

TRAINING COURSE CONTROL DOCUMENT  
FOR  
INTERMEDIATE WATER SURVIVAL TRAINING PROGRAM

CLASS F1 SCHOOL

Q-050-0605

PREPARED BY  
NAVAL AVIATION SCHOOLS COMMAND  
181 CHAMBERS AVE SUITE C  
PENSACOLA, FLORIDA 32508-5221

PREPARED FOR  
CHIEF OF NAVAL AIR TRAINING  
250 LEXINGTON BLVD SUITE 102  
CORPUS CHRISTI, TX 78419-5041

JANUARY 1999

BLANK PAGE

## TABLE OF CONTENTS

Front Matter	Page
Cover .....	i
Foreword .....	v
Course Data.....	vii
Student Data .....	ix
OUTLINE OF INSTRUCTION	
UNIT 1.0: Intermediate Water Survival Training Program (IWSTP) Overview/Course Introduction.....	1
Lesson Topic 1.1    IWSTP Overview/Course Introduction/Swim Familiarization .....	2
UNIT 2.0: Survival Swimming....	3
Lesson Topic 2.1    Introduction to Survival Swimming and Swim Screen .....	4
Lesson Topic 2.2    Survival Floating/Treading Water Swimming in Organizational Clothing (Laboratory 1,2, & 3) .....	5
Lesson Topic 2.3    Survival Floating/Treading Water Test/ Surface Debris/Burning Oil/Fuel, Swim .....	6
Lesson Topic 2.4    Abandon Ship Procedures/Submerged Burning Oil Swim/Rough Water Swim/ Trouser Inflation .....	7
Lesson Topic 2.5    Survival Swimming Out Test .....	8
Lesson Topic 2.6    Survival Swimming Confidence and Endurance Test .....	9
UNIT 3.0: American Red Cross (ARC) Standard First Aid.....	10
Lesson Topic 3.1    American Red Cross Standard First Aid Course .....	11
Annex A: Equipment Requirement List.....	A-1
Annex B: Training Materials List.....	B-1
Annex C: Skills Profile.....	C-1
Annex D: Master Course Schedule.....	D-1
Annex E: Instructional Management Plan.....	E-1
Annex F: Stretching Exercises.....	F-1

CNATRAINST`1542.126A

BLANK PAGE

FOREWORD

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%.

In Annex A, prices of some equipment have not been listed because in most cases the equipment is obtained from Defense Reutilization and Marketing activities.

In Annex D of the Curriculum Outline a master course schedule appears for water survival training. The schedule lists the lesson topic numbers that are to be used to teach the appropriate course of training.

BLANK PAGE

## COURSE DATA

1. Course Title: Intermediate Water Survival Training Program
2. Course Identification Number (CIN): Q-050-0605
3. Course Data Processing Code (CDP) by Site: Pensacola FL
4. CDP Code: 0212H
5. Course Status: Revision.
6. Course Mission Statement: The Intermediate Water Survival Training Program develops personal water survival skills. Intermediate water survival training shall include "hands-on" training which exposes students to the various survival skills needed in an open sea survival environment. Training also prepares students to continue on with N1 training. Instructors shall strive to develop student's confidence in their equipment and their ability to survive. Standardized instruction and strict compliance with existing guidelines issued in this curriculum are the key factors in determining the success of training. The water survival site's Officer in Charge shall ensure that current requirements are clearly understood by staff and students. The Model Manager shall monitor training through periodic evaluations of each training site.

In addition, all instructional personnel shall create a positive, professional attitude towards Intermediate Water Survival training while building awareness of its value. Student convenience should be emphasized. This is accomplished through administrative services designed to accommodate ease of check-in/out and facilitate training efficiency. Instructors must make every effort to create an environment conducive to learning vice testing.
7. Occupational Classification: None.
8. Prerequisites: None.
9. Planned Course Length: 10 days
10. Current Course Length: 10 days
11. Training Site:  
Naval Aviation Schools Command  
181 Chambers Ave Suite C  
Pensacola Fl 32508-5221
12. Site Unique Training Consideration: See page E-3.

