

LESSON PLAN

January 2007

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

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 3.1

LESSON TOPIC: Approaches and Carries

ALLOTTED LESSON TIME: 1.0 Classroom
4.0 Laboratory

INSTRUCTIONAL SUPPORT:

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

INSTRUCTIONAL REFERENCES:

1. NTTP 3-50.1, Naval Search and Rescue Manual

INSTRUCTIONAL AIDS:

1. Trainee Guide

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate the proper rescue techniques of military and civilian personnel, day or night, utilizing appropriate SAR equipment for at-sea rescues as outlined in NTTP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

ENABLING OBJECTIVE:

Completely supported by this lesson topic:

- 3.1 List the procedural steps for rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor.
- 3.2 Demonstrate rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor in a simulated rescue situation.

2. Twelve Foot Deep Pool
3. Rescue Swimmer's Equipment

CRITERION TEST: Job Sheet 3-1, written test

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. Review 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. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to the department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

objectives.

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: Approaches and Carries

b. Major Teaching Point(s):

(1) Survivor Characteristics

(2) Cross Chest Carry/Controlled Cross Chest Carry

(3) Collar Tow and Equipment Tow

(4) Front Surface Approach

(5) Rear Surface Approach

(6) Underwater Approach

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

A. Survivor Characteristics

1. Aircrewman

- a. Rescue swimmers were originally tasked to assist downed aircrewman.
- b. Aircrewman are trained in water survival and may be able to assist.
(Never assume they can)
- c. Survivors with water survival training could become too helpful and actually be a hindrance. It might become necessary to instruct him/her to do nothing.

WARNING

An aircrewman who has ejected and/or is unconscious may potentially have a spinal injury. Assess the situation and treat accordingly. Loss of ABC's or other life threatening injury will take precedence over a spinal injury.

DISCUSSION POINT

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2. Panicking Survivors

- a. Some rescues involve panicky survivors (even some aircrewmembers).
- b. Appearance: Wide eyes, frantic activity, grasping for air and other similar behavior.
- c. Will attempt to grab and get on top of rescuer in order to keep his/her own head out of the water. Rescuers could be drowned in this manner.
- d. Best Defense: Do not get too close until you have assessed the situation and decided on the best approach for this survivor.
- e. It may be possible to calm a panicking survivor by talking to them and explaining who you are and what you are doing.

Discuss how this relates to both Approaches and Carries and Releases and Escapes.

B. Cross Chest Carry/Controlled Cross Chest Carry

- 1. From a position behind the survivor's shoulder the rescuer reaches across the chest and pulls the survivor from under the

Demonstrate

DISCUSSION POINT

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armpit with the palm of the rescuer's hand.

2. The survivor's shoulder is then tucked securely into the rescuer's armpit and the arm firmly grasped against the survivor's chest.
3. The rescue swimmer turns to the side with the hip directly against the small of the survivor's back. The swimmer strokes vigorously with his legs, using a flutter kick to provide propulsion.

NOTE

This procedure may be difficult to perform on aircrewmen due to their flotation and survival equipment.

4. Should the survivor be aggressive, the rescuer shall lock his/her hands together under the survivor's armpit to complete a controlled cross-chest carry.

Demonstrate and explain that doing this step is a **Controlled Cross-Chest Carry.**

C. Collar Tow or Equipment Carry

Demonstrate

WARNING

Do not grasp survivor in a manner which may result in restricted breathing or circulation.

1. Grasp the survivor's shirt collar or flight

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equipment from behind and between the shoulder blades with a straight arm locked at the elbow.

2. The rescue swimmer assumes the sidestroke position and strokes vigorously with the legs, using a flutter kick.

D. Front Surface Approach

Demonstrate

1. Effective for unconscious survivors. The Front Surface Approach should be the rescue swimmer's first choice when approaching an unconscious survivor.
2. Approach the survivor with head out of the water and eyes on the survivor.
3. Upon reaching arms length to survivor, execute a quick reverse.
4. Attempt to establish communication, reassure the survivor. If necessary splash and yell to get the survivors attention.
5. Reach across with your hand grasping the survivor's identical wrist (i.e.: right hand grabs right wrist, left hand grabs left wrist).

