

LESSON PLAN

JANUARY 2004

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

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 2.3

LESSON TOPIC: Open Water Laboratories

ALLOTTED LESSON TIME: 0.5 Classroom
2.5 Laboratory

INSTRUCTIONAL SUPPORT:

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

INSTRUCTIONAL REFERENCES:

1. USN Water Survival Instructor's Manual (CNET P1552)

INSTRUCTIONAL AIDS:

1. Trainee Guide

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, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 2.6 Explain how the performance of rescue swimmer skills is affected by current, sea state, visibility, sea life, swimmer buoyancy, and other variables encountered in the open water environment.
- 2.7 Perform basic rescue swimmer skills in the open water environment under daytime and nighttime conditions.

2. Protected Bay or River
3. Rescue Swimmer's Equipment
4. Whistle
5. SDU-5E with blue lens cover (night)

CRITERION TESTS: Job Sheet 2-3

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. Review training time out policy.
5. Ask for medical concerns:
 - 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 any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of lesson topic guide and paraphrase objectives.

DISCUSSION POINT

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C. Establish Readiness

1. Motivating statements:

Trainees will gain confidence in their ability to complete basic rescue swimmer tasks in the open water environment.

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

2. Lesson overview

Briefly outline material to be covered.

a. Lesson topic: The Open Water Environment

b. Major Teaching Points:

(1) The Open Water Environment and Open Water Labs

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PRESENTATION

- A. The Open Water Environment and Open Water Labs
 - 1. Dramatically different from training tank.
 - 2. Open Water variables which affect the Rescue Swimmers ability to perform his tasks:
 - a. water temperature
 - b. wind
 - c. sea state
 - d. increased buoyancy of salt water and full wet suits
 - e. visibility
 - f. current
 - 3. Open Water hazards to avoid:
 - a. Jelly fish, Man O' Wars
 - b. Debris/contaminates in water
 - c. Kelp/Sargassum weed
 - 4. Purpose of labs:
 - a. In a controlled environment, provide realistic open water environment experience.

Discuss/provide examples and "sea stories" as applicable.

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- b. Performance of skills will not be graded, this is for familiarity.

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION:

- A. Environmental reasons for cancellation of the OWL, forecast or occurring:
 - 1. Water temperature drops below 50 degrees F.
 - 2. Air temperature (wind chill corrected) drops below 45 degrees F.
 - 3. Water is declared contaminated by County Dept. of Health Services or similar agency.
 - 4. The presence of large numbers of jellyfish, such that a wet suit is not adequate protection.
 - 5. Thunder Storm Condition I (thunder storm

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activity occurring within a 10 mile radius, or expected to occur within one hour.)

6. Sustained surface winds in the training area exceed **15** knots.
7. Visibility on the water less than 1 mile.

B. General Guidelines:

1. Student trainees will be paired with buddies, buddy pairs will be assigned to a wet instructor. Assign students to a boat if boats will be used for transportation
2. Trainees shall stay in buddy pairs, keeping track of buddy and monitoring his condition at all times. If contact with buddy is lost:
 - a. Trainee momentarily search 360°.
 - b. Call TTO.
 - c. If separated from group, trainee shall:
 - (1) Turn on strobe light (night).
 - (2) Inflate LPU-28/P.

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- (3) Give whistle blasts

- d. Whistle blasts:
 - (1) 1 blast - students give attention to PI.

 - (b) Multiple blasts - emergency - students muster with assigned Wet Instructor.

- 3. Review methods of calling a TTO per the Instructor Guide. Additional signals for this evolution include:
 - (a) Vigorous waving of one arm - in trouble, need assistance.

 - (b) Strobe light with blue lens on - in trouble, need assistance.

- 4. Trainees buddy up by size.

- 5. Trainees group with Wet Rescue Swimmers Instructors. Four pairs per Wet Rescue Swimmer - day, two pair per Wet Rescue Swimmer - night.

- 6. Staff and students muster with boat leader (PI or

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TSM). PI report status to TSM.

