

TRAINING COURSE CONTROL DOCUMENT

FOR

SURFACE RESCUE SWIMMER SCHOOL

CLASS C SCHOOL

C-050-0500

PREPARED FOR/BY

NAVAL AVIATION SCHOOLS COMMAND

181 CHAMBERS AVE SUITE C

PENSACOLA, FL 32508-5221

JANUARY 2007  
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## FOREWORD

This document was prepared for submission to higher authority for approval. The curriculum outline is a planning document for development of specific training material used to conduct the course of instruction. It lists course units and lesson topics in their sequential order with accompanying learning objectives. The outline organizes the course of instruction for U. S. Naval Surface Rescue Swimmers and ensures all required subject matter is adequately covered in the course. The course curriculum outline consists of course data, student data, outline of instruction, equipment requirements list, training materials list, skills profile and master course schedule. This is a high-risk course.

The purpose of the course is to promote standardization of Search and Rescue (SAR) swimmer procedures and to establish a minimum SAR training program for personnel assigned Rescue Swimmer duties. This training is considered to be a minimum for initial rescue swimmer training. Commands are encouraged to supplement this training with additional lectures and material pertinent to local mission requirements.

All terminal and enabling objectives are to be completed with 100% accuracy.

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COURSE DATA

Course Title:

Surface Rescue Swimmer School

Course Identification Number (CIN):

C-050-0500

Course Data Processing Code (CDP) by Site:     CDP

- |    |  |      |
|----|--|------|
| 1. | COMHELMARSTRIKEWINGLANT,<br>NAS Jacksonville, FL             | 889Y |
| 2. | NASC SAR/SWIM Site San Diego,<br>Naval Station San Diego, CA | 6952 |

Course Status:

Change

Course Mission Statement:

The Surface Rescue Swimmer School (SRSS) is designed to provide Navy, USMC (E-1/E-9), MSC personnel, and designated Army personnel with knowledge and skills necessary to initially qualify as Search and Rescue Swimmers, including water entry, first aid, CPR, parachute disentanglement, and waterborne lifesaving procedures under all environmental conditions. Upon completion of this course, the Surface Rescue Swimmer is prepared for assignments with surface units to provide Rescue Swimmer duties.

Occupational Classification:

NEC 0170

Prerequisites:

1. Physical within one year as per Manual of Medical Department. Section III and Art 15-71 and a physical screening within three months of class convening date.
2. All students must pass the RSS physical readiness examination screening (PRES), which consists of the following:

2 pull-ups	2 minutes maximum
50 curl-ups	2 minutes maximum
42 push-ups	2 minutes maximum
1.5 mile run	12 minutes maximum
400m swim	11 minutes maximum
3. Fleet RSS inputs must possess a page 13 service record entry by the TYCOM SAR Evaluator certifying the member's satisfactory completion of RSS PRAS requirements.
4. Commanding Officer's recommendation.
5. No conviction by Court Martial and not more than one NJP in the 18 months preceding the class convening date.
6. All students shall become second-class swimmer qualified prior to arriving at Surface Rescue Swimmer School.
7. Cannot have attrite by means of Drop On Request (DOR) from a High-Risk training course within the past two years. This requirement is waivable by the CCMM on a case-by-case basis. Basic Underwater Demolition/Seal (BUD/S) training and Explosive Ordnance Disposal (EOD) DOR candidates do not need a waiver.

NOTE: All students shall complete prerequisites prior to entering Surface Rescue Swimmer School.

Planned Course Length:

26 Calendar days

Current Course Length:

26 Calendar Days

Training Site:

1. Commander Helicopter Maritime Strike Wing  
U.S. Atlantic Fleet  
Naval Station Mayport  
Jacksonville, FL 32228-0007
2. NASC SAR/SWIM Site San Diego,  
Naval Station San Diego, CA, 92136-5035

Site Unique Training Considerations:

None

<u>Number of Convenings by Site:</u>	<u>Current</u>	<u>Planned</u>
1. Jacksonville, FL	10	10
2. San Diego, CA	8	8

<u>Class Capacity by Site:</u>	<u>Current</u>	<u>Planned</u>
1. Jacksonville, FL:		
a. Maximum	30	30
b. Normal	24	24
c. Minimum	8	8
2. San Diego, CA:		
a. Maximum	30	30
b. Normal	24	24
c. Minimum	8	8

<u>Planned Average on Board by Site:</u>	<u>Current</u>	<u>Planned</u>
1. Jacksonville, FL	24	24
2. San Diego, CA	24	24

Instructor/Support Manning:

See Instructional Management Plan, Annex E.

STUDENT DATA

Personnel Physical Requirements:

All students will meet physical requirements listed in OPNAV Instruction 3130.6 and NAVMED P-117, Manual of Medical Department. All students shall meet minimum body fat standards as outlined in OPNAVIST 6110.1.

Security Clearance Required:

None

Obligated Service:

In accordance with MILPERSMAN.

NOBC/NEC Earned:

0170

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