

TRAINING COURSE CONTROL DOCUMENT
FOR
NAVY REMEDIAL SWIM TRAINING
CLASS F SCHOOL

A-060-2222

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

PREPARED FOR
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NOVEMBER 2003
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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 can be 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. **STUDENTS ASSIMILATE SWIMMING SKILLS AT DIFFERENT RATES BASED ON NUMEROUS FACTORS.** Because the course is self-paced, it must be realized that some students will be able to master skills quicker than the allotted course time, while others may require more time.

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COURSE DATA

1. Course Title: Navy Remedial Swim Training
 2. Course Identification Number (CIN): A-060-2222
 3. Course Data Processing Code (CDP) by Site:
5612 Recruit Training Center, Great Lakes, IL
659C NAVAVSCOLCOM, Pensacola, FL
9177 Center Surface Combat Systems, San Diego, CA
9378 Officer Training Center, Newport, RI
9379 Center Surface Combat Systems, Norfolk, VA
997S TRITRAFAC Bangor, WA
997R Afloat Training Group Mid Pacific, HI
997P CENEODDIVE DET PAC, HI
 4. CDP Code: 5612, 659C, 9177, 9378, 9379, 997S, 997R, 997P
 5. Course Status: Revision
 6. Course Mission Statement: This course prepares weak or non-swimmers with the basic skills to meet "in test" swim skills to begin numerous Navy programs. It is additionally used to remediate students who are held back from these programs for swim deficiencies. Additional customers are students unable to pass or participate in Navy Swim qualification programs. This course can be used to pass Navy 1st, 2nd, and 3rd class swim tests.
 7. Occupational Classification: None.
 8. Prerequisites: Physical/medical prerequisites found on page ix, Student Data.
 9. Planned Course Length: * 10 days
 10. Current Course Length: 5 days
- * Students assimilate swimming skills at different rates based on numerous factors. It must be realized that not all students will master skills within the time allotted by the course schedule or they may master skills much quicker than the course schedule dictates.
11. Training Site:
Recruit Training Center
3301 Indiana St
Great Lakes, IL 60088

Naval Aviation Schools Command
181 Chambers Ave Suite C
Pensacola, FL 32508-5221

Center Surface Combat Systems
3975 Norman Scott Ave
San Diego, CA 92135-7122

Officer Training Command
 307 Peary St
 Naval Station Newport, RI 02841

Center Surface Combat Systems
 9550 Farragut Ave
 Norfolk, VA 23511-2790

TRITRAFAC Bangor
 Bldg. 2000
 Silverdale, WA 98315

Afloat Training Group MidPac
 226 Lexington BLVD
 Pearl Harbor, HI 96860

CEODD DET PAC
 1130 Bole Loup
 BID 39
 Pearl Harbor, HI 96860

12. Site Unique Training Consideration: None.

13. <u>Number of Convenings by Site:</u>	<u>Current</u>	<u>Planned</u>
RTC Great Lakes, Il	720	720
NAVAVSCOLCOM Pcola, FL	38	38
CSCS San Diego, CA	9	9
OTC Newport, RI	10	10
CSCS Norfolk, VA	15	15
TRITRAFAC Bangor, WA	9	9
ATG MidPac, HI	12	12
CENEODDIVE DET PAC, HI	8	8

14. <u>Class Capacity by Site:</u>	<u>Current</u>	<u>Planned</u>
RTC Great Lakes, Il		
a. Maximum	20	20
b. Normal	15	15
c. Minimum	1	1
NAVAVSCOLCOM Pensacola, FL		
a. Maximum	20	20
b. Normal	7	7
c. Minimum	1	1

