

Aviation Rescue Swimmer School



Pool Safety Regulations LT 1.2

ENABLING OBJECTIVES

- Explain general pool safety regulations per Rescue Swimmer School Standard Operating Procedures (SOP).



GENERAL POOL SAFETY REGULATIONS

- No person with any skin fungus, open sores or contagious disease is allowed in the pool without consent of the SAR corpsman.
- No running or skylarking.
- Glass containers are not allowed on the pool deck or locker room at anytime.
- Prior to entering the pool, all personnel shall take a shower.

General Pool Safety Regulations

- Students will wear swim trunks and T-shirt. Additionally, a LPU-28 will be worn during mask, fin and snorkel training.
- No smoking
- Whistle blasts:
 - One whistle blast- Instructor is seeking student's attention
 - Multiple whistle blasts- Emergency. Follow instructions of staff.

General Pool Safety Regulations

- No jewelry (i.e., rings, chains, etc...)
- No diving
- DO NOT use ladders to climb out of the pool unless specifically told to do so.
- Take off fins before standing or walking on the pool deck.
- Ensure all pool drain covers are installed prior to commencing any disentanglement training.

WATER EXIT

- For facilities with high pool deck edge:
 - Students swim to ladder, remove fins, and exit one at a time.
- For facilities with low pool deck edge:
 - Students will swim to wall and place both hands on edge of pool.
 - Holding onto the edge, students will push up resting on both arms extended, roll to the right, and assume a sitting position facing the pool.
 - With both legs extended out of the water, remove gear and the turn to their left in order to avoid a collision.

Emergency Situations

- Call for help any time you are in trouble and ONLY when you are in trouble.
- If a person is in actual danger the instructor only will enter the water to render assistance.
- If you see anyone in trouble inform an instructor immediately.

Shallow Water Blackout

WARNING:

Do not hyperventilate prior to underwater swims. Hyperventilation can lead to shallow water blackout.

- Hyperventilation (excessively rapid breathing) purges the blood of CO₂, the body's cue to breath.
- Swimmer runs out of oxygen without ever feeling the need to breath, passes out and drowns.

Swim Gear

- Fins will be carried in left hand with mask draped over fins
- Fins will be stacked one on top of the other, logo up with mask on top

Gear Safeing

- Fins will be stacked one on top of the other with the logos facing up.
- Mask will be draped on top of the fins with the snorkel mouth piece wedged in between the fins.
- Fin tips will always point towards the bridge, either along the wall, scupper, or on the bleachers.

Gear Safeing



Water Entry

- Up to 12 students spaced out evenly will line up facing the bridge with their heels against the scupper.
- The remaining students will be placed along the sides of the pool with their feet against the scupper facing the wall.

Entering Pool



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"Take...Seats"

- When given the command, "Take Seats" students will sound off "_ Team Huh". This is done prior to any movement.
- Students will then sit down on the scupper with their left arm extended out in front of them.
- Right arm will be bent at a 90 degree angle with finger tips touching the bicep of the left arm.

"Take Seats"



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“Look left, Spin left”

- The command “Take Seats” will be followed by the command “Look left, Spin left”.
- Students will turn their head to the left and spin in the direction that they are looking.
- Fins will be placed on the left leg with positive control being maintained by the left hand.
- Students’ right hand will be placed by their right side, finger tips extended.

“Look left, Spin left”



Don Gear

- “While Maintaining Positive Control Of Your Gear, Don Gear”.
- Students will maintain control of their gear at all times and shall not place their feet in the water until instructed to do so.

Don Gear



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Water Exit

- When given the command “Line Up On The Black Line” all students will line up on the black line shoulder to shoulder, at attention, facing the deep end of the pool.

Line up on the black line



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"To the wall, Get There!"

- After receiving this command, students will spin to their left and swim to the wall.
- Students will then stand at attention and wait for the next command.

NOTE

Students should be lined up in the same configuration as they were prior to entering the pool.

"To the wall, Get There!"



JANUARY 2004

"Ready... Up"

- When receiving the command "READY" students will place both hands on the edge of the pool.
- After the command "UP" is given students will push up and rest on both arms extended.

“Ready Up”



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Water Exit

- The remainder of the commands are the same as water entry but in reverse order.
 - Look Left, Spin Left
 - While Maintaining Positive Control Of Your Gear, Remove Gear
 - Look Left, Spin Left
 - “_____” Team To Your Feet

“Look left, Spin left”



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“While Maintaining Positive Control Of Your Gear, Remove Gear”



“Look left, Spin left”



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"_-Team To Your Feet"



"_ -Team Huh"



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Review

- If you hear multiple whistle blasts you should run to the bleachers. True or False?
- ***False, you should walk to the locker room.***
- You should walk backwards when you are wearing fins. True or False?
- ***False, always remove gear before standing.***

Review

- What does one whistle blast mean?
- *Instructor is seeking student's attention.*
- What causes shallow water blackout?
- *Hyperventilation*

