

5040
Code 08

From: Commanding Officer, Naval Aviation Schools Command,
Pensacola
To: Commanding Officer, Helicopter Support Squadron Three,
San Diego
Commanding Officer, Helicopter Anti-Submarine Wing U.S.
Atlantic Fleet, Jacksonville
Subj: CHANGE ONE TO RESCUE SWIMMER REFRESHER COURSE
(Q-050-0604)

1. Enter change one into Rescue Swimmer Refresher Course curriculum dated June 2002. The attached change one is a page for page replacement to existing curriculum. Ensure all instructors place the change into their curriculum with the record of change page inserted into the Instructor Guide Front Matter. Explanation of change one is as follows:

a. Lesson Plan 3.1 (Pages 6,16-18), changed equipment hook to equipment ring on page 6. Added warning about loss of ABC's on page 14. Reflected new order of securing survivor to SAR MEDEVAC and Rescue Litters on pages 16-18.

b. Lesson Plan 4.1 (Pages 1,2,4,5,8), changed Enabling Objectives 4.1 and 4.2 on page 1 to reflect new Approach from the Rear procedures. Deleted Enabling Objectives 4.11 and 4.12 dealing with the Tired Swimmer's Carry on page 2. Changed Major Teaching Points to reflect Approaching from the Rear and the deletion of the Tired Swimmer's Carry on page 4. Changed Rear Surface Approach procedures to Approaching from the Rear procedures on page 5. Deleted Tired Swimmer's Carry procedures on page 8.

c. Lesson Plan 4.2 (Page 1), changed Enabling Objective numbering to sequence with prior Lesson Plan changes.

d. Lesson Plan 4.3 (Pages 1,2,6,10), changed Enabling Objective numbering to sequence with prior Lesson Plan changes. Added note for rescue breathing and a warning about loss of ABC's while performing disentanglement procedures on pages 6 and 10.

e. Lesson Plan 5.1 (Pages 13-15,27-32), added post cool down stretch requirement on page 13. Changed stretch times from 30 seconds to 15 seconds on page 14. Added four-count supermans, four-count flutter kicks, calf raises, post run cool down stretches and deleted squat jumps on page 15. Added new exercises and deleted squat jumps for strength routine procedures on pages 27-32.

2. Enter change one into Aviation Rescue Swimmer Refresher Course Trainee Guide dated June 2002. The attached change one is a page for page replacement to the existing Trainee Guide. Ensure all Trainee Guides are updated with the record of change page inserted into the front matter. Explanation of change one is as follows:

a. Outline Sheet 3.1-1 (Pages 23,30,31), changed equipment hook to equipment ring on page 23. Added warning about loss of ABC's on page 28. Reflected new order of securing survivor to SAR MEDIVAC and Rescue Litters on pages 30 and 31.

b. Outline Sheet 4.1-1 (Pages 92,93,95), changed Enabling Objectives 4.1 and 4.2 to reflect new Approach from the Rear procedures and deleted enabling Objectives 4.11 and 4.12 dealing with the Tired Swimmer's Carry on page 92. Changed Rear Surface Approach procedures to Approaching from the Rear procedures on page 93. Deleted Tired Swimmer's Carry procedures on page 95.

c. Diagram sheet 4.1-1 (Page 96), blanked out the deleted Rear Surface Approach procedure diagram on page 96.

d. Outline Sheet 4.2-1 (Page 100), changed Enabling Objective numbering to sequence with prior Lesson Plan changes.

e. Outline Sheet 4.3-1 (Pages 108,109,112), changed Enabling Objective numbering to sequence with prior Lesson Plan changes. Added note for rescue breathing and a warning about loss of ABC's while performing disentanglement procedures on pages 109 and 112.

f. Information Sheet 5.1-1 (Pages 130,131), changed stretch times from 30 seconds to 15 seconds on page 130. Added four-count supermans, four-count flutter kicks, calf raises, and deleted squat jumps on page 130. Added post run cool down stretches on page 131.

3. Enter change one into Aviation Rescue Swimmer Refresher Course Annex E dated June 2002. The attached change one is a page for page replacement to the existing Annex E. Ensure all Annex E's are updated. Explanation of change one is as follows:

a. Annex E (Page 12), changed 400 meter swim in-test to include wearing swimmer's gear and new time limit.

4. Enter change one into Aviation Rescue Swimmer Refresher Course Training Course Control Document (TCCD) dated June 2002. The attached change one is a page for page replacement to the existing TCCD. Ensure all TCCD's are updated. Explanation of change one is as follows:

a. TCCD (Pages 12-16), changed Enabling Objectives 4.1 and 4.2 to reflect new Approach from the Rear procedures on page 13. Deleted enabling Objectives 4.11 and 4.12 dealing with the Tired Swimmer's Carry on page 14 which is now a blank. Changed Enabling Objective numbering to sequence with prior Lesson Plan changes on pages 15 and 16.

5. Naval Aviation Schools Command Model Manger points of contact are AT1(AW) Pouchert and Mr. John Kaufmann at DSN: 922-2404/2249.

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By direction