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6. Begin kicking to plane out survivor, lean back and flutter kick.
7. Pull survivor's wrist up and across the front of swimmer's body, turning the survivor onto his back.
8. When the survivor's back is fully turned, the rescue swimmer places the survivor in a cross-chest carry or an equipment tow.

NOTE

If the survivor is conscious, every attempt shall be made to approach the survivor from the rear. This can be accomplished by either asking the survivor to turn around, or by swimming to the rear of the survivor and executing a Rear Surface Approach.

E. Rear Surface Approach

Demonstrate

1. Most common approach used by rescue swimmers. The Rear Surface Approach should be used for all conscious survivors.

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2. Approach the survivor with head out of the water and eyes on the survivor.
3. Upon reaching 6 to 8 feet of distance from the survivor, execute a quick reverse.
4. Attempt to establish communications, reassuring survivor. If survivor appears unresponsive, splash or yell to get his/her attention.
5. Secure survivor in a cross-chest or equipment carry.

F. Underwater Approach

Demonstrate

WARNING

Underwater Approach shall not be used if survivor is wearing a parachute.

1. Appropriate for active drowning survivor.
2. Approach from the front, keeping head out of the water and eyes on the survivor.

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3. Upon reaching a distance of 6 to 8 feet from the survivor, assess the situation. When comfortable, execute a surface dive and swim under the survivor.

NOTE

When wearing a wetsuit the swimmer must be aware of the added buoyancy of the wetsuit and avoid premature surfacing (The tending line, when attached to the rescue swimmer, may interfere with the underwater approach).

4. Swim underneath, or to the side and below the survivor, while maintaining eye contact. Execute a half turn, (the survivor's back should be towards the rescue swimmer), ascend towards the surface as close to the survivor as possible without touching him/her.
5. Upon breaking the surface of the water, immediately place the survivor in a controlled cross-chest carry. Roll with the momentum and swim to plane out the survivor.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION:

NOTE

It is unrealistic for a survivor to act aggressively and chase the rescue swimmer. This is an impractical simulation of an active drowning victim as defined by the American Red Cross (Lifeguarding manual); GAO report (89-119, pg. 17) calls "belligerent and aggressive victims a poor teaching method and an ineffective way to mentally condition students to perform under stress." Survivors **SHALL** be briefed to exhibit the following characteristics as detailed by the ARC:

1. Struggle to keep the face above water in an effort to breathe.

DISCUSSION POINT

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2. Have arms extended to the side, pressing down for support. There is no supporting kick.
3. Have a vertical body position in the water.
4. Struggles at the surface, unable to move forward, for approximately 20 to 60 seconds before submerging.

IN NO CASE WILL THE SURVIVOR CHASE THE RESCUE SWIMMER.

THE STUDENT'S EYES SHALL REMAIN OPEN DURING ALL PHASES OF LIFESAVING TRAINING.

- A. Have students form two rows on pool deck and conduct dry land drills on approaches and carries.
- B. Two instructors will conduct in water demonstration of approaches and carries.
- C. Students form lines within their groups in the deep end. Instructor will designate skill to be practiced.
- D. On the instructors command, the first student will swim out 5-10 yards, drop his/her mask and snorkel, and act as the "survivor/panicky survivor". On the instructors command, the next

Students will be staged in the pool to provide an unobstructed view of the demonstration.

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student in line will act as the "rescuer" and place the survivor in the appropriate carry.

As required, review characteristics of panicking survivor. Survivor should be as realistic as possible.

- E. Students will practice approaches and carries in the deep end under instruction.
- F. Students will then be divided, lined up and demonstrate each approach and carry.

One in water instructor per group will evaluate each student for proficiency of skill demonstrated.

NOTE

Instructors may demonstrate skills as a rescuer while using a student as a survivor. Because of their superior aquatic skills, instructors shall not NORMALLY assume the role of survivor. However, instructors may act as survivors for extra instruction only after all other means of instructions have failed and only with the permission of the pool Training Safety Monitor.

In-water instructors will carry a rescue tube or torpedo buoy during practice and testing of Approaches

DISCUSSION POINT

and Carries, Releases, and Escapes.

Activate Emergency action Plan when an accident or injury is observed.

EVALUATION: Written Test/Job Sheet 3-1.

ASSIGNMENT: None.

RELATED INSTRUCTOR ACTIVITY