

LESSON PLAN

JANUARY 2004

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

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 1.2

LESSON TOPIC: Pool Safety Regulations

ALLOTTED LESSON TIME: 1.0 Classroom

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor

INSTRUCTIONAL REFERENCE:

Standard Operating Procedures

INSTRUCTIONAL AID:

Swimming Pool or classroom

TERMINAL OBJECTIVE:

Completely 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.

CRITERIA TEST: None.

HOMEWORK: None.

INTRODUCTION

1.2-1

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

A. Establish Contact

Display name and lesson topic.

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

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.

2. Lesson Overview

Briefly outline material to be covered.

a. Lesson Topic: Pool Safety Regulations

b. Major Teaching Points:

- (1) General Pool Safety Regulations
- (2) Water Exit
- (3) Emergency Situations
- (4) Shallow Water Blackout

PRESENTATION

A. General Pool Safety Regulations

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. No person with any type of skin fungus, open sores or contagious disease is allowed in the pool without consent of the SAR Corpsman.
 2. No running or skylarking.
 3. Glass containers are not allowed on the pool deck or locker room at anytime.
 4. Prior to entering the pool, all personnel shall take a shower.
 5. Students will wear UDT swim trunks, T-Shirt (optional) and either shorty wet suit or wet suit top during pool training. Additionally, a LPU-28 will be worn during mask, fin, and snorkel training.
 6. No smoking except in designated areas.
 7. Whistle Blasts:
 - a. One Whistle Blast - Instructor needs attention.
 - b. Multiple Whistle Blasts - Emergency. Follow instructions of staff.
 8. No jewelry (i.e., rings, chains, etc.).
- Stress importance.
- Designate the appropriate location for student muster after pool egress in case of an emergency

DISCUSSION POINT

9. No diving unless specifically told.
10. Ladders shall be utilized to exit the pool unless specifically told other wise.
11. Take off fins before standing or walking on the pool deck.
12. Ensure all pool drain covers are installed prior to commencing any disentanglement training.
13. If parachute is to be used for night time evolutions the apex shall be marked with a chemlight.

RELATED INSTRUCTOR ACTIVITY

Ensure all pool exits are marked with chemlights.

Ensure all light switches are marked IAW pool deck night set up procedures.

Ensure phone is properly marked with a chemlight, flashlights available to expedite call procedures is highly recommended. This will allow the person making the emergency call the ability to see the phone buttons even before the lights are turned on.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

14. Students shall wear an activated chemlight attached to their swim mask whenever they are in the pool in a night time evolution. If available, student chemlights should be different in color from other chemlights being used for lighting other devices.

15. If different color lighting devices are being used ensure this is briefed prior to start of night time evolutions.

16. Students shall use ear wash after all swimming events.

B. Emergency Situations

1. Anytime you are in trouble, yell for help.

Explain seriousness of this directive.

2. If a person is in actual danger the instructor only will enter the water to render assistance.

3. If you see anyone in trouble inform an instructor immediately.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Shallow Water Blackout

1. Shallow water blackout can be caused by the effects of hyperventilation.

2. Shallow water blackout (passing out under water) can cause death.

3. Hyperventilation is strictly prohibited.

Explain hyperventilation:
Breathing excessively to reduce carbon dioxide produced by metabolism. Carbon dioxide levels in the blood provide stimulus to breath. Suppressing this stimulus can result in hypoxia causing unconsciousness.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

Turn to cover page for objectives.

A. State Lesson Objectives

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

Utilize procedures during entire course of instruction while training is being held in pool.

EVALUATION

None.

ASSIGNMENT

None.