13. <u>Number of Convenings by Site:</u>	<u>Current</u>	<u>Planned</u>
Naval Air Station Pensacola FL	100	100

14. <u>Class Capacity by Site:</u>	<u>Current</u>	<u>Planned</u>
Naval Air Station Pensacola FL		
a. Maximum	45	65
b. Normal	30	45
c. Minimum	1	1

Naval Education Training  
Security Assistance Field  
Activity, Pensacola FL

a. Maximum	New	15
b. Normal		10
c. Minimum		1

Vance Air Force Base  
Enid OK

a. Maximum	New	35
b. Normal		30
c. Minimum		1

15. <u>Planned Average on Board by Site:</u>	<u>Current</u>	<u>Planned</u>
Naval Air Station Pensacola FL	30	45
Naval Education Training Security Assistance Field Activity, Pensacola FL	New	10
Vance Air Force Base Enid OK	New	30

16. Instructor/Support Manning:
- a. Basic Swimming and Water Survival Instructor (9510 NEC or Officer equivalent) (graduate of CIN A-012-1014)
  - b. Certified by the Model Manger to conduct this course.
  - c. Qualified lifeguard per BUPERINST 1710.19
  - d. Comply with any other site specific manpower requirements.

## STUDENT DATA

1. Personnel Physical Requirements:

a. Prospective and designated aircrew shall report with a current Aeromedical Clearance Notice (NAVMED 6410/2) signed by a U.S. Navy flight surgeon, aviation medical officer, or aviation medical examiner.

b. Naval aviator and enlisted aircrew candidates entering initial aviation training at the Naval Aviation Schools Command, shall:

(1) For cases where NAVAEROSPMEDINST has completed a flight physical but cannot issue an Aeromedical Clearance Notice (NAVMED 6410/2) pending administrative processing, NAVAEROSPMEDINST may certify the candidate physically qualified to commence initial training utilizing NAVAEROSPMEDINST Form 6120/2.

(2) Naval aviator candidates shall not be transferred from Naval Aviation Schools Command to further aviation training until NAVAEROSPMEDINST completes the flight physical and an Aeromedical Clearance Notice (NAVMED 6410/2) has been issued.

2. Security Clearance: None.

3. Obligated Service: None.

4. NOBC/NEC Earned: None.



CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0: Intermediate Water Survival Training Program  
(IWSTP) Overview/Course Introduction

Contact Periods: 1.5 Classroom, 3.5 Laboratory

Media: Lecture with audiovisual aids

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

1.0 Upon completion of this unit of instruction, the student will identify requirements for water survival training and will state the DOR/TTO policies and the safety precautions used during training.

Partially supported by this unit:

2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1 IWSTP Overview/Course Introduction/Swim Familiarization

Contact Periods: 1.5 Classroom, 3.5 Laboratory

Media: Lecture with audiovisual aids

Terminal Objective:

Completely supported by this lesson topic:

- 1.0 Upon completion of this unit of instruction, the student will identify requirements for water survival training and will state the DOR/TTO policies and the safety precautions used during training.

Partially supported by this lesson topic:

- 2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 1.1 Identify requirements for water survival training.
- 1.2 Identify and adhere to all safety precautions used during training.
- 1.3 Identify and adhere to the training schedule and remedial opportunities.
- 1.4 State the DOR/TTO policies and procedures.
- 2.1 State the purpose, advantages and disadvantages of the survival Breaststroke, Sidestroke, Elementary backstroke, and American crawl.
- 2.2 Perform 50-yard swim in bathing suit.
- 2.3 Practice survival swim strokes while wearing bathing suits.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.0: Survival Swimming

Contact Periods: .5 Classroom, 17.5 Laboratory

Media: Lecture with audiovisual aids

Security Classification: Unclassified

Terminal Objective:

Partially supported by this unit:

2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.1: Introduction to Survival Swimming and Swim Screen

Contact Periods: 2.5 Laboratory

Media: Lecture with visual aids

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water and survival floating without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

2.4 Step from a tower not to exceed 15 feet and swim 100 yards demonstrating 25 yards each of Breaststroke, Sidestroke, Elementary Backstroke, and American Crawl. Remain afloat for 1 minute using a prone face down technique.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.2: Survival Floating/Treading Water/Swimming in Organizational Clothing.  
(Laboratory 1, 2, & 3)

Contact Periods: .5 Classroom, 6.0 Laboratory

Media: Lecture with visual aids

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.5 Perform survival floating and treading water skills while wearing a bathing suit.

