

TRAINING COURSE CONTROL DOCUMENT  
FOR  
AVIATION RESCUE SWIMMER SCHOOL  
CLASS A3 SCHOOL

Q-050-0600  
Q-050-0602

PREPARED BY  
NAVAL AVIATION SCHOOLS COMMAND  
181 CHAMBERS AVE SUITE C  
PENSACOLA, FL 32508-5221

SEPTEMBER 2004

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TABLE OF CONTENTS

	Page
Front Matter	
Cover.....	i
Foreword.....	v
Course Data .....	vii
Student Data.....	ix
 Outline of Instruction	
UNIT 1.0 Rescue Swimmer School (RSS) Overview/Course Introduction	
1.1 RSS Overview/Course Introduction.....	2
1.2 Pool Safety Regulations.....	3
 UNIT 2.0 Physical Conditioning	
2.1 Principles of Physical Fitness and Dry Land Conditioning.....	5
2.2 Swimming Proficiency and Conditioning.....	6
2.3 Open Water Laboratories.....	7
 UNIT 3.0 Lifesaving and Parachute Disentanglement	
3.1 Approaches and Carries.....	9
3.2 Releases and Escapes.....	10
3.3 Water Entry.....	11
3.4 Parachute Canopy Escape.....	12
3.5 Direct Deployment.....	13
3.6 Disentanglement Procedures (Free Floater/Helo).....	14
3.7 Disentanglement Procedures (Back Pack).....	15
3.8 Disentanglement Procedures (Jet).....	16
3.9 Combative Survivor.....	17
 UNIT 4.0 Rescue Equipment and Procedures	
4.1 Rescue Swimmer's Equipment.....	19
4.2 Mask, Fins and Snorkel.....	20
4.3 Primary Rescue Devices and Procedures.....	21
4.4 Alternate Rescue Devices.....	22
4.5 Aviation Life Support Systems.....	23
4.6 Survivor Marker/Locator Devices.....	24
4.7 SAR Publications and Reports.....	25
4.8 Helicopter Operations.....	26
4.9 SAR Tactics.....	27
4.10 Overland SAR Operations.....	28
 UNIT 5.0 First Aid and American Red Cross CPR for the Professional Rescuer.	
5.1 American Red Cross CPR for the Professional Rescuer.....	30
5.2 Level "A" Medical Kit.....	31
5.3 Practical First Aid.....	32

5.4	Primary Survey.....	33
5.5	Secondary Survey.....	34
Annex A:	Equipment Requirements List.....	A-1
Annex B:	Training Material.....	B-1
Annex C:	Skills Profile.....	C-1
Annex D:	Master Course Schedule.....	D-1
Annex E:	Instructional Management Plan.....	E-1

## FOREWORD

This document was prepared for submission to higher authority for approval. The curriculum outline is a planning document for development of specific training material used to conduct the course of instruction. It lists course units and lesson topics in their sequential order with accompanying learning objectives. The outline organizes the course of instruction for U. S. Naval Aviation Rescue Swimmers and ensures all required subject matter is adequately covered in the course. The course curriculum outline consists of course data, student data, outline of instruction, equipment requirements list, training materials list, skills profile and master course schedule.

The purpose of the course is to promote standardization of Search and Rescue (SAR) swimmer procedures and to establish a minimum SAR training program for personnel assigned Rescue Swimmer duties aboard aircraft. This training is considered to be a minimum for initial rescue swimmer training. Commands are encouraged to supplement this training with additional lectures and material pertinent to local mission requirements.

All terminal and enabling objectives are to be completed with 100% accuracy.