CSCS San Diego, CA

a. Maximum	20	20
b. Normal	20	20
c. Minimum	1	1

OTC Newport, RI

a. Maximum	20	20
b. Normal	20	20
c. Minimum	1	1

CSCS Norfolk, VA

a. Maximum	20	20
b. Normal	20	20
c. Minimum	1	1

TRITRAFAC Bangor, WA

a. Maximum	20	20
b. Normal	20	20
c. Minimum	1	1

ATG MIDPAC, HI

a. Maximum	20	20
b. Normal	5	5
c. Minimum	1	1

CENEODDIVE DET PAC, HI

a. Maximum	20	20
b. Normal	15	15
c. Minimum	8	8

15.	<u>Planned Average on Board by Site:</u>	<u>Current</u>	<u>Planned</u>
	Great Lakes, Il	15	15
	NAVAVSCOLCOM Pensacola, FL	7	15
	CSCS San Diego, CA	20	20
	OTC Newport, RI	20	20
	CSCS Norfolk, VA	20	20
	TRITRAFAC Bangor, WA	20	20
	ATG MIDPAC, HI	5	5
	CENEODDIVE DET PAC, HI	15	15

16. Instructor/Support Manning: See Annex E

STUDENT DATA

1. Personnel Physical Requirements: Students must possess a current Navy physical for their occupation as specified in the Manual of the Medical Department and complete a medical screening form at the training activity.

Students participating in this course to remediate for the Intermediate Swim Course will meet physical requirements located in STUDENT DATA page xi of Intermediate Swim CIN Q-050-0605

Personnel from other services and civilians must possess chronological record of Medical Care (SF 600) entry signed by a U.S. Navy physician stating that the individual has been medically screened and no information exists that would preclude that person from participating in swimming activities. Additionally the student will complete a medical screening form at the training activity.

2. Security Clearance: None.

3. Obligated Service: None.

4. NOBC/NEC Earned: None.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0 Introduction and Administration

Contact Periods: .5 Classroom

Media: Poolside lecture

Terminal Objective:

Completely supported by this unit:

- 1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of course safety requirements.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1 Remedial Swim Safety

Contact Periods .5 Classroom

Media: Lecture

Terminal Objective:

Completely supported by this unit:

1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of course safety requirements.

Enabling Objectives:

1.1 Fill out medical screening form.

1.2 Read and sign Training Time Out and Drop On Request forms.

1.3 Attend safety procedures lecture.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.0: Basic Water Familiarity

Contact Periods: 4.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Completely supported by this unit:

- 2.0 Upon completion of this unit of instruction, the student will perform basic aquatic skills necessary to learn how to swim without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.1: Mental and Physical Adjustments to the Water

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will perform basic aquatic skills necessary to learn how to swim without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.1 Demonstrate water exploration skills.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.2: Basic Skills

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will perform basic aquatic skills necessary to learn how to swim without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.2 Demonstrate basic skills.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.3: Stroke Readiness

Contact Periods 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will perform basic aquatic skills necessary to learn how to swim without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.3 Demonstrate preparatory survival training skills.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 3.0: Proper Stroke Mechanics

Contact Periods: 9.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Completely supported by this unit:

- 3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.1: Breaststroke

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.1 Demonstrate the breaststroke.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.2: Sidestroke

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.2 Demonstrate the sidestroke.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.3: Elementary Backstroke

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.3 Demonstrate the elementary backstroke.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.4: Crawlstroke

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.4 Demonstrate the crawlstroke.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.5: Swimming in Organizational Clothing

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.5 Demonstrate survival swimming in organizational clothing.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.6: Techniques for Long Distance Swimming

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will perform required survival strokes per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.6 Demonstrate techniques for swimming long distances.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 4.0: Basic Water Survival Skills

Contact Periods: 12.0 Laboratory

Media: Lecture, demonstration, and instruction

Terminal Objective:

Completely supported by this unit:

- 4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.1: Survival Floating

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.1 Demonstrate survival floating.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.2: Treading Water

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.2 Demonstrate treading water.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.3: Transitioning from Treading Water to Survival Floating

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.3 Demonstrate transitioning from treading water to survival floating.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.4: Underwater Swimming

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.4 Demonstrate underwater swimming.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.5: Abandon Ship Drill

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.5 Demonstrate the abandon ship drill.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.6: Rough Water Swimming

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.6 Demonstrate rough water swimming.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.7: Burning Oil and Debris Swimming

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.7 Demonstrate burning oil/debris swimming.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.8: Clothing Inflation

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.8 Demonstrate clothing inflation.