2.6 Perform survival floating and treading water while wearing organizational clothing and boots.

2.7 Perform survival floating and treading water skills while wearing organizational clothing, boots, gloves and personal flotation device (PFD).

2.8 Perform the survival breaststroke, sidestroke, and elementary backstroke while wearing organizational clothing and boots.

2.9 Perform the survival breaststroke, sidestroke, and elementary backstroke, while wearing organizational clothing, boots, gloves, and PFD.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.3: Survival Floating/Treading Water Test/Surface Debris/Burning Oil/Fuel, Swim

Contact Periods: 2.5 Laboratory

Media: Lecture with visual aids

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating techniques, without injury to personnel or damage to equipment.

Enabling Objectives:

Partially supported by this lesson topic:

2.10 Perform the treading water and survival floatation test while wearing organizational clothing.

Completely supported by this lesson topic:

2.11 Perform the survival breaststroke, sidestroke, and elementary backstroke while wearing organizational clothing, boots, gloves, PFD and helmet.

2.12 Perform the Surface Debris and Surface Burning Oil Swimming techniques in the training pool while wearing organizational clothing, boots, PFD, and gloves.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.4: Abandon Ship Procedures/Submerged Burning Oil  
Swim/Rough Water Swim/Trouser Inflation

Contact Periods: 2.5 Laboratory

Media: Lecture with visual aids

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating techniques, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.13 Step off a tower not to exceed 15' and swim 15 yards underwater while wearing bathing suit.

Partially supported by this lesson topic:

2.14 Step off a tower not to exceed 15' and swim 15 yards underwater while wearing organizational clothing and boots.

Completely supported by this lesson topic:

2.15 Perform the submerged burning oil swim while wearing organizational clothing and boots.

2.16 Perform the four methods of inflating trousers while in the deep end of the training pool.

2.17 Perform rough water swim in the training pool while wearing a bathing suit.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.5: Survival Swimming Out Test

Contact Periods: 2.0 Laboratory

Media: Lecture with visual aids

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence an endurance swim, treading water, and survival floating techniques, without injury to personnel or damage to equipment.

Enabling Objectives:

Partially supported by this lesson topic:

2.10 Perform the treading water and survival flotation test while wearing full organizational clothing/equipment.

2.14 Step off tower not to exceed 15' and swim 15 yards underwater while wearing organizational clothing and boots.

Completely supported by this lesson topic:

2.18 Swim 200 yards continuously demonstrating the breaststroke, sidestroke, elementary backstroke and American crawl stroke (50 yards each) while wearing a bathing suit.

2.19 Perform the 75-yard organizational clothing swim while wearing full organization clothing/equipment utilizing the survival breaststroke, sidestroke, and elementary backstroke.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.6: Survival Swimming Confidence and Endurance Test

Contact Periods: 2.0 Laboratory

Media: Lecture with visual aids

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing without shoes, perform survival swim strokes, abandon ship drill, confidence and endurance swim, treading water, and survival floating techniques, without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

2.20 Swim approximately one mile in a swimming pool in 80 minutes or less, while wearing organizational clothing, without touching the bottom or sides or ends of the pool.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 3.0: American Red Cross (ARC) Standard First Aid Course

Contact Periods: 6.5 Classroom

Media: Lecture with Instructor Demonstration

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

3.0           Upon completion of this unit of instruction, the student  
              will be certified in American Red Cross Standard First Aid.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.1: American Red Cross Standard First Aid Course

Contact Periods: 6.5 Classroom

Media: Video tape and instructor lecture

Terminal Objective:

Completely supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will be certified in American Red Cross Standard First Aid.