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## COURSE DATA

1. Course Title: Aviation Rescue Swimmer School
2. Course Identification Number (CIN): Q-050-0600 (AW)  
Q-050-0602 (Non AW)
3. Course Data Processing Code (CDP) by Site: Pensacola, FL
4. CDP Code: 6597/4630
5. Course Status: Revision
6. Course Mission Statement: The Aviation Rescue Swimmer School (ARSS) is designed to provide USN and USMC (E-1/E-9) personnel with knowledge and skills necessary to initially qualify as Search and Rescue Swimmers, including water entry, first aid, CPR, parachute disentanglement, and waterborne lifesaving procedures under all environmental conditions. Upon completion of this course, the Rescue Swimmer is prepared for assignments with aviation units to provide airborne Rescue Swimmer duties.
7. Occupational Classification:  
Completion of CIN:Q-050-0600/CDP 6597 awards NEC: (7815)  
Completion of CIN:Q-050-0602/CDP 4630 awards NEC: (8215)
8. Prerequisites:
  - a. All personnel shall have a current flight physical and Aero-Medical Clearance Notice (NAVMED Form 6410/2) approving participation in training.
  - b. All students must satisfactorily complete Naval Aircrew Candidate School, CIN Q-050-1500, within the preceding six months, or be a designated aircrewman.
  - c. All students must be current in all periodic survival and aviation physiology training, in accordance with OPNAV Instruction 3710.7 series.
  - d. All students must pass the RSS PRT screen examination which consists of the following:
 

2 pull-ups	2 minutes maximum
50 sit-ups	2 minutes maximum
35 push-ups	2 minutes maximum
1.5 mile run	12 minutes maximum
400m in gear swim	11 minutes maximum

NOTE: All students shall complete prerequisites prior to entering Rescue Swimmer School.

9. Planned Course Length: 33 days

10. Current Course Length: 25 Days

11. Training Site:

Naval Aviation Schools Command  
 181 Chambers Ave Suite C  
 Pensacola, FL 32508-5221

12. Site Unique Training Considerations: None

13. Number of Convenings by Site: Current Planned

Naval Air Station	19	19
Pensacola, FL		

14. Class Capacity by Site: Current Planned

Naval Air Station  
 Pensacola, FL

a. Maximum	30	30
a. Normal	28	28
c. Minimum	8	8

15. Planned Average on Board by Site: Current Planned

30	30
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16. Instructor/Support Manning: See Instructional Management Plan, Annex E.

STUDENT DATA

1. Personnel Physical Requirements: All students will meet physical requirements listed in OPNAV Instruction 6110.1 and NAVMED P-117, Manual of Medical Department.
2. Security Clearance Required: None
3. Obligated Service: In accordance with MILPERSMAN.
4. NOBC/NEC Earned: 7815/8215

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CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0: Rescue Swimmer School (RSS) Overview/Course  
Introduction

Contact Periods: 3.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

1.0        Upon completion of this unit of instruction, the student will define the requirements for RSS training, Drop On Request/Training Time Out policies, and safety procedures used during aviation rescue swimmer training.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1: Rescue Swimmer School Overview/Course Introduction

Contact Periods: 2.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will define the requirements for RSS training, Drop On Request/Training Time Out policies, and safety procedures used during aviation rescue swimmer training.

Enabling Objectives:

Completely supported by this lesson topic:

1.1 Discuss OPNAVIST 3130.6 and NWP 3-50.1 series requirements for RSS training.

1.2 Describe all safety precautions used during RSS training.

1.3 State the remedial training policy.

1.4 State DOR/TTO policies and procedures.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.2: Pool Safety Regulations

Contact Periods: 1.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will define the requirements for RSS training, Drop On Request/Training Time Out policies, and safety procedures used during aviation rescue swimmer training.

