

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: 4.2

LESSON TOPIC: Front/Rear Head Hold
Release and Escape

ALLOTTED LESSON TIME: 1.0 Classroom
3.0 Laboratory

Enabling Objective:
Completely supported by this lesson topic:

INSTRUCTIONAL SUPPORT:

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

- 4.11 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.

INSTRUCTIONAL REFERENCES:

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

CRITERION TEST:

INSTRUCTIONAL AIDS:

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

Students will correctly demonstrate the procedures presented in this lesson.

HOMEWORK: None.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

5. LPU 28
6. Rescue Swimmer's Harness
7. Shorty wet suit or wet suit top

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. 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.

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: Front/Rear Head Hold Release and Escape

b. Major Teaching Points:

(1) Front Head Hold Release

(2) Front Head Hold Escape

(3) Rear Head Hold Escape

(4) Rear Head Hold Release

If approaches are done correctly, these procedures should not have to be used.

Releases and escapes are taught as a precaution.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

Demonstrate all procedures as they are presented.

A. Front Head Hold Release

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.

NOTE

Head is turned away from survivor's face.

3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.
4. If the survivor's head is on the right of Rescue Swimmer's head, Rescue Swimmer brings right arm up and over encircling arm and places hand securely against survivor's right cheek, the little finger against the side of survivor's nose and thumb hooked under the jaw.

NOTE

If survivor's head is at the rescuer's left side, the method is reversed.

5. The remaining hand is brought up beneath the survivor's other arm seizing it in a grip with the thumb just above the elbow.

Explain use of pressure point.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

6. In one continuous motion, the survivor's head is pressed out and around with the right hand while the left hand is lifting the survivor's arm over the Rescue Swimmer's head and sweeping it across the far side. This is a pressing movement and it is continued until the survivor's back is to the rescuer.
7. The left hand continues to hold the arm until the right hand can be shifted from the survivor's face to the chest and brought into a controlled cross-chest carry.

NOTE

If survivor's head is at the rescuer's left side, the method is reversed.

8. If survivor places a scissors lock on the Rescue Swimmer with the legs, the scissors rarely is held after the head hold is released. However, if it is not released the Rescue Swimmer uses one hand between the ankles to unlock the cross feet.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

B. Front Head Hold Escape

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.
4. Without pause, the Rescue Swimmer places both hands on the front of survivor's hips with the heels of the hands against the body, fingers extended and thumbs grasping the survivor's sides. By forcefully pressing and extending the arms, the Rescue Swimmer pushes the survivor's body back and up towards the horizontal position. This leverage will loosen the survivor's grasp.
5. By tucking the chin inward and hunching the shoulders, the Rescue Swimmer's head is freed. Survivor is then pushed away.
6. Rescue Swimmer surfaces to reassess the situation.

Explain that with an escape the swimmer will have to approach the survivor again and with a release the survivor will continuously be in control.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Rear Head Hold Release

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.
4. Rescue Swimmer places both hands on survivor's wrist, either top or bottom, and pulls toward Rescue Swimmer's hips, rotating the hand and sliding the other hand up to the survivor's elbow.
5. By twisting inward and down on the survivor's wrist and pushing the survivor's elbow upward, the grip is released. Survivor's fore arm is straight across survivor's back and survivor is in front of Rescue Swimmer.
6. From this position behind survivor, Rescue Swimmer shall place survivor in controlled cross-chest carry.

Explain this is perhaps the worst situation a swimmer can encounter.

Explain that with an escape the swimmer will have to approach the survivor again and with a release the survivor will continuously be in control.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

D. Rear Head Hold Escape

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.
4. Rescue Swimmer brings the hands up to underside of each of the survivor's elbows. While keeping chin tucked in and hunching the shoulders, Rescue Swimmer pushes forcefully upward freeing the head.
5. Survivor is then pushed back away. Swimmer turns to face survivor, prepared to prevent subsequent grasps.
6. Rescue Swimmer swims well out of reach of survivor, surfaces, and decides which rescue procedures to use.

Explain that with an escape the swimmer will have to approach the survivor again and with a release the survivor will continuously be in control.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

- A. State Lesson Objectives
- B. Review Major Teaching Points

Turn to cover page for objectives.
Briefly summarize.

APPLICATION

NOTE

It is unrealistic for a survivor to act aggressively and chase the rescue swimmer. This is an impractical simulation of an active drowning victim as defined by the American Red Cross (Lifeguarding manual, pg 56); GAO report (pg 17) calls "belligerent and aggressive victims a poor teaching method and an ineffective way to mentally condition students to perform under stress." Survivors **SHALL** be briefed to exhibit the following characteristics as detailed by the ARC:

1. Struggle to keep the face above water in an effort to breathe.
2. Have arms extended to the side, pressing down for support. There is no supporting kick.
3. Have a vertical body position in the water.
4. Struggles at the surface, unable to move forward, for approximately 20 to 60 seconds before submerging.

IN NO CASE WILL THE SURVIVOR CHASE THE RESCUE SWIMMER.

THE STUDENT'S EYES WILL REMAIN OPEN DURING ALL PHASES OF LIFESAVING TRAINING.

- A. Students are broken up into small groups proportional to available instructors and perform dry-land drills under instruction.

Review TTO policy and emphasize pinch.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- B. Two in water instructors will demonstrate required skills and procedures.
- C. Students pair up in the deep end. Instructor will designate skill to be practiced.
- D. On the instructors command, the first student will swim out 5-10 yards act as the swimmer. On the instructors command, the second student in line drops the mask and snorkel, and acting as the "panicky survivor", will approach the "swimmer" and place him in the designated head hold.
- E. As required, review characteristics of panicking survivor. Survivor should be as realistic as possible.
- F. The "swimmer" will execute the designated escape or release procedure.
- G. Alternate until all students have practiced all required skills.

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

EVALUATION

- A. Wearing full gear as described in application, students will correctly demonstrate the procedures presented in this lesson. During evaluation, instructors shall use mask, snorkel, and fins to observe students underwater. Instructors shall not normally assume the role of a survivor.

ASSIGNMENT: None.