>First Day</td>
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<td>Lab 15</td>
<td>1.5</td>
<td>Teaching the Non-Swimmer</td>
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<td>Lab 17</td>
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| Second Day | 2.16| Lab 21 | 1.5 | Conditioning Swim #2       | 10:1 |
|           | 2.6 | Lab 22 | 1.0 | Swimming in Organizational Clothing | 10:1 |
|           | 3.5 | Class 23 | 1.0 | Application of Physical Principles When Teaching Survival Skills | 20:1 |
|           |     |         |     | Rescue Swimmers             | 10:1 |
|           | 2.7 | Lab 24 | 2.0 | Treading Water              | 10:1 |
|           | 2.8 | Lab 25 | 1.0 | Methods of Staying Afloat   | 10:1 |
|           | 3.1 | Class 26 | 1.0 | Stress Awareness and Suicide Prevention | 20:1 |
|           | 3.7 | Class 27 | 0.5 | Navy Swimmer Qualification, RTC, and OCS Curricula and Other Navy Water Survival Training Programs | 20:1 |

| Third Day | 2.17| Lab 28 | 2.0 | Conditioning Swim #3       | 10:1 |
|          | 3.4 | Class 29 | 1.0 | Application of Educational Theory | 20:1 |
|          | 3.3 | Class 30 | 1.0 | Teaching and Performing Extended Sea Survival | 20:1 |
|          | 2.9 | Lab 31 | 1.0 | Underwater Swimming and Surface Dives | 10:1 |
|          | 2.10| Lab 32 | 1.0 | Abandon Ship Drill/Submerged Burning Oil Swim | 10:1 |
|          | 2.11| Lab 33 | 1.0 | Surface Debris, Surface Burning Oil, and Rough Water Swim | 10:1 |
|          | 3.9 | Class 34 | 0.5 | Operational Risk Management | 20:1 |
|          | 3.10| Class 35 | 0.5 | Navy Integrated Training Resources Administration System (NITRAS) | 20:1 |

| Fourth Day | 2.18| Lab 36 | 2.0 | Conditioning Swim #4       | 10:1 |
|           | 2.13| Class 37 | 1.0 | Mask, Fins, and Snorkel Indoctrination | 20:1 |
|           |     | Lab 38 | 1.0 |                           | 10:1 |
|           | 2.20| Class 39 | 2.0 | Learning to Conduct Swim Tester | 20:1 |
|           |     | Lab 40 | 2.0 |                           | 10:1 |
Fifth Day

3.6  Class 41  1.0  Improving Swimming Speed
     Through Training  20:1
3.8  Class 42  2.0  Oxygen Administration  20:1
2.12 Lab 43  1.0  Advanced Strokes  10:1
2.22 Lab 44  1.0  Using Games to Improve Swimming
     and Survival Skills  10:1
2.14 Class 45  0.5  Swimming for Lifetime
     Fitness  20:1
     Lab 46  1.0  10:1
2.21 Lab 47  1.5  Skills Test  10:1

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

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<th>Class</th>
<th>Lab</th>
<th>Exam</th>
<th>Total</th>
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<tr>
<td>a. Course Overview and Lifeguard Training</td>
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<td>35.5</td>
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<tr>
<td>b. Instruction of Water Survival Skills</td>
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<td>30.0</td>
<td></td>
<td>35.0</td>
</tr>
<tr>
<td>c. Survival Training Programs</td>
<td>9.5</td>
<td></td>
<td></td>
<td>9.5</td>
</tr>
</tbody>
</table>

2. Scheduled administration time

   0

3. Total Training Time

   a. Weeks  2
   b. Days  10
   c. Hours 80

80.0
ANNEX E

INSTRUCTIONAL MANAGEMENT PLAN

Course Management Data

1. Staff Requirements:

<table>
<thead>
<tr>
<th>BILLET</th>
<th>DESIG</th>
<th>GRADE</th>
<th>BRANCH</th>
<th>REQUIREMENTS</th>
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<tr>
<td>Instructor</td>
<td>9510</td>
<td>E-6-9</td>
<td>USN/USNR</td>
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<tr>
<td>Lifeguard</td>
<td>NA</td>
<td>E-5 or above</td>
<td>Any</td>
<td>1</td>
</tr>
</tbody>
</table>

Note: Personnel to conduct this course are onboard. Billets will be shared with other courses.

