

Aviation Rescue Swimmer School

APPROACHES AND CARRIES

LT 3.1

INTRODUCTION

- During rescues, different types of approaches/carries are used depending on the survivor's conditions and or position. The following procedures are furnished to provide basic approaches/carries to deal with any situation that may arise.

Enabling Objectives

- List procedural steps for rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor in accordance with NWP 3-50.1 series.
- Demonstrate rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor in a simulated rescue situation in accordance with NWP 3-50.1 series.

Survivor Characteristics

1. Aircrewman

- Rescue swimmers were originally tasked to assist downed aircrewman.
- Aircrewman are trained in water survival and may be able to assist.
(Never assume they can)

Survivor Characteristics for Aircrewman

- Survivors with water survival training could become too helpful and actually be a hindrance. It might become necessary to instruct him/her to do nothing.

Survivor Characteristics for Aircrewman

WARNING

AN AIRCREWMAN WHO HAS EJECTED AND/OR IS UNCONSCIOUS MAY POTENTIALLY HAVE A SPINAL INJURY, ASSESS THE SITUATION AND TREAT ACCORDINGLY. LOSS OF ABC'S OR OTHER LIFE THREATENING INJURY WILL TAKE PRECEDENCE OVER A SPINAL INJURY.

Survivor Characteristics for Panicking Survivors

- Some rescues involve panicky survivors (even some aircrewmen).
- Appearance: Wide eyes, frantic activity, gasping for air and other similar behavior.
- Will attempt to grab and get on top of rescuer in order to keep his/her own head out of the water. Rescuers could be drowned in this manner.

Survivor Characteristics for Panicking Survivors

- Best Defense: Do not get too close until you have assessed the situation and decided on the best approach to take for this survivor.
- It may be possible to calm a panicking survivor by talking to them and explaining who you are and what you are doing.

Cross Chest Carry/Controlled Cross Chest Carry

- From a position behind the survivor's shoulder, the rescuer reaches across the chest and pulls the survivor from under the armpit with the palm of the rescuer's hand.

Cross Chest Carry/Controlled Cross Chest Carry

- The survivor's shoulder is then tucked securely into the rescuer's armpit and the arm firmly grasped against the survivor's chest.

Cross Chest Carry/Controlled Cross Chest Carry

- The rescue swimmer turns to the side with the hip directly against the small of the survivor's back. The swimmer strokes vigorously with his legs, using a flutter kick to provide propulsion.

Cross Chest Carry/Controlled Cross Chest Carry

NOTE

THIS PROCEDURE MAY BE DIFFICULT TO PERFORM ON AIRCREWMEN DUE TO THEIR FLOTATION AND SURVIVAL EQUIPMENT.

- Should the survivor be aggressive, the rescuer shall lock his/her hands together under the survivor's armpit to complete a controlled cross-chest carry.

