

**OUTLINE SHEET 1.1
RSSTP OVERVIEW/COURSE INTRODUCTION**

ENABLING OBJECTIVES:

- 1.1 Cite OPNAVIST 3130.6 and NWP 3-50.1 series requirements for RSS training.
- 1.2 Describe all safety precautions used during RSS training.
- 1.3 Explain the remedial training policy.
- 1.4 Define DOR/TTO policies and procedures.

**COURSE
OVERVIEW:**

- 1. **Applicability:** The Rescue Swimmer Course is designed for individuals who have not previously graduated from Rescue Swimmer School and are reporting to a rescue swimmer billet.
- 2. **Goals:** This course provides students with the initial training and hands-on experience in First Aid, CPR, Rescue Equipment, Life Saving Techniques, Day/Night Water Entries, Parachute Disentanglement, Search and Rescue Tactics, Night and Multiple Rescue Situation, and Helicopter Operations. Students will undergo physical training consisting of calisthenics, swimming, and running
- 3. The NWP 3-50.1 is the Naval Search and Rescue manual. It promotes and maintains standardization of SAR procedures, equipment, and techniques. Course content is mandated by this manual and should be used in conjunction with Trainee Guide.
- 4. **Evaluations:**
 - Academic exams to test knowledge
 - Practical exams to demonstrate correct rescue swimmer procedures.
 - Graded Physical Training events to verify effective conditioning.
- 5. **Extra Instruction and Remediation**
 - a. **Extra Instruction (EI)**
 - Designed to assist students having difficulty attaining Course Objectives
 - In comparison to standard instruction, EI consists of a lower student-to-instructor ratio and is taught at the pace of the slowest student.

- Students are strongly encouraged to seek EI. Instructors may also assign EI.

b. Remediation

- Assigned to students in response to failure of a criterion test; preparation for re-test.
- Same instructional characteristics as EI.

6. Schedule

**DROP ON REQUEST/
TRAINING TIME OUT
POLICY:**

1. Drop on Request (DOR) Policy

In all where a student states a desire to DOR from voluntary training based on concern for personal well-being, appropriate action shall be initiated, including removal from training, referral of the student for medical, counseling, or remedial action as appropriate, and review of the training environment, including training techniques. The scope and depth of these actions shall be determined by the nature of the complaint and the risk incurred in the training. A written summary of actions taken shall be made a permanent entry to the student’s service record. In no case shall a student be coerced or threatened to induce him or her to return to training following a DOR.

2. Training Time Out (TTO) Policy

A Training Time Out (TTO) may be called by any student or instructor in any training situation where they are concerned for their own or another’s safety, or they request clarification of it, procedures or requirements. TTO is also an appropriate means for a student to obtain relief if he or she is experiencing pain, heat stress, or other serious physical discomfort. The purpose of the TTO is to correct the situation of concern, provide clarifying information, or remove the student or instructor from the possible hazardous environment. A TTO may be signaled with the abbreviation TTO, the words Training Time Out, crossed hand in a (T), a raised clenched fist, or other specific signal which will be briefed prior to a specific lab, test, or exercise. If the TTO signal is not acknowledged, the signaler shall shout “Time Out” (or other action as required by the training activity). The instructor shall attempt to relieve and remove the student from the possible hazardous environment. If an adequate number of instructors are available to allow training to continue safely, the lead instructor may elect to do so. However, if this is not practical, training will be stopped until the situation is corrected.

**ADMINISTRATIVE PROCEDURES
AND REGULATIONS:**

1. Purpose of Pre-requisite screens, Students Screening forms, “medical up chits”.
2. Students will complete instructor, course and quality of life critiques
3. Security precautions for personal valuables
4. Following participation in rescue swimmer training, entries shall be made in the appropriate training jacket.

SAFETY PRECAUTIONS:

1. Hazardous conditions may exist in the training environment; students have a responsibility to report any unsafe/unhealthy condition they may discover.
2. In the event of an in-water emergency, signaled by _____ on the whistle or sounding of applicable alarm, students will exit the pool immediately and proceed to the predesignated location, and follow the directions of staff.

**MISHAP/NEAR-MISS/ UNSAFE
CONDITION REPORTING
PROCEDURES:**

1. A mishap is any unplanned or unexpected event causing personnel injury, occupational illness, death, material loss or damage, or an explosion of any kind whether damage occurs or not.
2. A hazardous condition is any situation which if allowed to go unchecked or uncorrected has the potential to cause a mishap.
3. A near miss is when a mishap is avoided merely chance.
4. It is the responsibility of all Department of Defense personnel to report all mishaps, near misses, and any unsafe or unhealthy (hazardous) condition (s). If a mishap, hazardous condition or near miss occurs the student shall inform the instructor immediately. OPNAV 5100/11 with instructions is available for formal reporting.

OUTLINE SHEET 1.1

THIS PAGE INTENTIONALLY LEFT BLANK