

LESSON PLAN

January 2004

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

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 3.4

LESSON TOPIC: Parachute Canopy Escape

ALLOTTED LESSON TIME: 1.0 Classroom
2.0 Laboratory

INSTRUCTIONAL SUPPORT:

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

INSTRUCTIONAL REFERENCES:

1. NWP-3-50.1, Navy Search and Rescue Manual

INSTRUCTIONAL AIDS:

1. Trainee Guide
2. 12 foot deep pool.
3. One 28-foot parachutes with shroud lines removed, one safety line attached to the skirt hem of the parachute.

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate the proper rescue techniques of military and civilian personnel, day or night, utilizing appropriate SAR equipment for at-sea and overland rescues, as outlined in NWP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 3.7 List procedural steps for parachute canopy escape.
- 3.8 Perform a hand-over-hand escape from underneath a collapsed parachute.

CRITERIA TEST: Performance test

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION:

A. Establish Contact

Display name and lesson topic.

1. Introduce self; give rank, current job.
1. State background, schools, duty stations, etc.
1. State question and answer policy.
4. Reiterate the training time out policy.
1. Ask the following questions:
 1. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
 1. Has anyone taken over-the-counter medications within 24 hours?
 - c. Are there 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 Plan and paraphrase objectives.

C. Establish Readiness

1. Motivating Statements

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: Parachute Canopy Escape
- b. Major Teaching Points:
 - (1) Dangers of Collapsed Parachute.
 - (2) Entanglement in a Collapsed Parachute.
 - (3) Trapped Under Collapsed Parachute.

PRESENTATION:

- A. Dangers of Collapsed Parachute.
 - 1. Inability to breathe through a wet parachute.
 - 2. Possibility of the parachute sinking and taking survivor with it.
 - 3. Rescue swimmer becoming entangled.
 - 4. Rescue swimmer or survivor panicking and becoming more entangled.
- B. Entanglement In a Collapsed Parachute.
 - 1. Should a rescue swimmer inadvertently jump or swim onto a parachute canopy
 - a. Do not Panic

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Turn onto your back
- c. Arch your back to help float your body
- d. Scull with the hands while repeatedly opening the legs slowly, no more than shoulder width, and closing until clear of the parachute.
- e. Once clear of parachute, swim clear of area.

Explain to students that flutter kick shall not be used. Flutter kick will further entangle the swimmer.

C. Trapped Under Collapsed parachute.

- 1. Grasp shroud line in parachute seam.
- 2. Lift high above head.
- 3. Swim backwards; utilizing a punching hand over hand movement, keeping them high enough to create an air pocket.
- 4. Once at the apex, reach high to create another air pocket.
- 5. Continue along one given shroud line until clear of parachute.

SUMMARY:

- A. State Lesson Objectives
- B. Review Major Teaching Points

Turn to cover page for objectives.

Briefly summarize.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

APPLICATION:

- A. Instructor performs demonstration of procedures for Entanglement in a Collapsed Parachute.
- B. Instructor performs demonstration of procedures for Trapped under Collapsed Parachute.
- C. Practice "Trapped under a Collapsed Parachute" until all students can successfully demonstrate the skill.
 - 1. Parachute spread out on water surface in deep end of pool. (Min. water depth of eight feet)
Student's circle parachute and hold it on the surface by the skirt hem.
 - 2. One student, with an instructor, at a time under the parachute, and another instructor will be at the apex for safety.
 - 3. Students practice procedures.

Check for understanding.

Ensure each evolution is manned as per Annex E.

One instructor demonstrates the skill while the other instructor or staff member is poolside tending the parachute safety line.
Explain the procedures and safety hazards.

EVALUATION: Performance Test

ASSIGNMENT: None