

# Aviation Rescue Swimmer School Review

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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

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

# Review

- What are some examples of Aerobic exercises?
- *Swimming, running, bicycling, etc.*

# Review

- What can you do to prevent dehydration?
- *Drink large amounts of water and sports drinks.*

# Review

- Aerobic exercise should be maintained at what percentage of maximum heart rate to be effective?

60%-80%

# Review

- What are some examples of foods high in carbohydrates?
- *Grains, bread, pasta, rice, potatoes, etc.*

# 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

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

6 to 8 feet.

# Summary

- Why do rescue swimmers need to know releases and escapes?
- *To allow rescuer to escape grasp of panicking survivors.*
- What is the first thing a rescue swimmer should do in the event a survivor grabs him/ her?
- *Suck, Tuck, and Duck*

# Summary

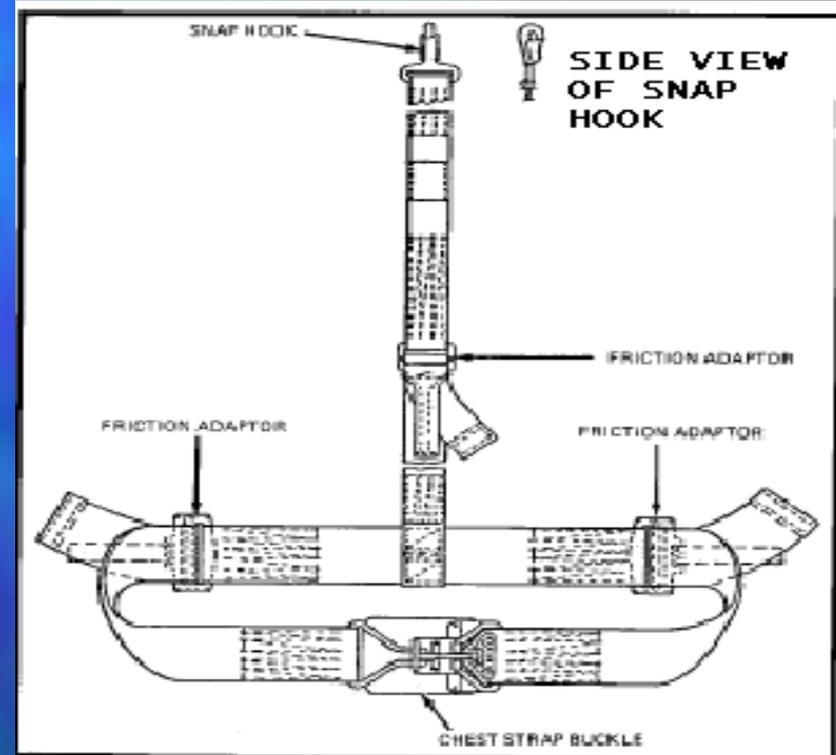
- After a rear head hold escape or a front head hold escape, what should the rescue swimmer do?
- *Reassess the situation*
- Why should the rescue swimmer utilize a control cross-chest carry?
- *So that the rescue swimmer remains in control. The survivor is active.*

# Summary

- Why is hand placement necessary during releases and escapes?
- *So that the use of pressure points are utilized.*

