

LESSON PLAN

January 2007

COURSE TITLE: Surface Rescue Swimmer
Courses, A-050-0500

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 1.2

LESSON TOPIC: Pool Safety Regulations

ALLOTTED LESSON TIME: 1.0 Classroom

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor

INSTRUCTIONAL REFERENCE:

Standard Operating Procedure

INSTRUCTIONAL AID: Trainee Guide.

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will define the requirements for Rescue Swimmer School training, the Drop On Request (DOR)/Training Time Out (TTO) policies, and safety procedures used during Surface Rescue Swimmer training.

Enabling Objectives:

Completely supported by this lesson topic:

1.5 Cite the general pool safety regulations per Rescue Swimmer School Standard Operating Procedures (SOP).

CRITERIA TEST: None

HOMEWORK: None

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.

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.

2. Lesson Overview

Briefly outline material to be covered.

a. Lesson Topic: Pool Safety Regulations

b. Major Teaching Points:

(1) General Pool Safety Regulations

(2) Water Exit

(3) Emergency Situations

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(4) Shallow Water Blackout

PRESENTATION:

A. General Pool Safety Regulations

1. No person with any type of skin fungus, open sores, or disease is allowed in the pool without consent of the SAR Corpsman.
2. No running or skylarking.
3. Glass containers are not allowed on the pool deck or locker room at anytime.
4. Prior to entering the pool, all personnel shall take a shower.
5. Students will wear approved swim trunks and T-shirt during pool training. Additionally, an LPU-28 will be worn during mask, fin, and snorkel training.
6. No smoking.
7. Whistle Blasts:
 - a. One Whistle Blast - Instructor is seeking student's attention.
 - b. Two Whistle Blast - Instructor seeking another instructor's attention.
 - c. Multiple Whistle Blasts - Emergency.

Specify location for

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

muster of students in case of an in-water emergency.

8. No jewelry (i.e.: rings, chains, etc.).
9. No diving.
10. **DO NOT** use ladders to climb out of the pool unless specifically told to do so.
11. Take off fins before standing or walking on the pool deck.
12. Ensure all pool drain covers are installed prior to commencing any disentanglement training.

B. Water Exit

1. For facilities with high pool deck edge:
 - a. Students swim to ladder, remove fins, and exit one at a time.
2. For facilities with low pool deck edge:
 - a. Students will swim to wall and place both hands on edge of pool.
 - b. Holding onto the edge, students will push up resting on both arms extended, roll to the right, and assume a sitting position facing the pool.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- c. With both legs extended out of the water, remove gear and then turn to their left in order to avoid a collision.

C. Emergency Situations

1. Call for help anytime you are in trouble and ONLY when you are in trouble.
2. If a person is in actual danger, only the instructor will enter the water to render assistance.
3. If you see anyone in trouble inform an instructor immediately.

D. Shallow Water Blackout

WARNING

Do not hyperventilate prior to underwater swims. Hyperventilation can lead to shallow water blackout.

1. Hyperventilation (excessively rapid breathing) purges the blood of CO₂, the body's cue to breathe.
2. Swimmer runs out of oxygen without ever feeling the need to breathe, passes out and drowns.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION: Students shall get a tour of the pool by a qualified instructor. All safety items will be pointed out and explained thoroughly.

EVALUATION: None

ASSIGNMENT: None