

LESSON PLAN

JANUARY 2004

COURSE TITLE: Rescue Swimmer Refresher
Course, Q-050-0604

TERMINAL OBJECTIVE:
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

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

LESSON PLAN NUMBER: 1.1

LESSON TOPIC: Course Introduction

ALLOTTED LESSON TIME: 6.0 Classroom

ENABLING OBJECTIVES:
Completely supported by this lesson topic:

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor

1.1 Identify the OPNAVINST 3130.6 series requirements for RSS training.

INSTRUCTIONAL REFERENCES:

1.2 Identify the NWP 3-50.1 series as it applies to RSS training.

1. NWP 3-50.1, Naval Search and Rescue Manual

1.3 Identify and adhere to all safety precautions used during training.

2. OPNAVINST 3710.7, NATOPS General Flight and Operating Instructions

1.4 State the DOR/TTO policies and procedures.

3. OPNAVINST 3130.6, Naval Search and Rescue (SAR) Standardization Program

CRITERION TEST: None.

4. CNETINST 1500.20, Safety Procedures for Conducting Training

HOMEWORK: None.

INSTRUCTIONAL AIDS:

1. Course Schedule

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION

A. Establish Contact

Display name and lesson topic.

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. Take class muster.
4. State question and answer policy.

Check for new students,
students at risk.

B. State Lesson Objectives

Turn to cover page of Lesson
Plan and paraphrase
objectives.

C. Establish Readiness

1. Motivating Statements

Establish importance and
relevance of lesson material
using personal experience or
anecdote.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Lesson Overview

Briefly outline material to be covered.

- a. Lesson Topic: Course Introduction

- b. Major Teaching Points:
 - (1) Course Overview
 - (2) Requirements and Restrictions
 - (3) Drop On Request/Training Time Out Policies and Procedures
 - (4) Administrative Procedures and Regulations
 - (5) Safety Precautions
 - (6) Mishap/Near-Miss/Unsafe Condition Reporting Procedures

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

A. Course Overview

1. Applicability: The Rescue Swimmer Refresher Course is designed for individuals who have graduated from Rescue Swimmer School and are reporting to a Rescue Swimmer billet from a non-swimmer billet.
2. Goals: Students in the course will receive refresher training in Rescue Swimmer procedures and will learn of recent developments in equipment and procedures.
3. Evaluation: Students must demonstrate correct Rescue Swimmer procedures during lab evaluations and demonstrate adequate physical fitness for Rescue Swimmer duties.
4. Schedule.

Review locally prepared schedule with students. Emphasize evaluations to be performed, criteria to be met, graduation, etc.

B. Requirements and Restrictions

NOTE

The requirements and restrictions listed are taken directly from the current OPNAV Instruction 3710.7 and OPNAV Instruction 3130.6. Type Commanders may direct more stringent requirements and restrictions for their personnel.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Refresher training (CAT II) is for previously qualified rescue swimmers who have not performed the duties of a rescue swimmer for a period of one year or more. This two week course will familiarize the student with new or updated procedures and equipment. Requalification in CPR for the Professional Rescuer will be included.
2. Following participation in Rescue Swimmer training, entries shall be made in the appropriate training jacket.
3. The NWP 3-50.1 is the Naval Search and Rescue Manual. It promotes and maintains standardization of SAR procedures, equipment, and techniques. Course content is mandated by this manual and should be used in conjunction with student guide.

Provide one copy of the NWP 3-50.1 to each student for use during the course.

C. Drop On Request/Training Time Out Policy

1. Drop On Request (DOR) Policy
All RSSTP courses are designated as high risk training and are voluntary. Accordingly, students have the option to individually request termination of training.

Read verbatim the DOR policy written in this curriculum's Front Matter Forward on page 3 or from CNET Instruction 1500.20D.

Discuss thoroughly with IUT's this policy from the standpoint of students and as future instructors.

Emphasize DOR is in effect for the duration of the course.

Solicit questions.

2. Training Time Out (TTO) Policy

DISCUSSION POINT

A TTO may be called in training situation whenever a student or instructor expresses concern for personal safety or a need for clarification of procedures or requirements exists.

RELATED INSTRUCTOR ACTIVITY

Read verbatim the TTO policy written in this curriculum's Front Matter Forward on page 3 or from CNET Instruction 1500.20D.

Discuss valid signals for a TTO in the RSSTP, including: verbal statements such as "TTO", or nonverbal statements such as hands crossed in a "T", pinching of a training partner while submerged, grabbing the pool edge. When an instructor gives life saving aid to a student it MUST be accepted.

Instructors are responsible for awareness and shall remain alert to signals of student panic, fear, extreme exhaustion, or lack of confidence that may impair safe completion of the training exercise. Instructors shall immediately cease training when they consider such action appropriate.

Following a TTO, the training situation shall be examined and additional explanation/instruction will

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

be provided as necessary to allow safe resumption of training.

D. Administrative Procedures and Regulations

1. Purpose of Student Screening forms, student critiques, "medical up chits".
2. In-water screening/testing, remedial training.
3. No alcohol consumption in the 12 hours prior to training.
4. Security precautions available for personal valuables.

E. Safety Precautions

1. Inform students of any known hazardous conditions that exist in the training environment, and of their responsibility to report any unsafe/unhealthy condition they may discover to the training staff.
2. Inform students of the location of emergency equipment, fire exits, and the local procedures used in the event of a fire or other emergencies.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

F. Mishap/Near-Miss/Unsafe Condition Reporting Procedures

1. A mishap is any unplanned or unexpected event causing personnel injury, occupational illness, death, material loss or damage, or an explosion of any kind whether damage occurs or not.
2. A hazardous condition is any situation which if allowed to go unchecked or uncorrected has the potential to cause a mishap.
3. A near miss is when a mishap is avoided merely by chance.
4. It is the responsibility of all Department of Defense personnel to report all mishaps, near misses, and any unsafe or unhealthy (hazardous) condition(s). If a mishap, hazardous condition or near miss occurs the student shall inform the instructor immediately. OPNAV 5100/11 Form with instructions is available for formal reporting.

Explain mishap and unsafe condition reporting options and locations of drop boxes for anonymous report submission.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

None.

EVALUATION

None.

ASSIGNMENT

None.