CURRICULUM OUTLINE OF INSTRUCTION

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:

4.0 Upon completion of this unit, students will demonstrate required survival skills per US Navy Water Survival Instructor's Manual CNETINST P1552/16 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.09 Use mask, fins, and snorkel.

4.10 Don masks, fins, and snorkel.

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

4.12 Perform crawl strokes while wearing mask, fins and snorkel.

CURRICULUM OUTLINE OF INSTRUCTION

Unit 5.0: Administering Performance Tests

Contact Periods: 13.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Completely supported by this unit:

- 5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.1: Third Class Swim Test

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.1 Perform Third Class Swim Test.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.2: Second Class Swim Test

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.2 Perform Second Class Swim Test in accordance with MILPERSMAN.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.3: First Class Swim Test

Contact Periods: 1.5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.3 Perform First Class Swim Test in accordance with MILPERSMAN.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.4: Intermediate Swim Screen

Contact Periods: 1.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.4 Perform Swim Screen per Intermediate Swim Curricula.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.5: Intermediate Swim Out Test

Contact Periods: 1.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.5 Perform Swim Proficiency Test per Intermediate Swim Curricula.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.6: Abandon Ship Drill Test

Contact Periods: 1.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.6 Perform Abandon Ship Drill Test per Intermediate Swim Curricula.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.7: Organizational Clothing/Equipment Swim Test

Contact Periods: 1.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.7 Perform Organizational Clothing/Equipment Swim per Intermediate Swim Curricula.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.8: Organizational Clothing/Equipment Tread Test

Contact Periods: 2.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.8 Perform Organizational Clothing/Equipment Tread Test per Intermediate Swim Curricula.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.9: Survival Confidence and Endurance Swim

Contact Periods: 2.0 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.9 Perform Survival Confidence and Endurance Swim per Intermediate Swim Curricula.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.10: OCS In-Test

Contact Periods: .5 Laboratory

Media: Lecture, demonstration and instruction

Terminal Objective:

Partially supported by this lesson topic:

5.0 Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

5.8 Perform Officer Candidate School swim skills assessment as per Navy Swimming and Water Survival Instructor's Manual Chapter 13.

COURSE TRAINING TASK LIST (CTTL)

NAVY REMEDIAL SWIM TRAINING COURSE

A-060-2222

Course Mission Statement

This course prepares weak or non-swimmers with the basic skills needed to pass or participate in Navy's 1st, 2nd and 3rd Class Swim qualification programs and the basic skills to meet "in test" abilities to begin Officer Candidate School (OCS) swim training and Intermediate Water Survival training. It is additionally used to remediate students who are held back for swim deficiencies from any Navy swim course to include USAF pre-flight students.

<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	FILL out medical screening form.	K
		READ and sign Training Time Out and Drop On Request forms.	K
		ATTEND safety procedures lecture.	K
		DEMONSTRATE water exploration skills.	S
		DEMONSTRATE primary skills.	S
		DEMONSTRATE survival training preparatory skills.	S
		DEMONSTRATE stroke readiness skill.	S
		DEMONSTRATE the breaststroke.	S
		DEMONSTRATE the sidestroke.	S
		DEMONSTRATE the elementary backstroke.	S