Lesson Topics 1.2 (Lifeguarding), and 3.8 (Oxygen administration) may be taught by any qualified Red Cross Instructor (civilian or military).

2. Manning/Staffing Lectures and Labs:

   a. A qualified Basic Swimmer and Water Survival Instructor or an Instructor Under Training under observation by a qualified instructor must conduct lectures (except lesson plans 1.2 and 3.8 as mentioned in #1 above.)

   b. A qualified Basic Swimmer and Water Survival Instructor and a qualified lifeguard must be on the pool deck during all labs.

3. Facilities Requirements:

   a. Classrooms must have temperature controls, adequate lighting for note taking, and seating capability for 20 students.

   b. Training Pool Requirements:

      (1) Markings: swimming pools shall be marked in accordance with Section 4-8, Chapter 4, of the Manual Of Naval Preventive Medicine.

      (2) Pool water: Pool water shall be maintained in accordance with Sections 4-9 and 4-11, Chapter 4, of the Manual of Naval Preventive Medicine. Pool temperature will be maintained between temperatures of 78-88 degrees Fahrenheit. A variance of 2 degrees Fahrenheit above this does not require termination of training, but should not stay at that temperature for more than two days.

      (3) Shower and Restrooms: Shower and restrooms areas will be maintained in accordance with Section 4-8, Chapter 4, of the Manual of Naval Preventive Medicine

      (4) A well-ventilated space must be provided to store and dry wet training gear.
4. **Equipment Requirements:**

In addition to the prescribed equipment identified in Annex B the following equipment conditions are required.

a. Pools must have a fixed or portable audible alarm to signal pool evacuation. A whistle or air horn is sufficient. Students shall be briefed on the signal and what action to take.

b. A portable emergency medical oxygen system, capable of delivering a continuous flow of oxygen shall be poolside ready for immediate use and shall be inspected prior to each training session. Commanding officers of training activities will ensure that oxygen system and Poolside Supplemental Oxygen Training Program is in compliance with the NETC Instruction 1500.20.

c. The following equipment shall be pool side, ready for immediate use, and shall be inspected prior to each training session:

   (1) U.S. Coast Guard approved ring buoys with manila or polypropylene retrieving lines. Retrieving lines shall be 1/4" diameter or greater and approximately 50 feet in length.

   (2) American Red Cross approved rescue tubes, for safety swimmer use. (Torpedo buoys may be substituted).

   (3) A fully equipped backboard with head immobilizer and a minimum of three straps for the victim's chest, hips, and thighs.

   (4) A first aid kit

   (5) A telephone shall be immediately accessible with emergency numbers posted nearby.

   (6) Ear wash (to prevent ear infection) shall be available. An acceptable solution is 2% acetic acid, 3% distilled water and 95% isopropyl alcohol

d. **Required Personal safety equipment:**

   (1) Instructor: Ring buoy and whistle

   (2) Lifeguard (in the water): Mask, fins, and rescue tube or torpedo buoy

   (3) Lifeguard (on deck): Ring buoy and whistle

5. **Alternate Training Plan**

Students must complete all course objectives in order to graduate. Students must receive all lesson plan presentation. If a laboratory application must be cancelled (due to inclement weather, equipment malfunctions, etc.), students must complete the Alternate Training Plan as specified in the lesson plan. The Model Managers may waive certain events if factors (e.g. weather, medical) preclude the students from participating, the course objectives have been met, there is no Alternate Training Plan, and every effort has been made to complete the evolution. Missed training elements shall be annotated.
as incomplete in individual training jackets.

