

LESSON PLAN

JANUARY 2004

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

TERMINAL OBJECTIVE:  
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

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.

LESSON PLAN NUMBER: 4.1

LESSON TOPIC: Lifesaving Approaches/  
Carries

ALLOTTED LESSON TIME: 1.0 Classroom  
5.0 Laboratory

Enabling Objectives:  
Completely supported by this lesson topic:

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor  
1 Laboratory Instructor  
Safety personnel as required per Annex E of Curriculum Outline

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.

INSTRUCTIONAL REFERENCES:

1. NWP 3-50.1, Naval Search and Rescue Manual
2. Annex E - Instructional Management Plan

INSTRUCTIONAL AIDS:

1. Twelve Foot Deep Pool
2. Fins
3. Mask

4.5 List the procedural steps for the underwater approach to an

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- |    |                                 |      |  |
|----|---------------------------------|------|--|
| 4. | Snorkel                         |      | active/conscious survivor.   |
| 5. | LPU-28 (SAR-1)                  | 4.6  | Demonstrate underwater approach to an active/conscious survivor while in a simulated rescue situation. |
| 6. | Rescue Swimmer's Harness        | 4.7  | List procedural steps for the cross chest carry.   |
| 7. | Shorty wet suit or wet suit top | 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.              |

CRITERION TEST: Student will correctly demonstrate the procedures presented in this lesson.

HOMEWORK: None.

INTRODUCTION

- |    |                   |                                |
|----|-------------------|--------------------------------|
| A. | Establish Contact | Display name and lesson topic. |
|----|-------------------|--------------------------------|

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.
4. Review training time out policy.
5. Ask the following questions:
  - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
  - b. Has anyone taken over-the-counter medications within 24 hours?
  - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to the department's senior medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

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: Lifesaving Approaches/  
Carries

b. Major Teaching Points:

(1) Rear Surface Approach

(2) Underwater Approach

(3) Front Surface Approach

(4) Cross Chest Carry

(5) Controlled Cross Chest Carry

(6) Collar Tow and Equipment Tow

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

A. Rear Surface Approach

Demonstrate

1. Most common approach used by rescue swimmers.  
The rear surface approach should be used for all conscious survivors.
2. Approach the survivor with head out of the water and eyes on the survivor.
3. Upon reaching 6 to 8 feet of distance from the survivor, execute a quick reverse.
4. Attempt to establish communications, reassuring the survivor. If survivor appears unresponsive, splash or yell to get his/her attention.
5. Secure survivor in a cross-chest or equipment carry.

The front surface approach will be used for unconscious survivors.

B. Underwater Approach

**WARNING**

**Do not use the underwater approach if survivor is still wearing a parachute.**

1. Approach survivor from the rear, with head out of the water and eyes on the survivor.
2. Upon reaching a distance of six to eight feet from the survivor, execute a surface dive and swim under the survivor.

Appraise situation and prepare to execute.

**NOTE**

When wearing a wetsuit the swimmer must be aware

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

of the added buoyancy of the wetsuit and avoid premature surfacing.

3. Execute a half turn (the survivor's back should be towards the Rescue Swimmer) and surface.
4. While surfacing place survivor in a controlled cross-chest carry.

C. Front Surface Approach

1. Effective for passive or unconscious survivors. The front surface approach should be the Rescue Swimmer's first choice when approaching an unconscious survivor.
2. Approach the survivor, with head out of the water and eyes on the survivor.
3. Upon reaching an arms length to survivor, execute a quick reverse.
4. Reach across with your hand grasping the back of survivor's identical wrist (i.e., right hand grabs right wrist, and left on left wrist).

Instructor uses a student to visually emphasize the procedures while discussing them.

Elaborate on importance of quick reverse.

Instructor should have students perform dry land drills until proficient then progress to the pool phase.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

4. Pull survivor's wrist in front of swimmer's body, turning the survivor onto his back.
5. Begin kicking to plane out survivor.
6. When the survivor's back is fully turned, the Rescue Swimmer places the survivor in a cross-chest or equipment carry.

D. Cross Chest Carry

1. From a position behind the survivor's shoulder, the rescuer reaches across the chest and pulls the survivor from under the armpit with the back of the rescuer's hand.
2. The survivor's shoulder is then tucked securely into the rescuer's armpit and the arm firmly grasped against the survivor's chest.
3. The Rescue Swimmer turns to the side with the hip directly against the small of the survivor's back. The swimmer strokes vigorously with his legs, using a flutter kick to provide propulsion.

**NOTE**

This procedure may be difficult to perform on aircrewmen due to their flotation and survival equipment.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

4. Should the survivor be aggressive, the rescuer shall lock his/her free hand under the survivor's armpit.

Demonstrate and explain that doing this step is a **Controlled Cross Chest Carry**.

- E. Collar Tow or Equipment Carry

**WARNING**

**Do not grasp survivor in a manner which may result in restricted breathing or circulation.**

1. Grasp the survivor's shirt collar or flight equipment from behind and between the shoulder blades with a straight arm locked at the elbow.
2. The Rescue Swimmer assumes the side stroke position and strokes vigorously with the legs, using a flutter kick.

SUMMARY

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

A. Have students pair up on pool deck and conduct dry land drills on approaches and carries.

B. Two instructors will conduct in water demonstration of approaches and carries.

Students will be staged in the pool to provide an unobstructed view of the demonstration.

C. Students will practice approaches and carries in the deep end under instruction.

D. Students will then be paired up and demonstrate each approach and carry.

One in water instructor per group will evaluate each student for proficiency of skill demonstrated.

**NOTE**

The possibility of a panicky survivor grasping the Rescue Swimmer in a front or rear head hold exists. The Rescue Swimmer must be prepared to act quickly to effect a release/escape and continue rescue efforts. A person drowning will commonly attempt to grasp and climb up on top of anything close enough for them to reach. This action results in the rescuer being forced underwater. The natural impulse for the rescuer is to attempt to keep their head above water in order to

Prior to in-water drill practice, inform students that a "pinch" from the rescuer means for the "survivor" to let go immediately.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

breathe. A rescuer without personal flotation would quickly become exhausted and possibly aspirate water in an attempt to support the survivor.

Students lined up on one side of the pool will assume the role of survivor and the other side will assume the role of rescuer. Alternate until all students have performed as rescuer for all skills. When directed by instructor, students will perform the skill assigned by the instructor in the deep end. Repeat until students have practiced all required skills.

Instructor critique and individualized instruction of students. Instructors shall evaluate student's performance by observing underwater (one instructor per evolution) using mask, snorkel and fins.

Instructors may demonstrate skills as a rescuer while using a student as a survivor. Instructors shall not NORMALLY assume the role of survivor. However, instructors may act as survivors if there is not enough students to perform the skills or for extra instruction only after all other means of instructions have failed and only with the permission of the pool deck safety monitor.

In-water instructors will carry a rescue tube or torpedo buoy during practice and testing of approaches and carries.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

EVALUATION

Performance criteria tests.

ASSIGNMENT

None.