Enabling Objectives:

Completely supported by this lesson topic:

3.1 Perform adult, Cardiopulmonary Resuscitation (CPR) per current American Red Cross Adult CPR course.

3.2 Treat injuries per current American Red Cross Standard First Aid course.

**NAVEDTRA 130A, VOLUME II**

**COURSE TRAINING TASK LIST (CTTL)**

INTERMEDIATE WATER SURVIVAL TRAINING PROGRAM

Q-050-0605

Course Mission Statement

The Naval Water Survival Training Program develops personal water survival skills. Naval water survival training shall include "hands-on" training which exposes students to the various survival skills needed in an open sea survival environment. Training will also prepare students to continue on with N1 training. Instructors shall strive to develop student's confidence in their equipment and their ability to survive. Standardized instruction and strict compliance with existing guidelines issued in this curriculum are the key factors in determining the success of training. The water survival site's Officer in Charge shall ensure that current requirements are clearly understood by staff and students. The Model Manager shall monitor training through periodic evaluations of each training site.

In addition, all instructional personnel shall create a positive, professional attitude towards naval water survival training while building awareness of its value. Student convenience should be emphasized. This is accomplished through administrative services designed to accommodate ease of check-in/out and facilitate training efficiency. Instructors must make every effort to create an environment conducive to learning vice testing.

---

<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
1.	Navy Swimming and Water Survival Instructor's Manual CNET P1552/16 (8-98)	<b>IDENTIFY</b> and adhere to all safety precautions.	K
		<b>STATE</b> DOR/TTO policies and procedures.	K
		<b>IDENTIFY</b> requirements for water survival training.	K
		<b>IDENTIFY</b> and adhere to the training schedule and remedial opportunities.	K
<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>

**NAVEDTRA 130A, VOLUME II**

	<b>STATE</b> the purpose, advantages, and disadvantages of the survival strokes.	K	
	<b>PERFORM</b> 50 yard swim screen.	S	
	<b>PRACTICE</b> survival swim strokes.	S	
	<b>COMPLETE</b> 100 yd swim screen utilizing the breast stroke, sidestroke, elementary backstroke and american crawl.	S	
	<b>PERFORM</b> survival floating and treading skills in bathing suit.	S	
	<b>PERFORM</b> survival floating and treading water skills while wearing a flight suit and boots.	S	
	<b>PERFORM</b> survival floating and treading water skills while wearing a flight suit, boots, gloves and the SV-2/LPU.	S	
	<b>PERFORM</b> the survival breast stroke, sidestroke, and elementary backstroke while wearing flight suit and boots.	S	
	<b>PERFORM</b> the survival breast stroke, sidestroke and elementary backstroke while wearing a flight suit boots, gloves, and SV-2/LPU	S	
	<b>PERFORM</b> two minutes of treading water followed by three minutes of survival floating while wearing flight suit, boots, helmet, gloves and Sv-2/LPU.	S	
<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>

**NAVEDTRA 130A, VOLUME II**

**PERFORM** flight equipment swim S  
practice in full gear.

**PERFORM** the surface debris S  
swim while wearing flight  
suit, boots, life preserve and  
gloves.

**PERFORM** surface burning oil S  
swim while wearing flight  
suit, boots, life preserver,  
and gloves.

**PRACTICE** swimming in coveralls S  
or flight suit.

**PERFORM** abandon ship drill S  
procedures.

**PERFORM** 200 yd swim screen S  
utilizing 50 yd of breast  
stroke, sidestroke, elementary  
backstroke and american crawl  
stroke.

**PERFORM** the 75 yard flight S  
equipment swim while wearing  
full flight gear utilizing the  
survival breast stroke,  
sidestroke and elementary  
backstroke.