6. Waivers and Special Training Situations:

Students must complete all course objectives and participate in all lesson plans in order to graduate. Approval to omit, delete or modify course materials must be approved by the Course Curriculum Model Manager.

7. Safety:

a. General

(1) Safety Management shall be per NETC Instruction 1500.20.

(2) The primary instructor is responsible for ensuring that all necessary precautions are taken before all evolutions commence. All participating staff shall be briefed on the conduct of the evolution, roles to be filled, and responsibilities in the event of a mishap. Prior to pool evolutions, the Primary Instructor shall ensure that lifesaving equipment is available and operable, and that supplemental oxygen is provided per NETC Instruction 1500.27.

(3) Staff will strictly adhere to safety requirements located in the lesson plans.

(4) In all cases possible, students shall be prevented from pushing themselves to extremis by lending assistance before a rescue is required. Instructional staff shall call a training time out, instruct students to grab a ring buoy etc. before a rescue is required.

(5) Once proper techniques are mastered, timed events can be achieved without extreme physical exertion. Staff shall terminate student participation in timed events and tests if the student's safety is in question, the student needs additional coaching, or he/she is expending too much energy to perform the skill.

(6) Anytime a student shows signs of panic, fear, extreme fatigue or lack of confidence, the instructor shall stop training, identify the problem and make a determination whether or not to continue training. Instructors shall be alert for any unusual behavior which indicates a student is experiencing difficulty and shall act immediately to ensure the student's safety.

(7) Hazing, improper or degrading rituals or stress producing activities not specified in the lesson plans are strictly prohibited.

(8) A qualified instructor and a lifeguard must be on the pool at all times during lab training.

8. Special Safety Precautions

a. Hyperventilation.
(1) Students participating in underwater activities shall be instructed that hyperventilation (repetitive deep breathing) to achieve underwater swimming endurance can result in shallow water blackout and drowning. Competitive breath holding skills/drills and intentional hyperventilation are prohibited.

(2) All underwater swimming evolutions (testing and training) shall be limited to a maximum distance of 15 yards.

(3) All staff will be alert for and rescue students who appear to be underwater longer than is safe during practice or testing of any underwater swimming activity.

b. Screen tests

During the initial screen tests, watch students carefully. Swimmers often over-estimate their abilities in desperate attempts to stay with the class. Keep staff alert to watch the deep end carefully.

c. Emergency Action Plan

A local Emergency Action Plan shall be developed and implemented per NETC Instruction 1500.20 and OPNAV 1500.75.

d. Student illness/injury. Anytime a student becomes ill or injured, instructors shall stop the training, and notify the school department head. Instructors shall complete the Personal Injury Notification form NAVAVSCOLSCOM 6310/1.

e. Drop on Request (DOR) and Training Time Out (TTO)

Policies and procedures shall be conducted per NETC Instruction 1500.20.

f. Professional conduct.

All students and instructors will conduct themselves in a highly professional manner. Hazing through the use of improper or degrading rituals ("smurfing," "sharks and daisies," "ringing out," etc.) is strictly prohibited. Staff or student personnel involved in such activities shall be disciplined under the articles of the UCMJ.

g. Emergency Drills

Drills shall be conducted per NETC Instruction 1500.20.

h. Safety Standdown policy.

(1) Annual Safety Standdowns shall be conducted per NETC Instruction 1500.20.

(2) Site commanding officers are encouraged to conduct additional Standdowns and course reviews, particularly when courses have been revised, or when a "near miss" incident has occurred.

9. Records Keeping:
a. Class rosters, showing training received, and grades achieved shall be retained for a period of four years.

b. Water Survival Student Screening Forms shall be maintained for 72 hours after completion of training.

c. Injury logs, reports and records shall be attached to a copy of the class roster and retained for five years at the site.

d. Student Critiques shall be routed through the immediate chain of command and retained from site evaluation to site evaluation.

Student Flow Management Data:

10. Graduation

Students must complete all course objectives, lesson plans and laboratories to graduate. Completion will be documented in class rosters.

b. Academic Progress

Students who fail an exam will be:

(1) Debriefed by the Division Officer.