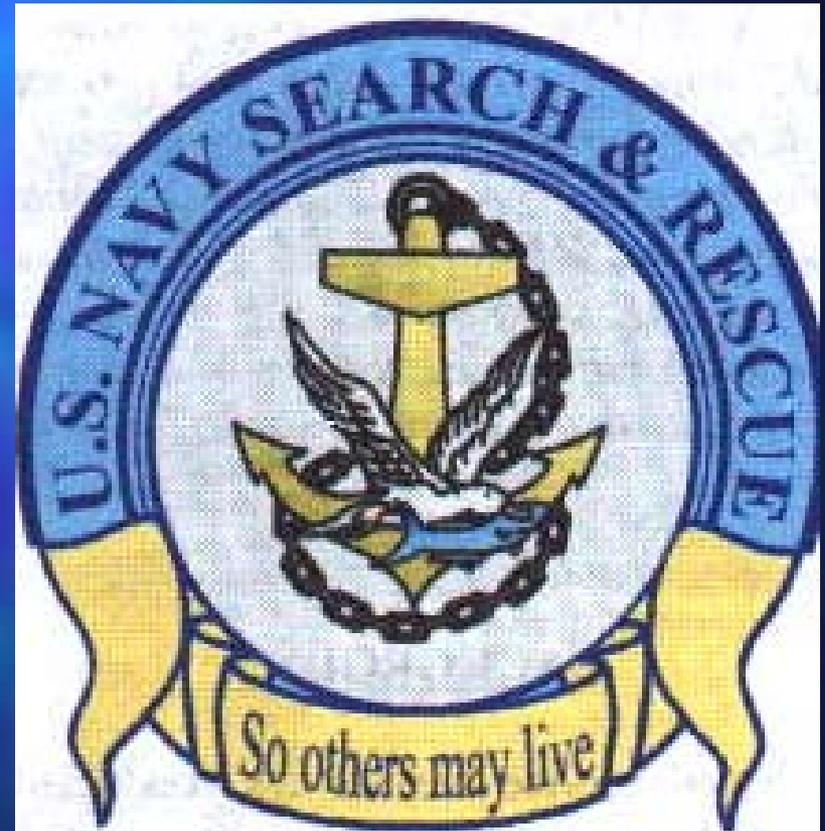
# Summary

- One tap on the chest is the signal for what?
- *Remove Safety belt*
- Three taps on the shoulder is the signal for what?
- *Jump, Jump, Jump*



# Questions

- What is the Number One thing you need to do when you get trapped Under a Parachute?
- ***DO NOT PANIC***
- How do you proceed while under the Parachute?
- ***HAND-OVER-HAND***



# Question 1

Q. The picture is showing which hand signal?

A. Down

B. Up

C. Clear to go

D. My hair is a mess



Click on the correct answer.

## Question 2

Q. When being hoisted to the water, RS should be placed no further than \_\_\_\_\_ feet from the survivor.

A. 2-3

B. 5-6

C. 9-10

D. 15-20

Click on the correct answer.

# Question 3

Q. Decide if the following statements are true or false.

When preparing the RS for Direct Deployment:

1) Ensure the QS's detachable lifting strap is routed through the friction lock prior to hook-up.

2) Ensure the QS's detachable lifting strap V-ring is always the last object hooked up to the large rescue hook.

A. True

B. False

# Question 4

Q. During the Double Lift safety check, the RS \_\_\_\_\_ check the large rescue hook, TSH Lifting V-Ring, rescue strop Lifting V-Rings, and QS Lifting V-Rings for proper attachment points and security.

A. Should

B. Shall

Click on the correct answer.

# Question 5

Q. The detachable lifting strap of the QS can be identified by the \_\_\_\_\_ of webbing located next to the detachable lifting strap's V-Ring assembly

A. red band

B. green band

C. yellow band

D. There is no way to tell

Click on the correct answer.

# Questions?

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If the survivor is wearing an LPP-1, what must be done prior to inflation?

Release the chest quick ejector snap.

How should a swimmer approach a ballooned canopy?

Swim to the chute edge closest to survivor and opposite the apex.

# Review

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When giving rescue breaths, the breaths do not exceed how many seconds?

60 seconds

When should the raft be punctured?

Before, during or after the survivor has been removed.

# Review

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- Why is it important to remove the O2 mask from the RSSK/SKU?

–*So the RSSK/SKU will detach from survivor.*

ICIC means what?

–*In Close and In Control*

# Questions?

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- True or false. The rescue swimmer shall be deployed into the water to recover enemy survivors armed with weapons.
- False. The rescue swimmer shall not be deployed into the water to recover enemy or hostile survivors armed with weapons.

# Questions?

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- What is the hand signal for requesting rescue boat assistance?
- Both arms extended directly over head, palms placed together.
- What is the hand signal for requesting assistance of a second rescue swimmer?
- Rescue swimmer faces the rescue platform, raises one arm from side of body diagonally (45 degrees), palms down fingers extended straight out, rotate arm in circular motion.

# Summary

- Gloves shall be the \_\_\_\_\_ type.

- *Five finger*

- What percent of body heat is lost through the head?

- *60%*

# Summary

- The plastic adel clamp is used to attach the \_\_\_\_\_ inch chemlight.
- *Four*
- The two types of kicks used with the fins are what?

