

LESSON PLAN

January 2007

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

TERMINAL OBJECTIVE:  
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

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 NTTTP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

LESSON TOPIC NUMBER: 3.6

LESSON TOPIC: Disentanglement procedures  
(Back Pack)

ALLOTTED LESSON TIME: 1.5 Classroom

INSTRUCTIONAL SUPPORT:

ENABLING OBJECTIVES:  
Completely supported by this lesson topic:

1 Classroom Instructor

1 Laboratory Instructor

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

3.11 List parachute disentanglement procedures for personnel wearing U. S. Navy Back Pack parachute assembly.

INSTRUCTIONAL REFERENCES:

CRITERION TEST: Written test.

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

HOMEWORK: None

2. NAVAIR 13-1-6 Series Manual

INSTRUCTIONAL AIDS:

3.6-1

CHANGE ONE

1. Trainee Guide
2. 2 LRU-1 Life Raft
3. 4 Back Pack Harness with Parachute
4. 4 Helmets
5. Pool
6. Whistle
7. Rescue Swimmer's Equipment

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

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 objectives.

C. Establish Readiness

Establish importance and relevance of lesson material

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

using personal experience or anecdote.

1. Motivating Statements

Aviation personnel who have bailed out of or ejected from their aircraft and are entangled in the parachute present the rescue swimmer with both the greatest challenge and the greatest danger. The swimmer must act swiftly and efficiently in disentangling the survivor before the parachute sinks and the survivor is pulled down with the parachute.

2. Lesson Overview

Briefly outline material to be covered.

a. Lesson Topic: Disentanglement Procedures

b. Major Teaching Points:

- (1) Disentanglement Procedures for the Navy Standard Back Pack harness and parachute.
- (2) Ballooned Canopy Procedures

PRESENTATION:

**NOTE**

Equipment worn by the survivor determines the procedures to be used in parachute disentanglement.

**WARNING**

The parachute should never be allowed to come between the rescue swimmer and the survivor, as the rescue swimmer could lose sight of the survivor or could become entangled in the parachute or suspension lines.

A. Disentanglement procedures for Back Pack Harness

1. **ASSESS** situation to determine if survivor(s) are conscious, unconscious, passive, or active. Assessing the situation begins before water entry. The situation may change at any moment.
2. **ESTABLISH** communication to determine the condition of the survivor and make approach. Ask, "Are you OK"? The rescue swimmer shall continually evaluate the medical condition of a survivor during the entire course of a rescue.
  - a. Swim to the parachute edge closest to the survivor and opposite the apex of the parachute canopy.
  - b. Lift the edge of the parachute, pull shroud line(s) until the survivor is within reach and the canopy is gathered into the rescue swimmers hand.

State that the rear surface approach is preferred.

DISCUSSION POINT

3. Grasp survivor's harness between the shoulder blades and pull survivor into the wind and away from parachute. Obtain control of survivor "ICIC".
4. Remove oxygen mask, if applicable. CLEAR head, neck, and chest area. If survivor is conscious ask about any known injuries or conditions.

**WARNING**

Lack of respiratory function (breathing) is a life-threatening condition. If the survivor is not breathing, the rescue swimmer shall give two rescue breaths to the survivor, safely complete all applicable disentanglement/recovery procedures, and signal the rescue platform for immediate recovery of the survivor. After the completion of applicable disentanglement/recovery procedures, the rescue swimmer shall continue rescue breathing for the survivor every 15-20 seconds until recovery by the rescue platform.

**WARNING**

When the HGU series helmet is worn with the LPP-1 life preserver, do not inflate vest until chinstrap is loosened or helmet is removed.

5. Disconnect survivor's quick ejector snap located on the chest and then CHECK FLOTATION (inflate manually or orally, if necessary).

**WARNING**

If releasing the quick ejector snap is not done prior to inflation and the survivor's is wearing an LPP-1, there is a

3.6-6

RELATED INSTRUCTOR ACTIVITY

Stress "In close in Control" **ICIC**.

Display and demonstrate operation of quick ejector snap.