**PERFORM** survival swimming S  
confidence and endurance test.

ANNEX A  
EQUIPMENT REQUIREMENT LIST

<u>NOMENCLATURE</u>	<u>TYPE DESIGNATOR OR DEVICE NUMBER/NSN</u>	<u>QTY</u>	<u>PER ITEM COST</u>
<b>AUDIOVISUAL EQUIPMENT</b>			
Color Monitor, 25"	Open Purchase	1	0
Video Cassette Player 1/2"	Open Purchase	1	0
<b>LIFE SUPPORT EQUIPMENT</b>			
<b>Most obtained thru DRMO</b>			
Boots, Aircrew Size 5	8430-01-161-7069 Last 4 digits of NSN ascend by R, W X-W then back to N 1/2 size larger to size 14 X-W	10ea	0
Coverall, Flyer's CWU-27/P Size 32 short	8415-01-043-8376 Last 4 digits ascend by short, reg, long, chest size increases by 2" up to size 48" long.	10ea	0
Size 48 long Gloves, Flyers	8415-01-043-8398 GS/FRP-2	100	0
Size 5	8415-01-040-1453		
Size 6	8415-01-040-2012		
Size 7	8415-01-029-0109		
Size 8	8415-01-029-0111		
Size 9	8415-01-029-0112		
Size 10	8415-01-029-0113		
Size 11	8415-01-029-0116		
Helmet, Flyer's	HGU Series Reg, P/N 954AS300-11 Extra Lg P/N 954AS300-12	100	0
Personal Flotation Devices	As required for site		
<b>MEDICAL EQUIPMENT</b>			
Oxygen, System Portable	1660-00-650-1711	2	1,080.00
Pocket Mask with O2 Inlet Valve	Open purchase	25	
Backboard	Open purchase	1	
First Aid Kit	6545-00-922-1200	3	28.09

<u>NOMENCLATURE</u>	<u>TYPE DESIGNATOR OR DEVICE NUMBER/NSN</u>	<u>QTY</u>	<u>PER ITEM COST</u>
Ear Drops (Swimmers Ear)	Obtain from local Hospital/ Medical Facility	2	
<b>CPR/FIRST AID EQUIPMENT</b>			
Adult Mannequin	Open purchase	20	
Child Mannequin	Open purchase	20	
Infant Mannequin	Open purchase	20	
Blankets	7210-00-935-6666	30	3.80
Bag Valve Mask	Open purchase	25	
Bandage, cotton elastic	6510-00-935-5822	50	8.36
Bandage, gauze elastic	6510-00-582-7992	50	5.21
Gauze	9L6510-01-010-8762	50	5.88
Triangle bandages	6510-00-201-1755	50	1.56
Splint-arm	6515-01-010-8762	10	5.88
Splint-leg	6515-00-935-6593	10	7.02
<b>POOL SAFETY EQUIPMENT</b>			
Rescue Tube	Open purchase	10	
Ring Buoy, Lifesaving	4220-00-275-3157 4220-00-275-3156 4220-00-275-3155	10	22.77
Rescue Board	Open purchase	1	
Whistle	8465-00-254-8803	30	.95
Bamboo Poles or equiv.	Open purchase	6	
Head Immobilizers small, medium, large	Open purchase	2 ea.	
Diving Brick (10 lb)	Open purchase	4	
Shepard's crook	Open purchase	3	

## ANNEX B

## TRAINING MATERIALS LIST

Publications

<u>Number (MIL PUBS)</u>	<u>TITLE</u>	<u>QTY</u> <u>Req'd</u>
CNET P1552/16	U.S. Navy Water Survival Instructor's Manual	1
ARC 652000	Swimming and Diving	1
ARC 652030	Community First Aid and Safety	1
ARC 652029	Standard First Aid	1
ARC 652028	Community CPR	1
ARC048	CPR for the Professional Rescuer	1
INSTRUCTOR MANUAL		
ARC 329453	Lifeguarding	1
ARC 652049	CPR for PR	1
ARC 652001	Water Safety Instructor	1
ARC 652031	First Aid and CPR instructor's Manual	1
<u>Visual Information:</u>		
ARC 652034	American Red Cross Community First Aid and Safety Video Pack	2
STOCK # 65201	CPR for the Professional Rescuer	2
STOCK # 329331	EM Aquatic Skills	2
STOCK # 329328	Spinal Injury Management	2
SAVPIN # 803165 DN	Survival Swimming	2

## ANNEX C

## SKILLS PROFILE

## INTERMEDIATE WATER SURVIVAL TRAINING

CIN: Q-050-0605

CDP: 0212H

<u>NO</u>	<u>OBJ</u>	<u>WT</u>	<u>SKILL OR KNOWLEDGE ITEM</u>
1.	1.0	.333	Upon completion of this unit of instruction, the student will identify requirements for water survival training and will state the DOR/TTO policies and the safety precautions used during training.
2.	2.0	.333	Upon completion of this unit of instruction, the student shall demonstrate knowledge of survival swimming techniques, and while wearing organizational clothing, perform survival swim strokes, abandon ship drill, confidence endurance swim, treading water, and survival floating without injury to personnel or damage to equipment.
3.	3.0	.334	Upon completion of this unit of instruction, the student will be certified in American Red Cross Standard First Aid.