<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
		DEMONSTRATE the crawlstroke.	S
		DEMONSTRATE survival swimming	
		DEMONSTRATE techniques for swimming long distance.	S
		DEMONSTRATE survival floating.	S
		DEMONSTRATE treading water.	S
		DEMONSTRATE transitioning from treading water to survival floating.	S
		DEMONSTRATE underwater swimming.	S
		DEMONSTRATE the abandon ship drill.	S
		DEMONSTRATE the rough water swimming.	S
		DEMONSTRATE burning oil/debris swimming.	S
		DEMONSTRATE clothing inflation.	S
		PERFORM third class swim test.	S
		PERFORM second class swim test in accordance with MILPERSMAN.	S
		PERFORM first class swim test in accordance with MILSPERSMAN.	S
		PERFORM swim screen per Intermediate swim curricula.	S
		PERFORM swim proficiency test per intermediate swim curricula.	S

<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
		PERFORM abandon ship drill test per intermediate swim curricula.	S
		PERFORM organizational clothing/equipment swim test per Intermediate swim curricula.	S
		PERFORM organizational clothing/equipment tread test per Intermediate swim curricula.	S
		PERFORM the survival confidence and endurance swim per Intermediate swim curricula.	S
		PERFORM Officer Candidate School Swim Screen Test per Office Candidate School Curricula.	S

ANNEX A

EQUIPMENT REQUIREMENT LIST

<u>NOMENCLATURE</u>	<u>TYPE DESIGNATOR OR DEVICE NUMBER/NSN</u>	<u>QTY</u>	<u>PER ITEM COST</u>
AUDIOVISUAL EQUIPMENT			
Color Monitor, 25"	Open Purchase	1	500.00
Video Cassette Player 1/2"	Open Purchase	1	250.00
LIFE SUPPORT EQUIPMENT			
Organizational clothing/equipment needed to remediate Intermediate Swim students can be obtained from Annex A of CIN A-050-0605			
MEDICAL EQUIPMENT			
Oxygen, System Portable	1660-00-650-1711	2	1,080.00
Pocket Mask with O2 Inlet Valve	Open purchase	25	19.00
Backboard	Open purchase	2	375.00
First Aid Kit	6545-00-922-1200	3	28.09
Ear Drops (Swimmers Ear)	Obtain from local hospital	2	Unknown
POOL SAFETY EQUIPMENT			
Rescue Tube	Open purchase	3	46.00
Ring Buoy, Lifesaving	4220-00-275-3157 4220-00-275-3156 4220-00-275-3155	3	22.77
Rescue Board	Open purchase	1	153.00
Whistle	8465-00-254-8803	10	.95
Bamboo Poles or equiv. Head Immobilizers	Open purchase	1	Unknown
small, medium, large	Open purchase	2 ea.	14.40
Diving Brick (10 lb)	Open purchase	2	34.82
POOL TRAINING AIDS			
Pull buoys		10	5.70
kick boards		20	7.50
hand paddles		10	5.85
Waist Floats		10	42.75

ANNEX B

TRAINING MATERIALS LIST

Publications

<u>Number (MIL PUBS)</u>	<u>Title</u>	<u>Qty Req'd</u>
CNET P1552/16	U.S. Navy Water Survival Instructor's Manual	1
ARC 652000	Swimming and Diving	1
ARC 329452	Lifeguarding	1
NAVEDTRA 135	Navy School Management Manual	1
CNETINST 1500.20	Safety Procedures for Training	1
INSTRUCTORS MANUALS		
ARC 329453	Lifeguard	1
ARC 652001	Water Safety Instructor	1
<u>Visual Information:</u>		
STOCK # 329331	EM Aquatic Skills	1
STOCK # 329328	Spinal Injury Management	1
SAVPIN # 803165 DN	Survival Swimming	1
ARC 654114	Lifeguarding Today	1
ARC 652005	Swimming and Diving Skills	1
ARC 652070	Aqua Fitness Video	1

