

TRAINEE GUIDE
FOR
SURFACE RESCUE SWIMMER
SCHOOL
JANUARY 2007

A-050-0500

PREPARED FOR
NAVAL AVIATION SCHOOLS COMMAND
181 CHAMBERS AVE SUITE C
PENSACOLA, FL 32508

JANUARY 2007

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SECURITY AWARENESS NOTICE

*** This course does not contain any classified material ***

SAFETY/HAZARD AWARENESS NOTICE

THIS NOTICE PROMULGATES SAFETY PRECAUTIONS TO THE STAFF AND STUDENTS, OF THE SURFACE RESCUE SWIMMER SCHOOL COURSE. RESPONSIBILITIES ARE ASSIGNED BY THE CHIEF OF NAVAL EDUCATION AND TRAINING, THROUGH THE CHIEF OF NAVAL TECHNICAL TRAINING.

STUDENTS MAY VOLUNTARILY REQUEST TERMINATION OF TRAINING AT ANY TIME. WHEN A STUDENT MAKES A STATEMENT SUCH AS "**I QUIT**" OR "**DOR**" (DROP ON REQUEST), HE/SHE SHALL BE IMMEDIATELY REMOVED FROM THE TRAINING ENVIRONMENT, AND REFERRED TO THE DIVISION OR TRAINING OFFICER FOR ADMINISTRATIVE ACTION. THE STUDENT SHALL THEN MAKE A WRITTEN STATEMENT, CLEARLY INDICATING THE DESIRE TO **DOR**.

ANY TIME A STUDENT OR INSTRUCTOR EXPRESSES CONCERN FOR HIS/HER PERSONAL SAFETY, CLARIFICATION OF A SITUATION OR PROCEDURE, AND RECEIVE OR PROVIDE ADDITIONAL INSTRUCTION, HE/SHE SHALL SIGNAL FOR A TRAINING TIME OUT (**TTO**). TTO IS ALSO AN APPROPRIATE MEANS FOR A STUDENT TO OBTAIN RELIEF IF THEY ARE EXPERIENCING PAIN, HEAT STRESS, OR OTHER PHYSICAL DISCOMFORT. "TRAINING TIME OUT" SIGNALS, OTHER THAN VERBAL, SHALL BE APPROPRIATE TO THE TRAINING ENVIRONMENT.

HOW TO USE THIS TRAINEE GUIDE

TRAINEE GUIDE

A-050-0500

This trainee guide is to be used concurrently with the instruction provided.

Each trainee guide is numbered concurrently with the lesson topics. Each topic consists of an outline sheet, containing: subject introduction, list of enabling objectives, and information pertaining to that lesson topic. Some topics also contain Diagram Sheets, Information Sheets and Job Sheets for visual reference.

This is yours to keep. Feel free to mark it as you see fit; highlighting, underlining, and note-taking are all appropriate and encouraged. This trainee guide may not be used during testing.

TERMINAL OBJECTIVES

- 1.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of the requirements for RSS training comply with safety procedures as taught by the Rescue Swimmer School and will state the Drop On Request/Training Time Out policies and safety precautions used during training.
- 2.0 Upon completion of this unit of instruction, the student will maintain a level of physical condition enabling satisfactory performance of Rescue Swimmer duties, without injury to personnel or damage to equipment.
- 3.0 Upon completion of this unit of instruction, the student, while wearing swim trunks, T-shirt, wet suit top, mask, fins, booties, snorkel, LPU-28, and Rescue Swimmer's harness, will develop stamina, endurance and perfect stroke mechanics in a swimming pool without injury to personnel or damage to equipment.
- 4.0 While wearing appropriate rescue swimmer equipment, the student will rescue a simulated survivor in open water or swimming pool per the NTTP 3-50.1 without injury to personnel or damage to equipment.
- 5.0 Upon completion of this unit of instruction, the student will perform approach and carrying procedures, release and escape, day and night water entry, execute the following escapes from a parachute: inadvertent entanglement in a collapsed parachute, trapped under a collapsed parachute, and will perform rescue procedures for a day and night condition in preparation for a recovery per NTTP 3-50.1 without injury to personnel or damage to equipment.
- 6.0 Upon completion of this unit of instruction the student will demonstrate knowledge of procedures and rescue swimmer's equipment and devices as outlined in NTTP 3-50.1 without injury to personnel or damage to equipment.
- 7.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment

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