Enabling Objectives:

Completely supported by this lesson topic:

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

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.0: Physical Conditioning

Contact Periods: 1.0 Classroom, 46.0 Laboratory, 8.0 Exam

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 2.0        Upon completion of this unit of instruction, the student will achieve and maintain a level of physical conditioning and proficiency that will enable satisfactory performance of rescue swimmer duties on land, in a swimming pool, or open ocean, while wearing appropriate Rescue Swimmer equipment as outlined in NWP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.1: Principles of Physical Fitness and Dry Land Conditioning

Contact Periods: .5 Classroom, 31.5 Laboratory, 8.0 Exam

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will achieve and maintain a level of physical conditioning and proficiency that will enable satisfactory performance of rescue swimmer duties on land, in a swimming pool, or open ocean, while wearing appropriate Rescue Swimmer equipment 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:

2.1 State the fundamentals of physical conditioning.

2.2 Perform proper physical conditioning exercises and Physical Training Level 1, 2 and 3 tests.

2.3 Explain the importance of proper technique and form when utilizing weight lifting equipment.

2.4 Demonstrate proper techniques for developing and maintaining overall muscular strength utilizing weight lifting equipment, without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.2: Swimming Proficiency and Conditioning

Contact Periods: 12.0 Laboratory

Media: Practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will achieve and maintain a level of physical conditioning and proficiency that will enable satisfactory performance of rescue swimmer duties on land, in a swimming pool, or open ocean, while wearing appropriate Rescue Swimmer equipment 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:

2.5 Perform swimming, proficiency and conditioning drills and timed swim evolutions.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.3: Open Water Laboratories

Contact Periods: 0.5 Classroom, 2.5 Laboratory

Media: Lecture with practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will achieve and maintain a level of physical conditioning and proficiency that will enable satisfactory performance of rescue swimmer duties on land, in a swimming pool, or open ocean, while wearing appropriate Rescue Swimmer equipment 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:

2.6 Explain how the performance of rescue swimmer skills is affected by current, sea state, visibility, sea life, swimmer buoyancy, and other variables encountered in the open water environment.

2.7 Perform basic rescue swimmer skills in the open water environment under daytime and nighttime conditions.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 3.0: Lifesaving and Parachute Disentanglement

Contact Periods: 11.5 Classroom, 30.5 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

3.0           Upon completion of this unit of instruction, the student will demonstrate 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.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.1: Approaches and Carries

Contact Periods: 1.5 Classroom, 5.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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 Objective:

Completely supported by this lesson topic:

3.1 List procedural steps for rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor.

3.2 Demonstrate rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor in a simulated rescue situation.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.2: Releases and Escapes

Contact Periods: 1.5 Classroom, 5.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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 Objective:

Completely supported by this lesson topic:

- 3.3 List procedural steps for rescue swimmer head hold releases and escapes.
- 3.4 Demonstrate rescue swimmer head hold releases and escapes in a simulated rescue situation.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.3: Water Entry

Contact Periods: 1.0 Classroom, 2.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

- 3.5 List procedures for day or night water entry and day or night direct deployment.
- 3.6 Perform day or night water entry procedures and day or night direct deployment from search and rescue helicopters.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.4: Parachute Canopy Escape

Contact Periods: 1.0 Classroom, 2.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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 under a collapsed parachute.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.5: Direct Deployment

Contact Periods: 1.0 Classroom, 2.5 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

3.9 List maritime direct deployment procedural steps for survivor recovery, to include maritime direct deployment hand signals.

3.10 Demonstrate maritime direct deployment procedural steps for survivor recovery, to include maritime direct deployment hand signals.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.6: Disentanglement Procedures (Free-Floater/  
Helicopter Aircrew)

Contact Periods: 1.5 Classroom, 6.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

3.11 List disentanglement procedures for day and night conditions for survivors both with and without aircrew survival equipment.

