

LESSON PLAN

March 2009

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

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 2.2

LESSON TOPIC: Swimming Proficiency and
Conditioning (SP&C)

ALLOTTED LESSON TIME: 8.0 Laboratory

INSTRUCTIONAL SUPPORT:

1 Laboratory Instructor
Safety personnel and additional
instructors as required per Annex E,
Staffing Requirements, of Curriculum
Outline

INSTRUCTIONAL REFERENCES:

1. USN Water Survival Instructor's
Manual (CNET P1552)

INSTRUCTIONAL AIDS:

1. Swimming pool
2. Rescue Swimmer's Equipment
3. Stopwatches

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 2.0 Upon completion of this unit of
instruction, the student will achieve
and maintain a level of physical
conditioning and proficiency that
will enable satisfactory performance
of rescue swimmer duties in a
swimming pool, or open ocean, while
wearing appropriate rescue swimmer
equipment, as outlined in NTPP 3-50.1
and OPNAVINST 3130.6 series, without
injury to personnel or damage to
equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 2.5 Perform swimming, proficiency and
conditioning drills and timed swim
evolutions.

CRITERION TEST: Job Sheet 2.2 Checklist

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.
4. Reiterate the 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. Does anyone have a potentially disqualifying illness/condition for which you are being currently evaluated?

Refer questionable cases to the department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

1. Motivating statements:

The purpose of this training is to develop stamina and endurance by gradually building

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

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

strength and perfecting stroke mechanics.

2. Lesson overview

Briefly outline material to be covered.

a. Lesson Topic: Swimming Proficiency, Conditioning Drills and Timed swims

b. Major Teaching Points:

(1) Swim conditioning drills in the swimming pool

(2) Timed swims

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

NOTE

A. Swimming Proficiency

CONDUCT PRE-SWIM AND POST-SWIM STRETCH SET IAW LESSON PLAN 2.1 PRIOR TO ALL MORNING AND AFTERNOON SWIM EVENTS UNLESS DRY LAND CONDITIONING HAS JUST BEEN COMPLETED.

1. Swim continuously for 10, 15 or 30 minutes alternately using the crawl and the sidestroke while instructors evaluate stroke mechanics.
2. Swim continuously for 5, 10, 15, 20 or 30 minutes by kicking only while instructors evaluate stroke mechanics.

Swim proficiency and conditioning drills may be administered throughout the course.
Explain the proper form for the strokes.

B. Conditioning Drills

1. Swim 25, 50, 75, and 100 yard sprints on the surface. (1-5 sets)

Perform not more than six proficiency and conditioning drills during a training day. Drills shall not be repeated during the same day.

WARNING

STUDENTS SHALL BE MADE AWARE THAT UNDERWATER SWIMS WILL ONLY BE CONDUCTED IN A SUPERVISED AND CONTROLLED TRAINING ENVIRONMENT. THE USE OF HEAVY BREATHING /HYPERVENTILATION TECHNIQUES ARE NOT PERMITTED. THIS REDUCES CARBON DIOXIDE LEVELS IN THE BODY, AND INHIBITS THE BODIES NATURAL INDICATORS TO BREATHE.

A 30 sec break will be given to each student prior to that student completing another sprint or event.

2. Swim 25 yards underwater surfacing for only one breath. (No more than two times to avoid shallow water blackout)

Explain procedures for swimming underwater and surfacing for a breath.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

3. Swim 25 yards underwater without surfacing, (No more than two times to avoid shallow water blackout)
4. perform 25 yard sprints on the surface, having students compete against each other. (1-10 sets)
5. Perform 50 yard sprints on the surface. (1-5 sets)
6. Take turns swimming 50yd buddy tows for 30 minutes.
7. Take turns swimming 50yd buddy tows for 40 minutes.
8. Perform 200-meter conditioning buddy tow.

Underwater swims if chosen, will be the first drills used prior to any other drill during SP&C for the first two weeks of training.

C. Timed swims

During timed swims, one instructor will be designated as timer/lap counter. Additional instructors will be performing as safety observers.

Students with severe muscle cramps, hyperventilation, or any other potential safety

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. 800 Meter Swim
 - a. Students may utilize any stroke except a backstroke.
 - b. Shall complete within 20 minutes.
 - c. Perform Job Sheet Checklist 2.2.
2. 400 Meter Buddy Tow
 - a. Shall be completed within 16 minutes.
 - b. Perform Job Sheet Checklist 2.2.
3. 500 Meter Swim/400 Meter Buddy Tow
 - a. Students may utilize crawl or side stroke for 500m swim.
 - b. Complete the 500m swim/400m B/T within 27 minutes.
 - c. Perform Job Sheet Checklist 2.2

problem will be removed immediately, seen by medical authorities if applicable, and scheduled for retest.

To be administered during week two.

To be administered during week three of course. **All buddy tows will be conducted in full rescue swimmer's equipment.**

To be administered during week three of course.

Students will move into the 400m B/T without interruption.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 5. 500 Meter Swim/400 Meter Buddy Tow
 - a. Students may utilize crawl or side stroke for 500m swim.
 - b. Complete the 500m swim/400m B/T within 27 minutes.
 - c. Perform Job Sheet Checklist 2.2

To be administered during week Four of course.

Students will move into the 400m B/T without interruption.

- 5. 500 Meter Swim/400 Meter Buddy Tow
 - a. Students may utilize crawl or side stroke for 500m swim.
 - b. Complete the 500m swim/400m B/T within 27 minutes.
 - c. Perform Job Sheet Checklist 2.2

To be administered during week four of course.

Students will move into the 400m B/T without interruption.

- 6. 2000 Meter Swim/50 Minute Swim

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

NOTE

To be administered during week four of course.
Conducted during the day Open Water Lab (OWL). Will be conducted with the same instructor ratios and safety considerations outlined for OWL's (Annex E). May be completed in the swimming pool if environmental conditions do not permit open water labs.

- a. Students may utilize side stroke or crawl stroke.
- b. Shall be completed within 50 minutes.

SUMMARY

- A. State Lesson Objectives
- B. Review Major Teaching Points

Turn to cover page for objectives.

Briefly summarize.

APPLICATION: Perform Swim proficiency, conditioning drills, and timed swims.

EVALUATION: Job Sheet 2-2 Checklist.