

LESSON PLAN

January 2004

COURSE TITLE: Aviation Rescue Swimmer  
Courses, Q-050-0600  
Q-050-0602

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 1.1

LESSON TOPIC: RSSTP Overview/Course  
Introduction

ALLOTTED LESSON TIME: 2.0 Classroom

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor

INSTRUCTIONAL REFERENCES:

1. NWP 3-50.1, Naval Search and Rescue Manual
2. OPNAVINST 3710.7 series, General NATOPS
3. OPNAVINST 3130.6 series, Naval Search and Rescue (SAR) Standardization Program.
4. CNETINST 1500.20, Safety Procedures for Conducting Training

INSTRUCTIONAL AIDS:

Course Schedule

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 1.0 Upon completion of this unit of instruction, the student will define the requirements for RSS training, the Drop on Request (DOR)/Training Time Out (TTO) policies, and safety procedures used during Aviation Rescue Swimmer training.

Enabling Objectives:

Completely supported by this lesson topic:

- 1.1 Discuss OPNAVIST 3130.6 and NWP 3-50.1 series requirements for RSS training.
- 1.2 Describe all safety precautions used during RSS training.
- 1.3 State the remedial training policy.
- 1.4 State the DOR/TTO policies and procedures.

CRITERION TEST: None

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. Take class muster.
4. State question and answer policy.

Check for new students, students at risk, and rollbacks.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

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: RSSTP Overview/Course introduction

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Major Teaching Points:
- (1) Course Overview
  - (2) Drop On Request/Training Time Out Policies
  - (3) Administrative Procedures and Regulations
  - (4) Safety Precautions
  - (5) Mishap/Near-Miss/Unsafe Condition Reporting Procedures

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

A. Course Overview

1. Applicability: The Rescue Swimmer Course is designed for individuals who have not previously graduated from Rescue Swimmer School and are reporting to a rescue swimmer billet.
2. Goals: This course provides students with the initial training and hands-on experience in First Aid, CPR, Rescue Equipment, Life Saving Techniques, Day\Night Water Entries, Parachute Disentanglement, Search and Rescue Tactics, Night and Multiple Rescue Situation, and Helicopter Operations. Students will undergo physical training consisting of calisthenics, swimming, and running.
3. The NWP 3-50.1 is the Naval Search and Rescue manual. It promotes and maintains standardization of SAR procedures, equipment, and techniques. Course content is mandated by this manual and should be used in conjunction with Trainee Guide.
4. Evaluations:
  - a. Academic exams to test knowledge.
  - b. Practical exams to demonstrate correct rescue swimmer procedures.
  - c. Graded Physical Training events to verify effective conditioning.

Provide one copy of the NWP 3-50.1 to each student for use during the course.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

5. Extra Instruction and Remediation

a. Extra Instruction (EI)

1. Designed to assist students having difficulty attaining Course Objectives.
2. In comparison to standard instruction, EI consists of a lower student-to-instructor ratio and is taught at the pace of the slowest student.
3. Students are strongly encouraged to seek EI. Instructors may also assign EI.

b. Remediation

1. Assigned to students in response to failure of a criterion test; preparation for re-test.
2. Same instructional characteristics as EI.

6. Schedule.

Review locally prepared schedule with students. Emphasize evaluations, graduation, etc.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

B. Drop On Request/Training Time Out Policy

1. Drop On Request (DOR) Policy

All RSSTP courses are designated as high-risk training and are voluntary. Accordingly, students have the option to individually request termination of training.

Read verbatim the DOR policy written in this curriculum's Front Matter or from CNET Instruction 1500.20D.

Discuss thoroughly with IUT's this policy from the standpoint of students and as future instructors.

Emphasize DOR is in effect for the duration of the course.

Solicit questions.

2. Training Time Out (TTO) Policy

A TTO may be called in any training situation whenever a student or instructor expresses concern for personal safety or a need for clarification of procedures or requirements exists.

Read verbatim the TTO policy written in this curriculum's Front Matter or from CNET Instruction 1500.20D.

Discuss valid signals for a TTO in the RSSTP, including: verbal statements such as "TTO", or nonverbal statements such as hands crossed in a "T", pinching of a training partner while

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

submerged, grabbing the pool edge. When an instructor gives life saving aid to a student it MUST be accepted.

Instructors are responsible for maintaining situational awareness and shall remain alert to signals of student panic, fear, extreme exhaustion, or lack of confidence that may impair safe completion of the training exercise. Instructors shall immediately cease training when they consider such action appropriate.

Following a TTO the training situation shall be examined and additional explanation/ instruction will be provided as necessary to allow safe resumption of training.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Administrative Procedures and Regulations

1. Purpose of Pre-requisite screens, Student Screening forms, "medical up chits".
2. Students will complete instructor, course and quality of life critiques.
3. Security precautions for personal valuables.
4. Following participation in rescue swimmer training, entries shall be made in the appropriate training jacket.

D. Safety Precautions

1. Hazardous conditions may exist in the training environment; students have a responsibility to report any unsafe/unhealthy condition they may discover.
2. In the event of an in-water emergency, signaled by multiple blasts on the whistle or sounding of applicable alarm, students will exit the pool immediately and proceed to the predesignated location, and follow the directions of staff.

Inform students of known hazards.

Inform students of emergency equipment location, fire exits, and the local procedures used in the event of a fire or other emergency.

Designate the appropriate location for muster after pool exit in case of an emergency.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

E. Mishap/Near-Miss/Unsafe Condition Reporting Procedures

1. A mishap is any unplanned or unexpected event causing personnel injury, occupational illness, death, material loss or damage, or an explosion of any kind whether damage occurs or not.
2. A hazardous condition is any situation which if allowed to go unchecked or uncorrected has the potential to cause a mishap.
3. A near miss is when a mishap is avoided merely by chance.
4. It is the responsibility of all Department of Defense personnel to report all mishaps, near misses, and any unsafe or unhealthy (hazardous) condition(s). If a mishap, hazardous condition or near miss occurs the student shall inform the instructor immediately. OPNAV 5100/11 with instructions is available for formal reporting.

Explain mishap and unsafe condition reporting options and locations of drop boxes for anonymous report submission.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION: None

EVALUATION: None

ASSIGNMENT: None