

5040
N3D

From: Commanding Officer, Naval Aviation Schools Command
To: Officer in Charge, Center for Surface Combat Systems
Learning Site (CSCSLs), 3975 Norman Scott Rd STE 1,
San Diego, CA 92136-5588
Commander, Helicopter Maritime Strike Wing U.S. Atlantic
Fleet, Naval Station Mayport, Jacksonville, FL 32228-0007

Subj: CHANGE ONE TO RESCUE SWIMMER SCHOOL TRAINING COURSE
CONTROL DOCUMENT

Ref: (a) NAVEDTRA 130A
(b) CNETINST 1500.20D
(c) Training Course Control Document (A-050-0500)

1. Per references (a) and (b), the following changes are submitted for incorporation within reference (c):

a. FORWARD. Add the following sentence to the end of paragraph two of the Forward page (page v): "This is a high-risk course".

b. Partially supporting TOs. Change the word Completely to Partially on pages 8 and 17. The sentence should read "Partially supported by this unit".

c. Assault to asphalt. Change the word assault to asphalt on page E-5.

d. Physical Fitness Prerequisite Screens. Change Physical Fitness Prerequisite screens (21.c; pg E-12) to read:

"c. Physical Fitness Prerequisite Screens All candidates shall conduct the SRSS Physical Readiness Examination Screening (PRES) with the TYCOM screening authority and conduct a Physical Readiness Assessment Screening (PRAS) with the training site before enrolling into SRSS. This assessment is designed to protect the schoolhouse and the student. Primarily, it ensures that a student is "fit to train" - he/she is physically able to safely complete this high-risk course. Furthermore, it ensures that every student enrolled has the physical skills required to successfully complete the training.

(1) Conduct of PRES In order to best meet the objectives of the Physical Readiness Examination Screening, the following order shall be followed and time between exercises minimized.

Warm-up/flexibility routine.

Instructor demonstrates correct form for curl-ups and push-ups per OPNAVINST 6110.1 and OPNAVINST 3130.6 series.

*1st Group - perform curl-ups exhibiting correct form
(Second group perform curl-ups.)
Minimum of 62 curl-ups in 2 minutes*

*1st group - perform push-ups exhibiting correct form
(Second group perform push-ups.)
Minimum of 52 push-ups in 2 minutes maximum*

All student candidates complete 1.5 mile timed run in less than 12 minutes.

All student candidates complete 400-meter timed swim in less than 11 minutes. (Backstroke not authorized)

(2) The screening will be completed as rapidly as possible, with a ten-minute maximum period, to change clothing and hydrate, between the run and swim.

(3) Conduct of PRAS In order to best meet the objectives of the Physical Readiness Assessment Screening, the following order shall be followed and time between exercises minimized.

Warm-up/flexibility routine.

Instructor demonstrates correct form for pull-ups, curl-ups and push-ups per OPNAVINST 6110.1 and OPNAVINST 3130.6 series.

*1st Group - perform pull-ups exhibiting correct form
(Second group perform pull-ups.)
Minimum of 2 pull-ups in 2 minutes*

*1st group - perform curl-ups exhibiting correct form
(Second group perform curl-ups.)
Minimum of 50 curl-ups in 2 minutes maximum*

*1st group - perform push-ups exhibiting correct form
(Second group perform push-ups.)
Minimum of 42 push-ups in 2 minutes maximum*

All student candidates complete 1.5 mile timed run in less than 12 minutes.

All student candidates complete 400-meter timed swim in less than 11 minutes. (Backstroke not authorized, Navy swimsuit and swim goggles only).

(4) Staffing Qualified Rescue Swimmer Instructor shall administer the test. There must be sufficient instructors monitoring the pull-ups, push-ups and curl-ups to ensure all student candidates perform them correctly. All training evolutions shall be conducted in accordance with Staff Requirement Matrix."

e. Ratio. Change student to instructor ratio on page D-6 of Lab 143 to read 30:5.

f. TSM.

g. Students(as survivor) required gear. Annex E page E-7 para 4d add "or an LPU series life preserver".

h. Multi time limit.

i.

2. Naval Aviation Schools Command point of contact is AWC(AW/NAC)Kunz at Benjamin.j.kunz@navy.mil DSN 922-2249.

R. A. HOLZKNECHT
By direction

Copy to:
N3D3
N01C