7. TSM shall be cognizant of current conditions (limits are listed in para A this application).

- a. Time of next tide.
- b. Time of sunrise/sunset or moonrise/moonset.
- c. Currents.
- d. Air and Water temperature.
- e. Visibility.
- f. Winds.

8. TSM shall decide "go" or "no-go". THE TSM SHALL CANCEL THE EVOLUTION WHENEVER, IN THEIR OPINION, IT CANNOT BE SAFELY CONDUCTED, OR WHEN ENVIRONMENTAL RESTRICTIONS ARE EXCEEDED.

C. Primary Instructor Responsibilities

1. Conduct student presentation as per appropriate lesson plan.
2. Conduct Safety Brief for staff and students:
 - a. Schedule of events
 - b. Mishap plan
 - c. Identify rollbacks.

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- d. Communications Relay Ashore reports comm links with SAR, Medical are available.
- e. Three-way communications check between Command and Interceptor/Search boats and Communications Link Ashore checks good.
- f. If students will swim to and from training area:
 - (1). Identify Wet Rescue Swimmer Instructor to lead student group to beach and conduct muster if Lost Student Procedures are in effect.
- 3. Wet instructor equipment checklist (see section II, para F.2.f.).
- 4. PI conduct inspection of all students for proper equipment
 - a. Wetsuit as per NWP 3-50.1.
 - b. LPU-28/P.
 - c. Snorkel.
 - d. Fins - booties.
 - e. Face mask.
 - f. HBU-11/P.
 - g. Whistle.
 - H. (Night) All students shall have two

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chemlites, all of the same color, which shall be different from the instructors color.
i. (Night) SDU-5E strobe light without lens.

D. TRAINEES COMPLETE LAB AS PER LP JOB SKILLS CHECKLIST.

1. PI conduct lab utilizing the LP. The PI should reinforce the principles of open water operations as discussed ashore.
2. Wet instructors and trainees muster with PI. PI report muster to TSM.
3. Students swim to training area.

NOTE

Trainees may swim to the training area, providing the total swim time (transportation and training) does not exceed 20 minutes.

4. PI start timer.

E. Day Open Water Lab

1. Student must have completed 30 minutes of

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- continuous swimming (ie, Swim Proficiency and Conditioning). Student must have also received Mask, Fin and Snorkel Indoctrination and Lifesaving Carries classes prior to OWL.
2. Boats hoist diver down flags.
 3. Trainee's practice swim strokes for 20 minutes. (If students swim to and from the training area, the transit time shall be included in the 20 minute total.)

Give students courses at various angles to the current, such as a square or triangular pattern.
 4. Trainees practice surface dives (Day only). Trainees note effects of wetsuit and salinity on buoyancy; trainees note reduced visibility.

WARNING: Injury can occur if trainees forcibly impact bottom.

 - a. Perform one pike dive.
 - b. Perform one feet-first dive.

Trainees shall be briefed on water depth. Trainees shall dive on direction of wet instructor. Only one trainee per six-student group shall be submerged at any time.
 5. Trainee's practice tows for approximately 20

Give students courses at

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minutes.

- a. Equipment tow.
- b. Collar tow.
- c. Tired swimmer carry.
- d. Cross-chest carry.

various angles to the current, such as a square or triangular pattern.

F. Night Open Water Lab

- 1. Class shall complete the day OWL.
- 2. Trainees and instructors activate chemlites and affix them to face masks.
- 3. Trainee's practice swim strokes for 30 minutes. (If students swim to and from the training area, the transit time shall be included in the 30 minute total.)
- 4. Trainee's practice tows for approximately 10 minutes.
 - a. Equipment tow.

Give students courses at various angles to the current, such as a square or triangular pattern.

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- b. Collar tow.
- c. Tired swimmer carry.
- d. Cross-chest carry.

G. EVENTS TO OCCUR POST-LAB

- 1. Muster Wet Instructors and trainees.
- 2. TSM report to Comm Link Ashore that evolution is complete and all hands are safely ashore.
- 3. PI supervise post lab clean-up.

EVALUATION: Job Sheet Checklist 2.3

ASSIGNMENT: None