*Flutter/Dolphin kick*

# Questions?

- There are        basic rescue methods which can be utilized in overland SAR operations.
- Five.
- What is the preferred method for all overland SAR rescues?
- Landing.

# Summary

- What are the two methods of clearing your snorkel?
- *Exhalation/gravity methods*

# Summary

- To alleviate pain and discomfort you should do what?
- *Exhale slightly into mask*
- *Valsalva*
- *Ascend slightly*

# SUMMARY

- True or False: The swimmer is the only one on the crew who must know his/her hand signals?

*False: All crewmembers must be familiar with the meaning of standard hand signals.*

- What is the night hand signal for “move in for pickup”?

*Wave chemlight*

# SUMMARY

- What are the load ratings of the Double Rescue Hook?

*Large Hook: 3000 lbs*

*Small Hook: 1000 lbs*

*Equipment Ring: 1500  
lbs*

- The rescue net provides flotation for how many?

*Two (2) persons.*

# SUMMARY

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- When stored in the backpack, how much does the SAR MEDEVAC Litter weigh?

*40 lbs*

# Questions

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- How many holes are incorporated into the Quick Slice Plate?

Five

- Life Rafts can support how many people?

Four times the rated capacity

# Review

- True/False, Helmets are to be removed as soon as possible?

*False: Helmets are not removed until survivor is aboard rescue platform.*

- What are the three methods to inflate a survivor's flotation?

*Automatic (FLU-8), Manual, Oral*

# Review

- True/False, To release the parachute from the harness of a Torso harness, you must remove the three (3) quick-ejector snaps?

*False: The Torso harness uses four (4) Koch fittings, two (2) Koch fittings located on the shoulders, and two (2) mini-Koch fittings located on the lap belt.*

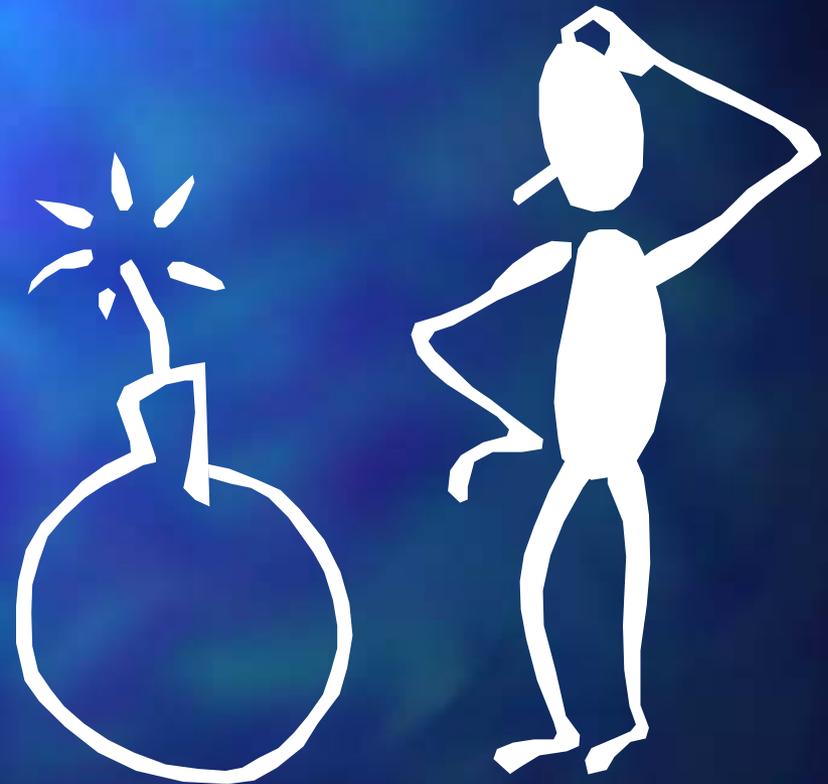
# Review

- Mk-25's burn time is?

10-20 minutes

- Mk-58's burn time is?

45 minutes



# Summary

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- Can a student request Extra Instruction (EI)?
- Yes, *EI is encouraged if a student is having difficulty learning course objectives.*
- Saying "I quit" will result in removal from training. True or False?
- True, *the student would be treated as a DOR and referred to the Division Officer.*