ANNEX D

MASTER COURSE SCHEDULE

This annex contains the Master Course Schedules for the Intermediate Water Survival Training Course, which is the ideal schedule of IWSTP students. The training site may change this schedule as long as changes do not alter the sequential order of the lesson plans. Students shall not be scheduled for longer than 4 hours of laboratory at one time. Changes must be approved by the Division Officer.

Course Title: Intermediate Naval Water Survival Course

Operational Hours: 0730-1600  
 Length of Period: 50 minutes

<u>Week One</u>						<u>Bottle</u>
<u>Topic No.</u>	<u>Type</u>	<u>Period</u>	<u>(Hours)</u>	<u>Topic</u>	<u>Ratio</u>	<u>Neck</u>
<u>First Day</u>						<u>Ratio</u>
1.1	Class	1	(1.5)	IWSTP Overview/Course	45:1	
	Lab	2	(3.5)	Intro/Swim Familiarization	45:1	
						<u>Second</u>
<u>Day</u>						
2.1	Lab	3	(2.5)	Intro to Survival Swim and Swim Screen	45:1	5:1
						<u>Third</u>
<u>Day</u>						
2.2	Class	4	(.5)	Survival Floating/Treading Water/Organizational Clothing Swimming	45:1	
2.2	Lab	5	(2.0)	Survival Floating/Treading Water/Organizational Clothing Swimming	45:1	15:1
<u>Fourth Day</u>						
2.2	Lab	6	(2.0)	Survival Floating/Treading Water/Organizational Clothing Swimming	45:1	15:1
<u>Fifth Day</u>						
2.2	Lab	7	(2.0)	Survival Floating/Treading Water/Organizational Clothing Swimming	45:1	15:1

<u>Week Two</u>						<u>Bottle</u>
<u>Topic No.</u>	<u>Type</u>	<u>Period</u>	<u>(Hours)</u>	<u>Topic</u>	<u>Ratio</u>	<u>Neck</u>
<u>First Day</u>						<u>Ratio</u>
2.3	Lab	8	(2.5)	Survival Floating/ Treading Water/Surface Debris/Burning Oil/Fuel, Swim	45:16:1	
<u>Second Day</u>						
2.4	Lab	9	(2.5)	Abandon Ship Procedures/ Submerged Burning Oil Swim/Rough Water Swim/ Trouser Inflation	45:1	4:1
<u>Third Day</u>						
2.5	Lab	10	(2.0)	Survival Swimming Out Test	45:1	5:1
<u>Fourth Day</u>						
2.6	Lab	11	(2.0)	Survival Swimming Confidence and Endurance Test	45:1	
						<u>Fifth</u>
<u>Day</u>						
3.1	Class	12	(6.5)	American Red Cross Standard First Aid Course	45:1	2:1

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
a. Intermediate Water Survival Training Program Overview/Course Introduction/Swim Familiarization	1.5	3.5		5.0
b. Survival Swimming	.5	17.5		18.0
c. American Red Cross (ARC) Community First Aid and Safety Course		6.5		6.5
			TOTAL	29.5

2. Scheduled Administrative Time (Hours) 0

3. Total Training Time

a. Weeks	2
b. Days	10
c. Hours	29.5

## ANNEX E

## INSTRUCTIONAL MANAGEMENT PLAN

## Course Management Data

1. Staff Requirements:

## General:

a. A designated instructor should be in close enough proximity to see and hear the students at all times during the course of instruction of a high risk training evolution.

b. A minimum of one qualified Basic Water Survival Instructor (BWSI) is needed to conduct a lecture.

c. Only a qualified BWSI, or a Training Assistant under the supervision of a BWSI, is allowed to coach students in the shallow end of the pool.