ANNEX C

SKILLS PROFILE

REMEDIAL SWIM TRAINING COURSE

CIN: A-060-2222

CDP: 5612, 659C, 9177, 9378, 9379, 997S, 997R, 997P

<u>NO</u>	<u>OBJ</u>	<u>WT</u>	<u>SKILL OR KNOWLEDGE ITEM</u>
1	1.0	.200	Upon completion of this unit of instruction, the student will display knowledge of course safety requirements.
2.	2.0	.200	Upon completion of this unit of instruction, the student will perform basic aquatic skills necessary to learn how to swim without injury to personnel or damage to equipment.
3.	3.0	.200	Upon completion of this unit of instruction, the student will perform required survival strokes per U.S. Navy Water Survival Instructor's Manual NETC P1552/16 without injury to personnel or damage to equipment.
4.	4.0	.200	Upon completion of this unit, students will demonstrate required survival skills per U.S. Navy Water Survival Instructor's Manual NETC P1552/16 without injury to personnel or damage to equipment.
5.	5.0	.200	Upon completion of this unit of instruction students will successfully complete required performance tests without injury to personnel or damage to equipment.

ANNEX D
MASTER COURSE SCHEDULE

This annex contains the Master Course Schedule for the Remedial Swim Training Course, which is a flexible guideline for scheduling students. This course is designed for the instructor to target the student's individual swimming deficiencies and to select the appropriate lesson topic(s) which will improve their aquatic skills. Being a self-paced course, not all lesson plans are needed for all students. Students may need additional time to master skills than allotted by the master schedule, or they may be able to master skills much quicker than the allotted time.

Course Title: Remedial Swim Training

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>Ratio</u>
<u>First Day</u>							
1.1	Class	1	.5	Remedial Swim Safety	8:1	1:1	
2.1	Lab	1	1.5	Mental and Physical Adjustments to the Water	8:1	1:1	
2.2	Lab	2	1.5	Basic Skills	8:1	1:1	
<u>Second Day</u>							
2.3	Lab	3	1.5	Stroke Readiness	8:1	1:1	
3.1	Lab	4	1.5	Breaststroke	8:1	1:1	
<u>Third Day</u>							
3.2	Lab	5	1.5	Sidestroke	8:1	1:1	
3.3	Lab	6	1.5	Elementary Backstroke	8:1	1:1	
<u>Fourth Day</u>							
3.4	Lab	7	1.5	Crawlstroke	8:1	1:1	
3.5	Lab	8	1.5	Swimming in Organizational Clothing	8:1	1:1	
<u>Fifth Day</u>							
3.6	Lab	9	1.5	Techniques for Long Distance Swimming	8:1	1:1	
<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>Ratio</u>

<u>First Day</u>						<u>Ratio</u>	
4.1	Lab	10	1.5	Survival Floating	8:1	1:1	
4.2	Lab	11	1.5	Treading Water	8:1	1:1	
4.3	Lab	12	1.5	Transitioning from Treading Water to Survival Floating	8:1	1:1	
<u>Second Day</u>							
4.4	Lab	13	1.5	Underwater Swimming	8:1	1:1	
4.5	Lab	14	1.5	Abandon Ship Drill	8:1	1:1	
4.6	Lab	15	1.5	Rough Water Swimming	8:1	1:1	
<u>Third Day</u>							
4.7	Lab	16	1.5	Burning Oil and Debris Swimming	8:1	1:1	
4.8	Lab	17	1.5	Clothing Inflation	8:1	1:1	
5.1	Lab	18	1.5	Third Class Swim Test	8:1	1:1	
<u>Fourth Day</u>							
5.2	Lab	19	1.5	Second Class Swim Test	8:1	1:1	
5.3	Lab	20	1.5	First Class Swim Test	8:1	1:1	
5.4	Lab	21	1.0	Intermediate Swim Screen	8:1	1:1	
<u>Fifth Day</u>							
5.5	Lab	22	1.0	Intermediate Swim Out Test	8:1	1:1	
5.6	Lab	23	1.0	Abandon Ship Drill Test	8:1	1:1	
5.7	Lab	24	1.0	Organizational Clothing Equipment Swim Test	8:1	1:1	
5.8	Lab	25	2.0	Organizational Clothing /Equipment Tread Test	8:1	1:1	
5.9	Lab	26	2.0	Survival Confidence and Endurance Swim	8:1	1:1	
5.10	Lab	27	.5	OCS In-Test	8:1	1:1	

Bottle neck ratios vary depending on which lesson plan the instructor uses to remediate the student(s). The most time consuming bottle neck ratio is found in the swim screen test with a bottle neck ratio of 6/1.

