

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0: Course Introduction and Safety

Contact Periods: 2.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1: Course Introduction

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

- 1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).

Enabling Objectives:

Completely supported by this lesson topic:

- 1.1 Identify the OPNAVINST 3130.6 series requirements for RSS training.
- 1.2 Identify the NWP 3-50.1 series requirements as it applies to RSS training.
- 1.3 Identify and adhere to all safety precautions used during training.
- 1.4 State the DOR/TTO policies and procedures.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.2: Pool Safety Regulations

Contact Periods: 1.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).

Enabling Objective:

Completely supported by this lesson topic:

1.5 State the general pool safety regulations.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.0: Standard First Aid and American Red Cross CPR for the Professional Rescuer.

Contact Periods: 6.5 Classroom, 5.5 Laboratory

Media: Lecture with demonstration and video tape

Security Classification: Unclassified

Terminal Objectives:

Completely supported by this unit:

- 2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.1: American Red Cross CPR for the Professional Rescuer.

Contact Periods: 4.5 Classroom, 4.5 Laboratory

Media: Lecture with demonstration and video tape

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.

Enabling Objectives:

Partially supported by this lesson topic:

2.1 Respond to an emergency per current American Red Cross standards.

Completely supported by this lesson topic:

2.2 Administer CPR per current American Red Cross CPR for the Professional Rescuer standards.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.2: Practical First Aid Training/Mock Trauma

Contact Periods: 2.0 Classroom, 1.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially support by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 2.3 Respond to an emergency per current American Red Cross standards.
- 2.4 Administer CPR per current American Red Cross CPR for the Professional Rescuer standards.
- 2.5 Administer Standard First Aid per NAVEDTRA 12081 standards.
- 2.6 Administer practical First Aid in a mock trauma (moulage) scenario.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 3.0: Rescue Equipment, Devices and Publications

Contact Periods: 5.5 Classroom, 5.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objectives:

Completely supported by this unit:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.1: Rescue Devices

Contact Periods: 1.5 Classroom, 5.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 3.1 Demonstrate the proper methods of communication between the Rescue Swimmer and the Rescue Platform per NWP 3-50.1.
 - a. Hand Signals
 - b. Radio Communication
- 3.2 Demonstrate the functional operation of the following rescue devices per NWP 3-50.1:
 - a. Double Rescue Hook
 - b. Modified Rescue Strop
 - c. Rescue Net
 - d. Rescue Litter/SAR MEDEVAC Litter, Trail Line and Gloves
 - e. Rescue Seat
 - f. Hoisting Vest
- 3.3 Place simulated victim into the following rescue devices in a water environment:
 - a. Double Rescue Hook
 - b. Modified Rescue Strop
 - c. Rescue Net
 - d. Rescue Seat
 - e. Rescue Litter/SAR MEDEVAC Litter

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.2: Survivor Marker/Locator Devices

Contact Periods: 1.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

- 3.4 Describe the purpose and hazards of the following survivor marker/locator devices per NWP 3-50.1:
- a. MK-25 Marine Location Marker
 - b. MK-58 Marine Location Marker
 - c. Electric Marine Marker Light
 - d. MK-13/MK-124 MOD 0 Day/Night Distress Flare
 - e. MK-79 Pencil Flare
 - f. Signal Mirror
 - g. Sea Dye Marker
 - h. AN/PRC-125

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.3: SAR Publications and Reports

Contact Periods: 1.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 3.5 Identify the short title and content of publications applicable to a Rescue Swimmer.
- 3.6 Complete a rescue report SAR form 3-50.1/1 when given a rescue scenario.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.4: Navy and Air Force Aircrew Survival
Equipment, Harnesses and Associated Hardware

Contact Periods: 2.0 Classroom

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to Rescue Swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.7 Perform the procedures for removing the following assemblies:

- a. Helmet assemblies
- b. RSSK/SKU assemblies
- c. Oxygen mask assemblies
- d. Survival vest/flotation assemblies

3.8 Operate hardware associated with parachute harnesses.

3.9 Remove parachute harnesses.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 4.0: Lifesaving and Parachute Disentanglement

Contact Periods: 3.0 Classroom, 28.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.
- 5.0 Upon completion of this unit of instruction, the trainee, while wearing swim trunks, T-shirt (optional), mask, fins, booties, snorkel, LPU-28/UDT vest, shorty wet suit/wet suit top and Rescue Swimmer's harness, will develop stamina, endurance and perfect stroke mechanics in a swimming pool without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.1: Lifesaving Approaches/Carries