(4) When a BWSI Instructor Under Training is teaching high risk segments of the course, a designated BWSI shall be in close enough proximity to see and hear the training evolution.

BILLET	DESIG/ NEC	GRADE	BRANCH	EXPERTISE	AUTHORIZED
--------	---------------	-------	--------	-----------	------------

NOTE: See Site Augment Plan, page E-3, for manpower requirements.

2. Facilities Requirements

a. Classrooms must have temperature controls, adequate lighting for note taking, and seating capability for 60 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.

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 CNET Instruction.

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 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) Safety Observer: Ring buoy and whistle
- (2) Safety Swimmer: Mask, fins, and rescue tube/torpedo buoy
- (3) Training Assistant: Ring buoy and whistle
- (4) Primary Instructor: Ring buoy and whistle

#### 4. Alternate Training Plan

Students must complete all course objectives in order to graduate. Students must receive all lesson plan presentations. 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 manager 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.

Site Augment Plan

Specific for Naval Aviation Schools Command, Pensacola FL and Vance Air Force Base, Enid, OK:

- a. Lesson plans 1.1, 2.1, 2.2, 2.4, (pool labs):

The following minimum staff will be assigned regardless of class size:

1 qualified BWSI  
 1 Training assistant  
 1 Safety Swimmer  
 \*1 Safety Observer

- b. Lesson Plans 2.3, 2.4, 2.5:

The following minimum staff will be assigned regardless of class size:

1 qualified BWSI  
 1 Training assistant  
 1 Safety Swimmer  
 1 Safety Observer

- c. Lesson Plan 2.6:

1 qualified BWSI instructor  
 \* 1 qualified Training Assistant  
 1 qualified counter (must be safety observer qualified) for a maximum of 10 students  
 1 qualified safety swimmer for each 15x25 yard swimming area

\* If two pools are used simultaneously to conduct L.P. 2.6, the training assistant will position him/her self on the catwalk between both pools

- d. Lesson Plan 3.1

Instructors will adhere to student to instructor and student to manikin ratio identified in the Red Cross instructors' manual. In all cases assistants must be certified in accordance with the Red Cross.

e. Specific for Naval Education Training Security Assistance Field Activity, Pensacola, FL.

- (1) In-water Training Evolutions. For in-water training evolutions, the following staff shall be on the pool deck:

- (a) 1-10 students: One NAWSTI or BWSI, and one U.S. Navy Lifeguard.  
 (b) 11-20 students: One NAWSTI or BWSI, one U.S. Navy Lifeguard, and one Safety Observer.  
 (c) 21-30 students: One NAWSTI or BWSI, one U.S. Navy Lifeguard, and two Safety Observers.

- \* No more than 10 students at a time in the deep end.  
 \* Required to have a swimmer in the water during evolutions that have 5 or more students in full organizational clothing.

5. Training Safety

a. General

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

(2) In all cases possible, students shall be prevented from pushing themselves to extremes 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.

(3) 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.

(4) 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.

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

(6) Student illness/injury. Any time a student becomes ill or injured, the nearest instructor shall provide immediate assistance. Instructors shall stop the training, notify the department head, and must complete the Personal Injury/Accident Notification form NAVAVSCOLSCOM 6310/1.

(7) A designated instructor should be in close enough proximity to see and hear the students at all times during the course of instruction of a high risk training evolution.

b. Special Safety Precautions

(1) Hyperventilation.

(a) 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.

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

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

(2) During the initial screen test, watch students carefully. Weak swimmers often over-estimate their abilities in desperate attempts to stay with the class. Keep staff alert to watch the deep end carefully.

(3) Do not allow students to swim under the catwalks.

(4) Watch underwater swimming activities carefully to make certain that students don't get disoriented and surface under the catwalks.

