

LESSON PLAN

JANUARY 2004

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

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 4.8

LESSON TOPIC: Helicopter Operations

ALLOTTED LESSON TIME: 1.0 Classroom
3.5 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. NAVAVSCOLSCOM/OMD Joint Command Agreement
2. NAVAVSCOLSCOM Inclement Weather Instruction
3. NWP 3-50.1 Navy Search and Rescue Manual

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:

- 3.40 List procedures for day water entry from a search and rescue helicopter.
- 3.41 Perform day water entry from a search and rescue helicopter.

CRITERIA TEST: None.

HOMEWORK: None.

INSTRUCTIONAL AIDS:

1. Trainee Guide
2. Two pair foamy earplugs per student
3. Student's Rescue Swimmer Equipment
4. Instructor's Rescue Swimmer Equipment
5. SAR Capable Helicopter with 2 Crewmen
6. One Safety Boat with:
 - a. PDSM on-board
 - b. Hospital Corpsman on-board
 - c. Two PRC-90's
 - d. Safety swimmer
 - e. Megaphone
 - f. Binoculars

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 DOR and TTO 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. 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

DISCUSSION POINT

1. Motivating Statements

2. Lesson Overview

a. Lesson Topic: Day Helicopter Operations

b. Major Teaching Points:

(1) Classroom Briefings

(2) Overview of Operation

RELATED INSTRUCTOR ACTIVITY

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

Briefly outline material to be covered.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

A. Classroom Briefings

1. Divide students into groups.
2. Briefly review deployment procedures.
 - a. Emphasize crewman's safety belt.
 - b. Standby position
 - c. Deployment.
 - d. Hand signals.
3. Hoisting procedures
 - a. Re-emphasize discharge of aircraft static electricity through hoist.
 - b. Student uses upraised hand on underside of aircraft to turn survivors back facing cargo door.
 - c. Student faces cargo door and places fins on lower edge, hands on inside of upper edge.
 - d. Student pulls himself in on top of survivor, unhooks, rolls to side.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

4. Swimmer's equipment inspection
 - a. Masks shall have lanyard attached to swimmer's harness.
 - b. Swimmer's harness lifting device stowed properly.
 - c. SAR-1 (LPU-28) vest cartridge checked.
 - d. Two pair of foamy earplug inserts per student.

B. Overview of Operation

Inspect swimmer's equipment. Draw pictures of area on board.

1. Inform students of group organization and why.
2. Explain aircraft deployment, pick up, and flight pattern.
3. Explain procedures for return to school by groups.
4. Gear Clean Up.
 - a. Wash all gear thoroughly with fresh water.
 - b. Hang wetsuits to dry. NO WIRE HANGERS!

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

Check for understanding.

APPLICATION:

Execute day helicopter operation.

HELICOPTER JUMPS AND HOIST

TRAINING: Instructors and students shall wear a complete set of RFT rescue crewman equipment (i.e. mask, snorkel, fins, SAR vest (LPU-28), wetsuit/shorty and harness (HBU-11), IAW CNETINST 3710.1. A power boat shall be used to transport students to the operating area and as a safety/pick up boat.

The primary instructor shall ensure that all students have met the prerequisites prior to operations and that all students are physically qualified to participate.

Students and instructors shall board the boat and proceed to the operating area. The primary instructor shall maintain communications with the helicopter and Rescue Swimmer School Office via two-way radio. When

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the helicopter is in position and ready for operations, the primary instructor shall direct two students at a time to enter the water and execute proper hoist procedures.

The primary instructor shall remain on the boat to supervise the operation and one instructor shall be in the water with each set of two students for safety and to ensure that proper procedures are used. Students shall make a minimum of two hoists and two jumps, however if circumstances permit, students shall receive at least three hoists and three jumps. The requirement for hoists/jumps may be waived by the Commanding Officer in situations where students are unable to complete this training due to weather, or aircraft/facility availability.

TRAINING TEAM: The training team shall consist of a minimum of one fully qualified RSS instructor per each set of two students in the water, a primary instructor, and a corpsman/EMT that will be on the safety/pick up boat.

NOTE: Students shall demonstrate proper jumps and hoist procedures in the training tank (pool) prior to live helicopter operations. Students shall be thoroughly briefed on sequence of events, safety precautions, and emergency procedures prior to open water operations.

SAFETY: Instructor shall ensure that weather conditions are within limits of reference (2), all

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students are physically qualified to participate, and no more than six students and three instructors in the water at any time.

Instructors shall ensure that all students wear foamy ear plug inserts during entire evolution.

When the water temperature is below 60 degrees Fahrenheit or less, full wetsuits shall be worn.

EVALUATION: Performance Test

ASSIGNMENT: None.

RELATED INSTRUCTOR ACTIVITY