Collar Tow/Equipment Carry

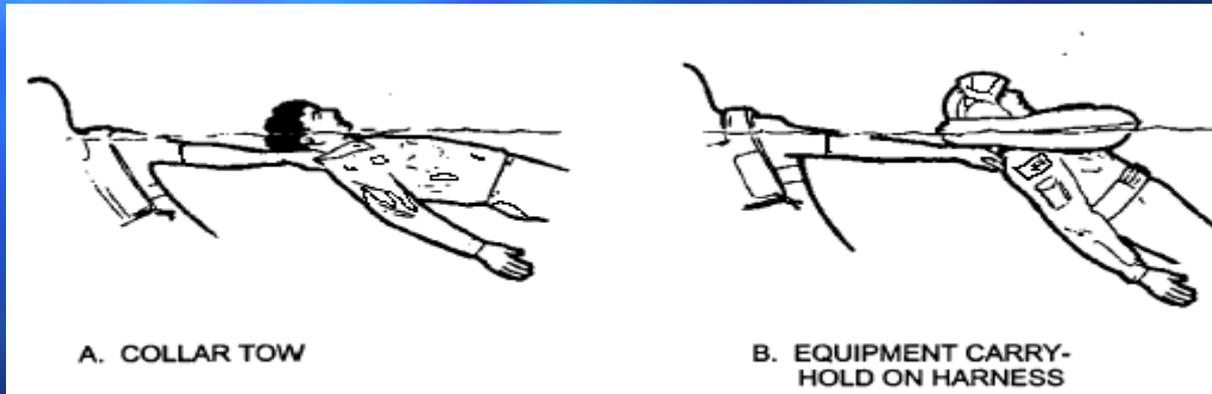
WARNING

DO NOT GRASP SURVIVOR IN A MANNER WHICH MAY RESULT IN RESTRICTED BREATHING OR CIRCULATION.

- Grasp the survivor's shirt collar or flight equipment from behind and between the shoulder blades with a straight arm locked at the elbow.

Collar Tow/Equipment Carry

- The rescue swimmer assumes the side stroke position and strokes vigorously with the legs, using a flutter kick.



Front Surface Approach

- Effective for passive or unconscious survivors. The Front Surface Approach should be the rescue swimmers first choice when approaching an unconscious survivor.
- Approach the survivor with head out of water and eyes on the survivor.
- Upon reaching arms length to survivor, execute a quick reverse.

Front Surface Approach

- Attempt to establish communication, reassure the survivor. If necessary splash and yell to get the survivors attention.
- Reach across with your hand grasping the survivor's identical wrist (i.e., right hand grabs right wrist, and left hand grabs left wrist).
- Begin kicking to plane out survivor, lean back and flutter kick.

Front Surface Approach

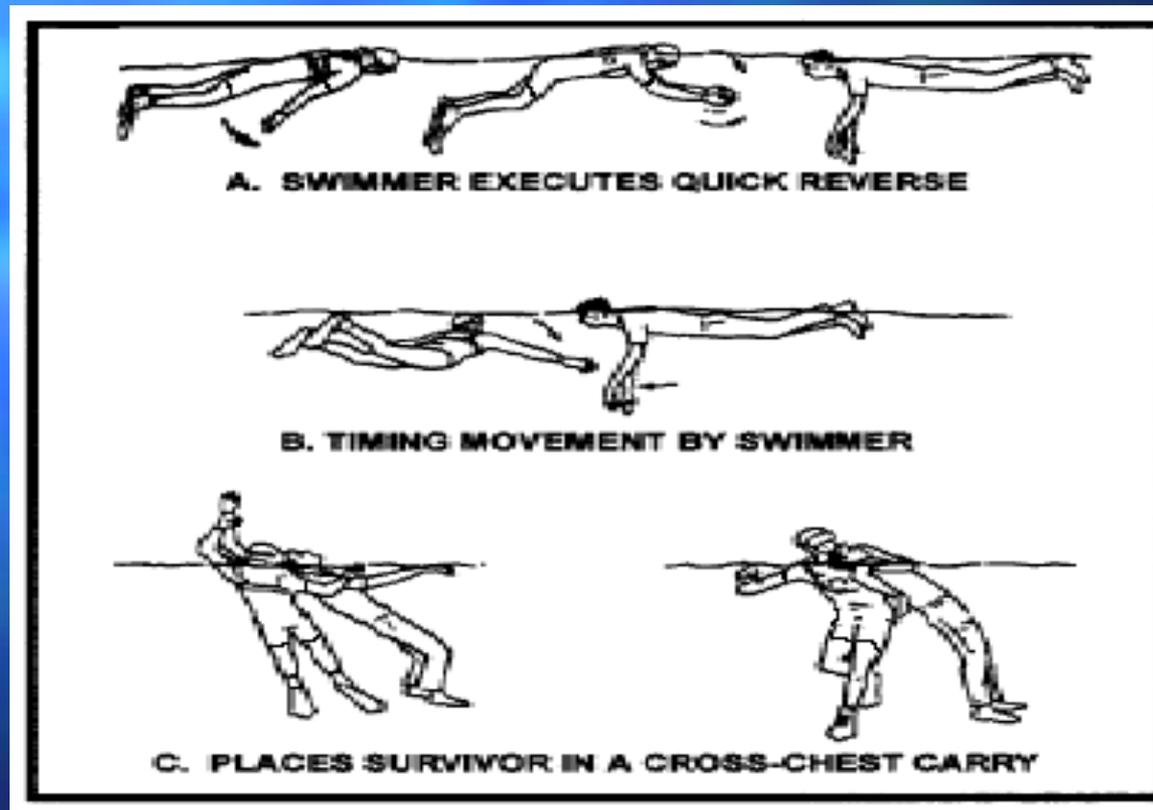
- Pull survivor's wrist up and across the front of swimmer's body, turning the survivor onto his back.
- When the survivor's back is fully turned, the rescue swimmer places the survivor in a cross-chest carry.