(2) Given academic counseling.

(3) Assigned additional study.

(4) Retested as soon as possible. Students who fail a retest shall be referred to a Progress Review Board (PRB).

c. Pool Progress

Students failing to meet minimum swim performance in the training tank shall be referred to the Division Officer for a review of the problem. The Division Officer can:

(1) Assign remedial additional instruction or

(2) Recommend the student be referred to a PRB

11. Remediation

Training activities shall conduct remedial training for academic and swim failures. This remediation must occur outside the eight hour training day. Appropriate lesson plans from this curricula shall be used to assist students. Remedial training, up to two hours additional instruction daily, may be assigned; however, a minimum of ten hours shall elapse between the additional instruction and the next scheduled event. Students failing to meet minimum levels of performance shall:

(1) First occurrence - be assigned individual additional instruction as determined and documented by the Division Officer.

(2) Second or subsequent occurrences - appear before a PRB to
determine if further training is warranted.

NOTE: For remedial swim additional instruction, all safety precautions shall be observed per this annex

12. Setback to Another Class

Students experiencing a setback in training for emergency, medical, PRB, or other reasons will be returned to training in the first available follow-on class. Course instructors who receive a "rollback" student shall be made aware of the reasons for the rollback.

13. Dropped from Training for Academic or Suitability Reasons. If PRB determines no further training is warranted, student will be removed from training and immediately be made available for orders.

Instructor Certification Program:

14. The Instructor screening and certification programs shall be per NAVEDTRA 135, NETCINST 1500.20 Moderate risk directives, and the Instructor Trainee Program.

Required qualifications and training of staff members shall be documented in individual training records.

15. Record Keeping:

a. Class rosters, showing training received, grade achieved, shall be retained for a period of four years.

b. Medical record screening DOR/TTO statement forms shall be maintained for 72 hours after completion of training.

c. Injury logs, reports and records shall be attached to a copy of the class roster and retained for five years at the site.

d. Student Critiques shall be routed through the immediate chain of command and retained from site evaluation to site evaluation.
ANNEX F

WARM-UP AND STRETCHES

A. Have students swim 3-4 warm-up laps (50 yards each) of any survival stroke of their choice prior to all in water evolutions.

Stretching Exercises

B. Lead students through the following stretching exercises prior to all in water evolutions.

1. Preparation
   a. Stretch within your limits without straining.
   b. Do not hold your breath while stretching and do not bounce.
   c. There is a difference between the feeling of stretch and pain. When you stretch you should stretch to a point where you are feeling an easy stretch then hold and relax. As you relax and the feeling of the stretch changes to a milder stretch, then stretch a little further until you get the feeling of a good stretch again.
   d. Hold stretches for a minimum of 20 seconds.

2. Types of stretches to perform
   a. **Side to side stretch:**
      Arm straight up and grasp the left wrist with the right hand. Slowly lean to the right without bending forward at the waist. Repeat in the opposite direction.
   b. **Triceps stretch:**
      Touch the left shoulder blade with the left hand and press down on the left elbow with the right hand. Repeat for right arm.
   c. **Posterior shoulder stretch:**
      Stand with feet shoulder with apart. Bring the arm that is to be stretched across the chest. Use the opposite arm to pull the arm being stretched towards the chest until the stretch is felt in the posterior shoulder. Repeat for opposite arm.
   d. **Quadriceps stretch:**
      Standing with left arm on bulkhead for support with right hand reach back and grab right ankle. Then pull ankle up towards buttocks keeping knees together. Repeat for left leg.
   e. **Groin stretch:**
      While sitting with the soles of the feet together and back straight, grasp both feet and pull them as close to the body as possible. Gently pull toes upward, relaxing the musculature of the inner thigh, allowing the weight of the knees to stretch the muscles.

   f. **Calf stretch:**
(1) Stand facing the wall approximately four feet away. Lean against the wall, bring the right leg forward while keeping the left leg extended and left heel flat on the deck.