Contact Periods: 1.0 Classroom, 5.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 4.1 List procedural steps for the rear surface approach to a conscious survivor.
- 4.2 Demonstrate the rear surface approach to a conscious survivor in a simulated rescue situation.
- 4.3 List procedural steps for the front surface approach to a passive/unconscious survivor.
- 4.4 Demonstrate front surface approach to a passive/unconscious survivor while in a simulated rescue situation.
- 4.5 List the procedural steps for the underwater approach to an active/conscious survivor.
- 4.6 Demonstrate underwater approach to an active/conscious survivor while in a simulated rescue situation.
- 4.7 List procedural steps for the cross chest carry.
- 4.8 Demonstrate the cross chest carry of a survivor while in a simulated rescue situation.
- 4.9 List procedural steps for the collar tow/equipment tow of a survivor.
- 4.10 Demonstrate collar tow/equipment tow to a survivor while in a simulated rescue situation.

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CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.2: Front/Rear Head Hold Release and Escape

Contact Periods: 1.0 Classroom, 3.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

4.11 List procedural steps for the front/rear head hold release.

4.12 Demonstrate the front/rear head hold release while in a simulated rescue situation.

4.13 List procedural steps for the front/rear head hold escape.

4.14 Demonstrate the front/rear head hold escape while in a simulated rescue situation.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.3: Parachute Disentanglement

Contact Periods: 1.0 Classroom, 12.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures to a survivor, release and escape procedures, and a rescue in preparation for a recovery per NWP 3-50.1 without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.15 List the procedures for parachute disentanglement for the quick fitting and integrated torso harnesses as outlined in NWP 3-50.1

4.16 Demonstrate procedures for parachute disentanglement for the quick fitting and integrated torso harness.

4.17 List the procedures for parachute disentanglement from a ballooned canopy.

4.18 Demonstrate procedures for executing parachute disentanglement for the ballooned canopy.

4.19 List procedural step for survivor emergency flotation for both conscious/unconscious survivors.

4.20 Demonstrate emergency flotation procedures for a conscious/unconscious survivor while in a simulated rescue situation.

4.21 List the procedures for parachute disentanglement for multiple victim rescue.

4.22 Demonstrate the procedures for parachute disentanglement for the multiple victim rescue.

4.23 List the specific dangers of a night parachute disentanglement during rescue scenario.

4.24 Demonstrate a night parachute disentanglement IAW NWP 3-50.1.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.4: Swimming Proficiency, Conditioning and Timed Swims

Contact Periods: 6.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Completely supported by this lesson topic:

5.0 Upon completion of this unit of instruction, the trainee, while wearing swim trunks, T-shirt (optional), mask, fins, booties, snorkel, LPU-28, shorty wet suit/wet suit top and Rescue Swimmer's harness, will develop stamina, endurance, and perfect stroke mechanics in a swimming pool without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic:

- 5.1 Swim continuously for 10 minutes.
- 5.2 Swim continuously for 15 minutes.
- 5.3 Swim continuously for 30 minutes.
- 5.4 Swim 25, 50, 75, and 100 meter sprints.
- 5.5 Swim 25 meters underwater surfacing for only one breath.
- 5.6 Swim 25 meters underwater without surfacing.
- 5.7 Swim 25 meters on the surface, having students compete against each other.
- 5.8 Perform 200 meter conditioning buddy tow.
- 5.9 Perform 500 meter swim within 11:30, rest 5 minutes, and perform a 400 meter buddy tow within 17:30 minutes.
- 5.10 Perform 500 meter swim within 11 minutes, rest 3 minutes, and perform a 400 meter buddy tow within 17 minutes.
- 5.11 Perform 500 meter swim/400 meter buddy tow within 27 minutes. Students will move into the buddy tow without interruption.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 5.0: Physical Training

Contact Periods: 2.0 Classroom, 9.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 6.0 Upon completion of this unit of instruction, the student will perform the Rescue Swimmer Refresher Physical Training/Testing requirements outlined in Physical Training Lesson Plan 5.1, without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.1: Principles of Physical Fitness and Dry Land Conditioning

Contact Periods: 2.0 Classroom, 9.0 Laboratory

Media: Lecture with demonstration

Terminal Objective:

Partially supported by this lesson topic:

6.0 Upon completion of this unit of instruction, the student will perform the Rescue Swimmer Refresher Physical Training/Testing requirements outlined in Physical Training Lesson Plan 5.1, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 6.1 Describe the fundamentals of physical conditioning.
- 6.2 Perform Level One physical conditioning exercises.
- 6.3 Perform Level Two physical conditioning exercises.