Front Surface Approach

NOTE

IF THE SURVIVOR IS CONSCIOUS, EVERY ATTEMPT SHALL BE MADE TO APPROACH THE SURVIVOR FROM THE REAR. THIS CAN BE ACCOMPLISHED BY EITHER ASKING THE SURVIVOR TO TURN AROUND, OR BY SWIMMING TO THE REAR OF THE SURVIVOR AND EXECUTING A REAR SURFACE APPROACH.

Front Surface Approach



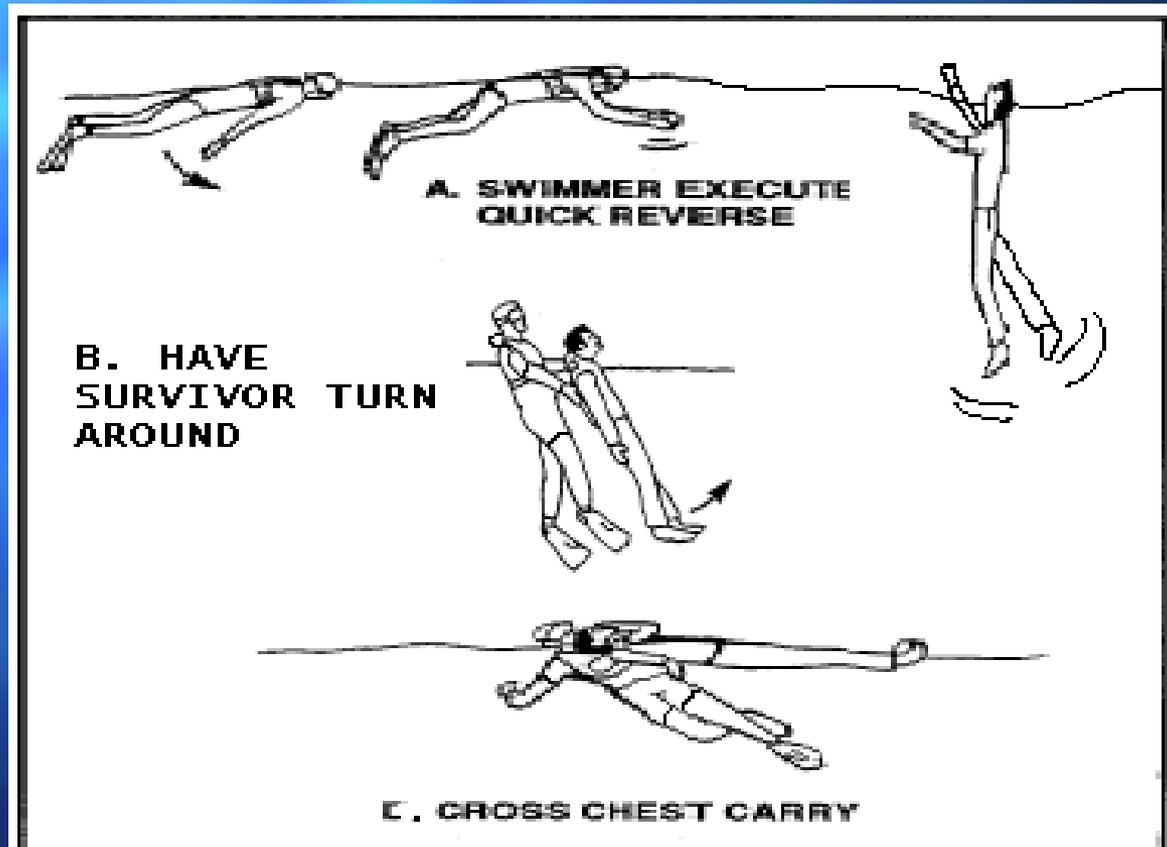
Rear Surface Approach

- Most common approach used by Rescue Swimmers. The rear surface approach should be used for all conscious survivors.
- Approach the survivor with head out of the water and eyes on the survivor.
- Upon reaching 6-8 feet of distance from the survivor, execute a quick reverse.

Rear Surface Approach

- Attempt to establish communication, reassure the survivor. If survivor appears unresponsive, splash or yell to get his/her attention.
- Secure survivor in a cross-chest or equipment carry.

Rear Surface Approach



Underwater Approach

WARNING

UNDERWATER APPROACH SHALL NOT
BE USED IF SURVIVOR IS WEARING A
PARACHUTE.

Underwater Approach

- Appropriate for active drowning survivor.
- Approach from the front, keeping head out of water and eyes on the survivor.

Underwater Approach

- Upon reaching a distance of 6 to 8 feet from the survivor, appraise the situation. When comfortable, execute a surface dive and swim under the survivor.