6. Safety Management

a. Management procedures will be followed in accordance with CNETINST 1500.20, NAVEDTRA 135A, and OPNAVINST 5100.23 and Command Safety Instructions

b. Premishap Plans

(1) All sites shall have a Pre-Mishap Plan, providing a course of action after a training accident or injury. The site officer shall be responsible for developing a specific plan. The Pre-Mishap Plan must address the following areas and establish procedures integrating the site's unique training capabilities:

(a) Personnel assignments, responsibilities for accidents and injury management, including reporting and documenting mishaps.

(b) Student management during emergencies.

(c) Requesting emergency medical assistance.

(d) Administration of first aid and oxygen.

(e) Emergency equipment operation, location and use.

(f) Transporting victims.

c. Training Time Out and DOR Policy

(1) Students shall be briefed on the DOR and TTO policy and sign DOR/TTO policy of understanding prior to the start of training.

(2) Staff members shall have a signed DOR/TTO statement of understanding in their training jackets

(3) DOR Policy: Students are voluntarily enrolled in the Intermediate Swim Course and may request termination of training. When a student states "I quit" or "DOR", they shall be immediately removed from the training environment and referred to the NWSTP Division Officer for administrative action. When a student terminates training by Dropping on Request, the Water Survival Division Officer shall follow DOR procedures identified in CNETINST 1500.20 series.

(4) TTO Policy. When a student or instructor is apprehensive about his personal safety or that of others, he shall verbally request or signal a TTO to clarify the situation and receive or provide additional instruction. If a student refuses to participate in the training exercise after additional TTO instruction has been provided, he will be removed from training and referred to the site officer for appropriate administrative processing. To reinforce the initial brief, TTO briefs shall be repeated prior to the start of laboratory phases of high-risk training. TTO signals shall be:

(a) Crossing the hands in a "T".

(b) Calling "time out", "training time out" or "time".

(c) Moving to the side of the pool, during timed tests, constitutes a training time out.

#### 7. 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

#### 8. Graduation:

a. Students must complete all course objectives, lesson plans and laboratories to graduate. Completion will be documented in class rosters located at NASC Survival Department. A copy of the class roster will be forwarded to Naval Operational Medicine Institute (NOMI) prior to N-1 training.

b. Training Waivers: If a laboratory must be cancelled and cannot be rescheduled for a long period of time due to facility damage, pool water problems, equipment malfunctions, etc., every effort must be made to reschedule the lab, including the use of other swimming pools or facilities. The model manager may waive laboratories if all efforts to reschedule the training have been exhausted. In these situations only the laboratory portion of the lesson plans may be omitted, and the missed training element(s) shall be annotated as incomplete in student's training jacket.

#### 9. Remediation

Training activities shall conduct remedial training for academic and swim failures. Appropriate lesson plans from this curriculum shall be used to assist students.

#### 10. 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. Intermediate Swim course instructors who receive a "rollback" student shall be made aware of the reasons for the rollback

#### 11. Dropped from Training for Academic or Suitability Reasons.

When a student fails to meet the prescribed standards for academic, P.T., survival or officer like qualities (OLQ) as outlined in CNATRAINST 1500.4, that student shall be referred to a PRB.

12. General Training Guidelines

a. Upon check-in, students shall be given either a verbal or printed schedule of events and important administrative information. Welcome aboard packets are encouraged. Student pretests are not required.

b. Students shall receive all required lectures and audiovisual presentations which relate to in-water labs, prior to applicable in-water training.

c. Aviation Preflight Indoctrination and Aircrew Candidate School students shall complete the Intermediate Swim course prior to participation in the BUMED N-1 course.

d. After training completion, students shall be given the opportunity to complete a Critique Form (Annex E of the Instructor Guide).

Instructor Certification Program:

a. Instructors, Training Assistants, Safety Swimmers, Safety Observers etc. will be trained and will maintain qualifications specified in NAVEDTRA 135A, AND CURRENT Job Qualification Requirements (JQR) document.

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

c. At least one member of the staff shall maintain necessary instructor qualifications to keep staff current in Lifeguarding, CPR, First Aid and Oxygen administration.

13. Instructor Screening Guideline

Instructors shall be screened in accordance with CNETINST 1500.20 series or USAF equivalency.

## ANNEX F

## Stretching Exercises

- A. 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 width 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.