

TRAINEE GUIDE
FOR
RESCUE SWIMMER SCHOOL REFRESHER COURSE

Q-050-0604

PREPARED FOR
CHIEF OF NAVAL AIR TRAINING
250 LEXINGTON BLVD SUITE 102
CORPUS CHRISTI, TX 78419-5041

APRIL 2000

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SECURITY AWARENESS NOTICE

* This course does not contain any classified material *

SAFETY/HAZARD AWARENESS NOTICE

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THIS NOTICE PROMULGATES SAFETY PRECAUTIONS TO THE STAFF AND STUDENTS, OF THE RESCUE SWIMMER SCHOOL REFRESHER COURSE. RESPONSIBILITIES ARE ASSIGNED BY THE CHIEF OF NAVAL EDUCATION AND TRAINING, THROUGH THE CHIEF OF NAVAL TECHNICAL TRAINING.

STUDENTS MAY VOLUNTARILY REQUEST TERMINATION OF TRAINING AT ANY TIME. WHEN A STUDENT MAKES A STATEMENT SUCH AS **"I QUIT"** OR **"DOR"** (DROP ON REQUEST), HE/SHE SHALL BE IMMEDIATELY REMOVED FROM THE TRAINING ENVIRONMENT, AND REFERRED TO THE DIVISION OR TRAINING OFFICER FOR ADMINISTRATIVE ACTION. THE STUDENT SHALL THEN MAKE A WRITTEN STATEMENT, CLEARLY INDICATING THE DESIRE TO **DOR**.

ANY TIME A STUDENT OR INSTRUCTOR EXPRESSES CONCERN FOR HIS/HER PERSONAL SAFETY, HE/SHE SHALL SIGNAL FOR A TRAINING TIME OUT (**TTO**). TO CLARIFY THE SITUATION OR PROCEDURE, AND RECEIVE OR PROVIDE ADDITIONAL INSTRUCTION AS APPROPRIATE. "TRAINING TIME OUT" SIGNALS, OTHER THAN VERBAL, SHALL BE APPROPRIATE TO THE TRAINING ENVIRONMENT.

HOW TO USE THIS TRAINEE GUIDE

TRAINEE GUIDE

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This trainee guide is to be used concurrently with the instruction provided.

Each trainee guide is numbered concurrently with the lesson topics. Each topic consists of an outline sheet, containing: subject introduction, list of enabling objectives, and information pertaining to that lesson topic. Some topics also contain Diagram Sheets and Information Sheets for visual reference.

This is yours to keep. Feel free to mark it as you see fit; highlighting, underlining, and note-taking are all appropriate and encouraged. This trainee guide may not be used during testing.

TERMINAL OBJECTIVES

- 1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for Rescue Swimmer School Training Program (RSSTP).
- 2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of preventing disease transmission, administer practical First Aid/CPR per current American Red Cross standards without injury to personnel or damage to equipment.
- 3.0 Upon completion of this unit of instruction, the student will select and use the appropriate rescue devices, describe the use of survivor marker/locator devices per NWP 3-50.1, use applicable publications to obtain required information relative to the rescue swimmer procedures, and operate and remove Navy and Air Force Aircrew survival equipment, harnesses and associated hardware, without injury to personnel or damage to equipment.
- 4.0 Upon completion of this unit of instruction, the student will demonstrate approach and carry procedures, release and escape procedures, and a rescue, to a survivor, in preparation for recovery per NWP 3-50.1, without injury to personnel or damage to equipment.
- 5.0 Upon completion of this unit of instruction, the trainee, while wearing swim trunks, T-shirt, mask, fins, booties, snorkel, LPU-28 shorty wet suit/wet suite 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.
- 6.0 Upon completion of this unit of instruction, the student will perform the Rescue Swimmer Refresher Physical Training/Testing requirements outlined in the Physical Training Lesson Plan, without injury to personnel or damage to equipment.