Underwater Approach

NOTE

WHEN WEARING A WET SUIT THE SWIMMER MUST BE AWARE OF THE ADDED BUOYANCY OF THE WETSUIT AND AVOID PREMATURE SURFACING.

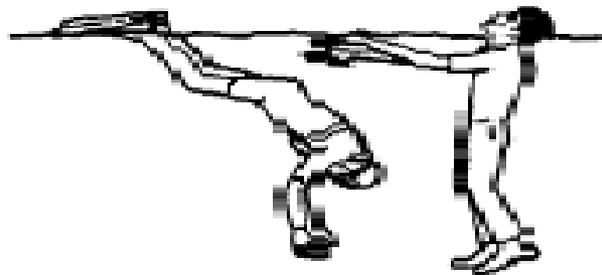
Underwater Approach

- Swimming underneath or to the side and below the survivor and maintaining eye contact, execute a half turn. When clear, the survivor's back should be towards the rescue swimmer, ascend towards the surface as close to the survivor as possible without touching him/her.

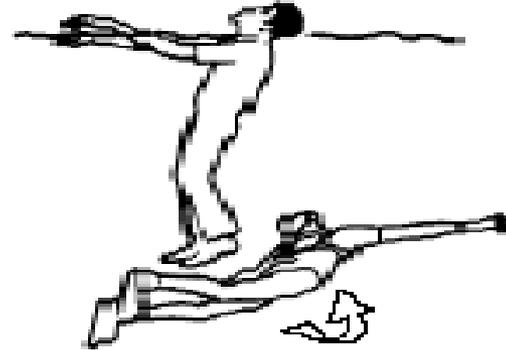
Underwater Approach

- Upon breaking the surface of the water, **immediately** place the survivor in a controlled cross chest carry. Roll with the momentum and swim to plane out the survivor.

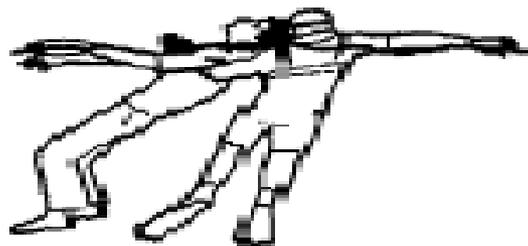
Underwater Approach



A. SWIMMER DIVES



B. PASSES UNDER SURVIVOR



C. PLACES SURVIVOR IN A CONTROLLED CROSS-CHEST CARRY



Summary

- The underwater approach is used on what type of survivor?

An Active Drowning Survivor

Upon reaching what distance on the Front Surface Approach does the Rescue Swimmer execute a quick reverse?

An Arms Length

Summary

- For the Rear Approach, the Rescue Swimmer should execute a quick reverse at what distance?

6 to 8 feet.

Questions?

