

LESSON PLAN

JANUARY 2004

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

TERMINAL OBJECTIVE:
Completely supported by this lesson topic:

CLASSIFICATION: Unclassified

5.0 Upon completion of this unit of instruction, the trainee, while wearing UDT 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.

LESSON PLAN NUMBER: 4.4

LESSON TOPIC: Swimming Proficiency,
Conditioning and Timed Swims

ALLOTTED LESSON TIME: 6.0 Laboratory

INSTRUCTIONAL SUPPORT:

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

Enabling Objective:
Completely supported by this lesson topic:

INSTRUCTIONAL REFERENCES:

1. CNET P1552/16, U.S. Navy Water Survival Instructor's Manual
2. Annex E - Instructional Management Plan

- 5.1 Perform Swimming, Proficiency, and Conditioning drills in accordance with the Lesson Guide
- 5.2 Perform Timed Swim evolutions in accordance with the Lesson Guide.

INSTRUCTIONAL AIDS:

1. Swimming Pool
2. Swim Fins
3. Booties
4. UDT Trunks
5. White T-Shirt (optional)

CRITERION TEST: Job Sheet 4.4 Check list

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

6. Rescue Swimmer's Harness
7. LPU-28/UDT Vest
8. Mask
9. Stopwatches
10. Snorkel
11. Wetsuit

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.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Establish Readiness

1. Motivating Statements

The purpose of this training is to develop stamina and endurance by gradually building strength and perfecting stroke mechanics.

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

2. Lesson Overview

Briefly outline material to be covered.

a. Lesson Topic: Swimming Proficiency,
Conditioning and Timed
Swims

b. Major Teaching Points:

- (1) Swimming Proficiency Drills
- (2) Swimming Conditioning Drills
- (3) Timed Swims

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

A. Swimming Proficiency Drills

1. Swim continuously for 10 minutes alternately using the crawl and the side stroke.
2. Swim continuously for 15 minutes alternately using the crawl and the side stroke.
3. Swim continuously for 30 minutes alternately using the crawl and the side stroke.

Conduct stretch set on pool deck IAW lesson plan 5.1 prior to all swim events.

Swim proficiency drills may be administered through out the course. Explain the proper form for the strokes.

B. Swimming Conditioning Drills

1. Swim 25, 50, 75, and 100 meter sprints on the surface.
2. Swim 25 meters underwater surfacing for only one breath. (maximum of four times)
3. Swim 25 meters underwater without surfacing. (No more than two times to avoid shallow water blackout).

Perform not more than three swimming conditioning drills during a training day. Drills shall not be repeated during the same day.

A 30 second break to each student must be given prior to that student completing another sprint or event, unless otherwise noted.

Explain procedures for swimming underwater and surfacing for a breath.

Explain the necessity of being able to hold a breath and swim under water when rescuing a victim.

DISCUSSION POINT

4. Swim 25 meters on the surface, having students compete against each other. (Maximum of five times)
5. Perform 200 meter conditioning buddy tow, instructor will choose the appropriate carry.

RELATED INSTRUCTOR ACTIVITY

Losing students shall not compete more than three times during drill #4.

During timed swims, one instructor will be designated as a timer/lap counter. Additional instructors will be performing as safety observers. Students with severe muscle cramps, hyperventilation, suspected water aspiration, or any other potential safety problem will be removed immediately, seen by medical authorities if applicable, and scheduled for retest. A minimum of two instructors will be on the pool deck at all times, one located on each side of the pool. An additional instructor is required for each 10 students or any portion thereof.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Timed Swims

Timed swims shall be administered in sequence as per lesson plan.

1. 500 Meter Swim/400 Meter Buddy Tow

To be administered during week one of course.

- a. Students may utilize crawl or side stroke for 500M, and equipment tow or cross-chest carry for buddy tow.
- b. Complete the 500M swim in under 11:30 minutes.
- c. Complete the 400M buddy tow in under 17:30 minutes.

Students shall be given a 5 minute break between the swim and buddy tow.

Swimmer will be in full rescue swimmer's gear. Survivor may be in wetsuit to expedite training.

2. 500 Meter Swim/400 Meter Buddy Tow.

To be administered during week one of course.

- a. Students may utilize crawl or side stroke for 500M, and equipment tow or cross-chest carry for buddy tow.
- b. Complete the 500M swim in under 11 minutes.
- c. Complete the 400M swim in under 17 minutes.

Students shall be given a 3 minute break between the swim and buddy tow.

Swimmer will be in full rescue swimmer's gear. Survivor may be in wetsuit to expedite training.

DISCUSSION POINT

3. 500 Meter Swim/400 Meter Buddy Tow.
 - a. Students may utilize crawl or side stroke for 500M, and equipment tow or cross-chest carry for buddy tow.
 - b. Complete the 500M swim and 400M B/T in under 27 minutes.

RELATED INSTRUCTOR ACTIVITY

To be administered during week two of course.

Students will move into the 400M buddy tow without interruption.

Swimmer will be in full rescue swimmer's gear. Survivor may be in wetsuit to expedite training.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

Perform Swim Proficiency, Conditioning Drills and Timed Swims.

EVALUATION

Job Sheet 4.4 Checklist.

ASSIGNMENT

None.