(2) After calf stretch, bend the left knee and shift weight forward to stretch achilles tendon.

(3) Repeat (1) and (2) for the right leg.

(4) Now stretch with both legs extended, heels flat on the deck.

Cool down

C. Have students swim 2-3 slow laps (50 yards each) of any survival stroke of their choice after all in water evolutions.
ANNEX G

BASIC WATER SURVIVAL INSTRUCTOR COURSE FOR WATER SAFETY INSTRUCTORS

This annex contains the Master Course Schedule for the condensed Basic Water Survival Instructor Course for American Red Cross Water Safety Instructors.

This annex contains an ideal Master Course Schedule. With the realization that swimming facilities are heavily booked throughout the Navy, the following information is given to allow scheduling flexibility.

1. Lesson Topic 2.20 must be preceded by lesson plans 2.1, 2.2, 2.4, 2.7, and lesson plan 2.15.

2. Lesson plans 2.1, 2.2, 2.4-2.7, 2.10 and 2.11 must be taught in the order written and must occur before lesson plan 2.20.

3. Lesson plans 2.13, 3.3, 3.7, 3.8 and 3.10 may be conducted at anytime during the course.

4. Lesson plan 2.15 and 2.16 must occur in the order written and before lesson plan 2.20.

5. Lesson plan 2.15 may be performed in organizational clothing not to exceed 30 minutes based on discretion of instructor if students swim strokes to 1st class standards.

6. Lesson plan 2.16 may be performed in organizational clothing not to exceed 60 minutes based on discretion of instructor if students swim strokes to 1st class standards.

7. The Course Curricula Model Manager must approve additional scheduling changes.

Course Title: Basic Water Survival Instructor Course Schedule.

Operational Hours: 0730-1600
Length of Period: 50 minutes
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<td>Lab 2</td>
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<td>2.4</td>
<td>Class 3</td>
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<td>Lab 7</td>
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<td>Class 10</td>
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1. Scheduled Training Time (hours)

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2. Total Training Time                             23.0

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<td>b.</td>
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</tbody>
</table>
This annex contains the minimum instructor trainee and job qualification requirements to become certified as a Basic Water Survival Instructor. These requirements may be increased to tailor to a specific site. These requirements will not be decreased in any manner without prior approval from the curricula model manager.
A-012-1014 BASIC WATER SURVIVAL INSTRUCTOR COURSE: INSTRUCTOR TRAINER

Verification Signature/Date

1. Model Manager Approval

2. 9502 (Enlisted) or equivalent

3. American Red Cross Lifeguard Instructor

4. Graduate of A-012-1014 or other qualifications approved by Model Manager

5. 1st Class Swimmer Qualification

6. Completion of Agency and local Instructor Certification Program

7. Completion of Agency and local Moderate Risk Instructor Screening

8. Brief Qualifier on Site Emergency Action Plan

TEACH THE FOLLOWING LESSON PLANS TO A QUALIFIED A-012-1014 INSTRUCTOR TRAINER.

1-1 Health Screen and Course Overview Unit one
1-2 Lifeguard Training Course
2-1 Health Screen and Course Overview Unit Two
2-2 Swim Screen
2-3 Teaching the Non-Swimmer
2-5 Survival Strokes
2-6 Swimming in Organizational clothing
2-7 Treading Water
2-8 Methods for Staying Afloat
2-9 Underwater Swimming and Surface Dives
2-10 Abandon Ship Drill
2-11 Surface Burning Oil & Rough Water Swim
2-12 Advanced Strokes
2-13 Mask, Fins, and Snorkel Indoctrination
2-14 Swimming for Lifetime Fitness
2-15 Conditioning Swim
2-20 Learning to Conduct the Swim Tester Course
2-21 Skills Test
2-22 Using Games to Improve Swimming and Survival Skills
3-2 Types of Drowning
3-6 Improving Swimming Speed through Training

Officer in Charge/Date