

LESSON PLAN

January 2004

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

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 2.2

LESSON TOPIC: Swimming Proficiency and  
Conditioning

ALLOTTED LESSON TIME: 12.0 Laboratory

INSTRUCTIONAL SUPPORT:

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

INSTRUCTIONAL REFERENCES:

1. USN Water Survival Instructor's  
Manual (CNET P1552)
2. Annex E of the ARSS TCCD.

INSTRUCTIONAL AIDS:

1. Swimming pool
2. Rescue Swimmer's Equipment
3. Stopwatches

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 2.0 Upon completion of this unit of  
instruction, the student will achieve  
and maintain a level of physical  
conditioning and proficiency that  
will enable satisfactory performance  
of Rescue Swimmer duties on land, in  
a swimming pool, or open ocean, while  
wearing appropriate Rescue Swimmer  
equipment, as outlined in NTPP 3-50.1  
and OPNAVINST 3130.6 series, without  
injury to personnel or damage to  
equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 2.5 Perform swimming, proficiency and  
conditioning drills and timed swim  
evolutions.

CRITERION TEST: Job Sheet 2.2 Checklist

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. Reiterate the 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. Does anyone have a potentially disqualifying illness/condition?

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

1. Motivating statements:

The purpose of this training is to develop stamina and endurance by gradually building strength and perfecting stroke mechanics.

Establish importance and relevance of lesson material using personal experience or anecdote.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Lesson overview

Briefly outline material to be covered.

a. Lesson Topic: Swimming Proficiency, Conditioning Drills and Timed swims

**NOTE**  
**The wave generator may be used during all non-timed portions of this lesson as approved by the Training Chief.**

b. Major Teaching Points:

(1) Swim conditioning drills in the swimming pool

(2) Timed swims

PRESENTATION

**NOTE**

A. Swimming Proficiency

CONDUCT PRE-SWIM AND POST SWIM STRETCH SET IAW LESSON PLAN 2.1 PRIOR TO ALL MORNING AND AFTERNOON SWIM EVENTS UNLESS DRY LAND CONDITIONING HAS JUST BEEN COMPLETED.

1. Swim continuously for 10, 15 or 30 minutes alternately using the crawl and the sidestroke while instructors evaluate stroke mechanics.

2. Swim continuously for 5, 10, 15, 20 or 30 minutes by kicking only while instructors evaluate stroke mechanics.

Swim proficiency and conditioning drills may be administered throughout the course. Explain the proper form for the strokes.

DISCUSSION POINT

B. Conditioning Drills

1. Swim 25, 50, 75, and 100 meter sprints on the surface. (1-5 sets)

**WARNING**

**STUDENTS SHALL BE MADE AWARE THAT UNDERWATER SPRINTS WILL ONLY BE CONDUCTED IN A SUPERVISED AND CONTROLLED TRAINING ENVIRONMENT. THE USE OF HEAVY BREATHING /HYPERVENTILATION TECHNIQUES ARE NOT PERMITTED. THIS REDUCES CARBON DIOXIDE LEVELS IN THE BODY, AND INHIBITS THE BODIES NATURAL INDICATORS TO BREATHE.**

2. Swim 25 meters underwater surfacing for only one breath. (No more than two times to avoid shallow water blackout.)
3. Swim 25 meters underwater without surfacing, (No more than two times to avoid shallow water blackout.)
4. perform 25 meter sprints on the surface, having students compete against each other. (1-10 sets)
5. Perform 50 meter sprints on the surface. (1-5 sets)
6. Take turns swimming 50 meter buddy tows for 30 minutes.
7. Take turns swimming 50 meter buddy tows for 40 minutes.

RELATED INSTRUCTOR ACTIVITY

**Perform not more than six proficiency and conditioning drills during a training day. Drills shall not be repeated during the same day.**

**A 30 sec break will be given to each student prior to that student completing another sprint or event.**

Explain procedures for swimming underwater and surfacing for a breath.

**Underwater swims if chosen, will be the first drills used prior to any other drill during SP&C for the first two weeks of training.**

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

8. Perform 200-meter conditioning buddy tow.

C. Timed swims

During timed swims, one instructor will be designated as timer/lap counter. Additional instructors will be performing as safety observers.

Students with severe muscle cramps, hyperventilation, or any other potential safety problem will be removed immediately, seen by medical authorities if applicable, and scheduled for retest.

1. 800 Meter Swim
  - a. Students may utilize any stroke except a backstroke.
  - b. Shall complete within 20 minutes.
  - c. Perform Job Sheet Checklist 2.2.

To be administered during week two.

2. 400 Meter Buddy Tow
  - a. Shall be completed within 16 minutes.

To be administered during week three of course. **All buddy tows will be conducted in full rescue swimmer's equipment.**

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Perform Job Sheet Checklist 2.2.
  - 3. 500 Meter Swim/400 Meter Buddy Tow
    - a. Students may utilize crawl or side stroke for 500m swim.
    - b. Complete the 500m swim in under 13 minutes.
    - c. Complete the 400m B/T in under 19 minutes.
    - d. Perform Job Sheet Checklist 2.2
  - 4. 500 Meter Swim/400 Meter Buddy Tow
    - a. Students may utilize crawl or side stroke for 500m swim.
    - b. Complete the 500m swim in under 11:30 minutes.
    - c. Complete the 400m B/T in under 17:30 minutes.
    - d. Perform Job Sheet Checklist 2.2
  - 5. 500 Meter Swim/400 Meter Buddy Tow
    - a. Students may utilize crawl or side stroke for 500m swim.
    - b. Complete the 500m swim/400m B/T in under 27
- To be administered during week three of course.
- Students will move into the 400m B/T without interruption.
- To be administered during week Four of course.
- Students will move into the 400m B/T without interruption.
- To be administered during week four of course.
- Students will move into the

DISCUSSION POINT

minutes.

c. Perform Job Sheet Checklist 2.2

6. 2000 Meter Swim/50 Minute Swim

**NOTE**

To be administered during week four of course.  
Conducted during the day Open Water Lab (OWL). Will  
be conducted with the same instructor ratios and  
safety considerations outlined for OWL's (Annex E).  
May be completed in the swimming pool if environmental  
conditions do not permit open water labs.

- a. Students may utilize the side stroke or  
the crawl stroke.
- b. Shall be completed within 50 minutes.

RELATED INSTRUCTOR ACTIVITY

400m B/T without interruption.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION:

Perform Swim proficiency, conditioning drills and timed swims.

EVALUATION: Job Sheet 2-2 Checklist.

ASSIGNMENT: None