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
a. Introduction and Administration	.5			.5
b. Basic Water Familiarity		4.5		4.5
c. Proper Stroke Mechanics		9.0		9.0
d. Basic Water Survival Skills		12.0		12.0
e. Administering performance tests		13.0		13.0
			TOTAL	39.0

2. Total Training Time

a. Weeks	2
b. Days	10
c. Hours	39.0

ANNEX E

INSTRUCTIONAL MANAGEMENT PLAN

Course Management Data

1. A minimum of two staff are required to conduct the remedial swim course. These two personnel consist of a water survival instructor (9510 NEC or Officer equivalent) and a certified lifeguard. Additional lifeguards must be added to accommodate more than the minimum number of students identified in the lesson plans.

a. Swimming tests will be manned with the number of personnel identified in the lesson plan.

b. Only a qualified Water Survival instructor or a Training Assistant under supervision of Water Survival instructor, is allowed to coach students in the shallow end of the pool.

c. When a Basic Swimming and Water Survival instructor under training is teaching laboratory segments of the course, a designated Basic Swimming and Water Survival instructor shall be in close enough proximity to see and hear the training evolution.

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 at the recreational temperatures of 78-82 degrees Fahrenheit.

(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.

3. Equipment Requirements:

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

(1) 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.

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

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

(a) 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.

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

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

(d) A first aid kit.

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

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

(4) Required Personal safety equipment:

(a) Safety Observer: Ring buoy and whistle

(b) Safety Swimmer: Mask, fins, and rescue tube/torpedo buoy

(c) Training Assistant: Ring buoy and whistle

(d) Primary Instructor: Ring buoy and whistle

4. Alternate Training Plan.

a. 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.

b. Equipment delay. 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.

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 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.

(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. Anytime a student becomes ill or injured, instructors shall stop the training, and notify the school department head. Instructors shall complete an accident report.

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 135, and OPNAVINST 5100.23 and Command Safety Instructions

b. Emergency Action Plan: All sites shall have a Emergency Action Plan, providing a course of action after a training accident or injury. This Emergency Action Plan will meet the minimum requirements set forth in CNETINST 1500.20 and OPNAV 1500.75 series. The site officer shall be responsible for developing a specific plan. Additionally the Emergency Action Plan must address the following areas and establish procedures integrating the site's unique training capabilities:

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

(2) Student management during emergencies.

(3) Requesting emergency medical assistance.

(4) Administration of first aid and oxygen.

- (5) Emergency equipment operation, location and use.
- (6) Transporting victims.

c. DOR and Training Time Out Procedures

(1) Training Time Out and DOR procedures shall be in strict accordance with current CNETINST 1500.20 series.

(2) Site specific Training Time Out Signals:

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

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

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

(d) Instructors throwing a ring buoy to a student, or instructing them to stop or move to the side of the pool for additional coaching, or for safety purposes constitutes a training time out.

(e) 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.

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

Students must complete all course objectives, lesson plans and laboratories to graduate.

9. Remediation

As this course is designed specifically to remediate students, remedial training consists of additional coaching and assistance

as recommended in the lesson plans.

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. Remedial 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 prescribed standards 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.

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

c. After training completion, students shall be given the opportunity to complete a course critique Form.

Instructor Certification Program

13. Staff Training and Certification Requirements:

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.

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.