DISCUSSION POINT

possibility of the LPP-1 crushing survivor's chest. At a minimum, it will be hard for the survivor to breathe. This warning also applies to the U.S. Chest Pack, Back Pack, and Seat Pack Harness.

**NOTE**

If the survivor is wearing a chest pack, one of the butterfly spring snaps, that connect the pack to the harness, must be released to gain access to the chest quickly.

6. **DISENTANGLE** from head-to-toe, checking for injuries during disentanglement procedures.
7. Remove shoulder straps and **SWEEP ARMS**, ensuring that survivor's arms are completely clear of any debris. Once it has been verified that the survivor's arms are clear, cross the arms across the survivor's chest.
8. **SPINAL HIGHWAY**, using the spine as a reference, submerge and proceed hand-over-hand keeping one hand on the survivor at all times. Release quick ejector fittings on survivor's legs. After fittings are released, submerge as before and remove all parachute suspension lines from survivor's legs. Submerge as many times as necessary to remove all debris.

RELATED INSTRUCTOR ACTIVITY

Stress there is no fitting attaching the parachute to the harness. It must be removed as one unit.

**WARNING**

If survivor has a suspected back injury, use the side of the survivor as a reference. Proceed hand-over-hand along the side, keeping one hand on the survivor at all times, and remove all possible entanglements.

Tow the survivor clear of the parachute. If the survivor is still not free of the parachute or harness, use the washboard method.

**WARNING**

If the survivor has a suspected back injury do not use the washboard method.

- a. Grasp survivor with both hands on the back of the flotation device.
- b. In quick succession, push and pull survivor fore and aft. Make sure that the survivor's head is kept above water.

9. **DISCARD RAFT** (If applicable).

**NOTE**

At the discretion of the rescue swimmer the raft may be punctured with a knife and sunk before, during or after the survivor has been removed.

**WARNING**

Loss of ABC's is a serious life threatening condition requiring immediate medical treatment. This condition takes precedence and survivor should be recovered by the fastest means possible.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

10. Perform **FINAL CHECK**, head-to-toe to ensure that all shroud lines and parachute suspension lines are clear.
  
11. **SIGNAL** rescue platform.
  - a. Day - Arm raised, thumb up.
  
  - b. Night - Arm raised, waving high intensity chemical light.

Emphasize importance of final check especially if swimmer inadvertently swims into parachute.

**WARNING**

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12. As the rescue boat/helicopter is approaching:
  - a. Ensure **AREA IS CLEAR**.
  
  - b. Establish a left hand cross-chest carry, grasping survivor's lifting "V" ring in your left hand.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

**WARNING**

When connecting to a survivor who has an SV-2 vest, ensure that the chest strap on the survivor is loosened slightly to avoid injury to the survivor.

13. Allow RESCUE HOOK TO TOUCH WATER, discharging static electricity.
14. USE APPROPRIATE PROCEDURES for rescue device selected.
15. Perform SAFETY CHECK on rescue device, signal "Ready for pick-up".

C. Ballooned Canopy Procedures

Explain ballooned canopy

1. Establish communications during approach to survivor

**WARNING**

**Do not go under canopy; it may collapse and trap survivor and swimmer.**

2. Swim to chute edge closest to survivor and opposite the apex.
3. Lift edge of parachute; pull one shroud line until survivor is within reach.
4. With free arm, turn survivor around and grasp back of harness, pull to edge of canopy.
5. In one motion, lift skirt over survivors head and pull survivor clear.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

6. With survivor out from under the parachute continue pulling survivor into the wind and away from parachute canopy.
7. When well clear of parachute canopy, use disentanglement procedures applicable to type of harness the survivor is wearing.

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives

B. Review Major Teaching Points

Briefly summarize

APPLICATION:

A. Instructor performs a day water entry and proceeds to slowly disentangle survivor wearing a standard parachute harness, while another RSS instructor narrates procedures. Set up rescue scenarios in the deep end of pool.

Ensure students receive the classroom instruction and observe an in-water demonstration prior to any practical experience.

EVALUATION: Written test.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

ASSIGNMENT: None