3.12 Demonstrate disentanglement procedures for day and night conditions for survivors both with and without aircrew survival equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.7: Disentanglement Procedures (Back Pack)

Contact Periods: 1.5 Classroom

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

3.13 List disentanglement procedures for personnel wearing U. S. Navy Back Pack parachute assembly.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.8: Disentanglement Procedures (Jet)

Contact Periods: 1.5 Classroom, 6.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

3.14 List disentanglement procedures for personnel wearing Fixed Wing (jet) survival equipment.

3.15 Demonstrate disentanglement procedures for personnel wearing Fixed Wing (jet) survival equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.9: Combative Survivor

Contact Periods: 1.0 Classroom, 2.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

3.16 Describe characteristics of a panicking survivor.

3.17 State procedures for survivor emergency floatation for both conscious and unconscious victims.

3.18 Demonstrate emergency floatation procedures for conscious and unconscious victims in a simulated rescue situation.

3.19 List procedural steps for a combative survivor.

3.20 Demonstrate combative survivor procedures in a simulated rescue situation.

3.21 State modified recovery procedures for a combative survivor.

3.22 Demonstrate modified recovery procedures for a combative survivor in a simulated rescue situation.

3.23 State procedures for providing care for combative survivors while aboard the aircraft.

3.24 Describe appropriate combative survivor hand signals.

3.25 Demonstrate appropriate combative survivor hand signals.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 4.0: Rescue Equipment and Procedures for Use

Contact Periods: 13.0 Classroom, 38.0 Laboratory, 17.0 Exam

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 3.0           Upon completion of this unit of instruction, the student will demonstrate 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.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.1: Rescue Swimmer's Equipment

Contact Periods: 1.5 Classroom

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

3.26 State requirements for the maintenance of rescue swimmers equipment per current NAVAIR 13-1-6 series manuals/Maintenance Requirement Cards (MRC's).

3.27 Explain the functional operation of rescue swimmer's equipment.

- a. Wet Suit
- b. Mask, Fins, and Snorkel
- c. LPU-28 (SAR-1)
- d. HBU-23
- e. Navy TRI-SAR Harness
- f. AN/PRC-149

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.2: Mask, Fins, and Snorkel

Contact Periods: 1.0 Classroom, 2.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

- 3.28 Explain procedures for donning mask, fins, and snorkel and procedures for clearing the mask and snorkel.
- 3.29 Perform side/crawl strokes while wearing mask, fins, and snorkel.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.3: Primary Rescue Devices and Procedures

Contact Periods: 2.5 Classroom, 6.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

- 3.30 Explain the functional operation of the following Rescue Devices per NWP 3-50.1:
- a. Double Rescue Hook
  - b. Modified Rescue Strop
  - c. Quick Strop
  - d. Rescue Net
  - e. Rescue Litter/SAR MEDEVAC Litter, Trail Line and Gloves
  - f. Rescue Seat
- 3.31 Demonstrate procedures for placing a survivor into the following rescue devices in a water environment:
- a. Double Rescue Hook
  - b. Modified Rescue Strop
  - c. Rescue Litter/SAR MEDEVAC Litter

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.4: Alternate Rescue Devices

Contact Periods: 1.0 Classroom

Media: Lecture

Security Classification: Unclassified

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:

3.32 State the requirements for maintenance of emergency rescue equipment per NAVAIR 13-1-6 series and current maintenance requirement cards (MRC's).

3.33 Describe the functional operation of the following Emergency Rescue Equipment per NWP 3-50.1:

- a. Helicopter Rescue Equipment Case (BGU-8/N)
- b. Hoisting Gloves
- c. Crewman Safety Belt
- d. Cable Grip (Chicago Grip)
- e. Chemical Lights
- f. Chemical Light Strap
- g. Rescue Litter Sling Assembly
- h. Hoist Quick Splice
- i. Pneumatic Rescue Hand Tool/Handheld Cable Cutter
- j. Blanket
- k. Cranial Assembly
- l. Level "A" Medical Kit

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.5: Aviation Life Support Systems

Contact Periods: 1.5 Classroom

Media: Lecture

Security Classification: Unclassified

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:

- 3.34 Explain the functional operation and hardware associated with various parachute harnesses.
- 3.35 List the types of harnesses outlined in NWP 3-50.1.
- 3.36 Describe the procedures for donning/doffing the following assemblies:
  - a. Helmet assemblies
  - b. RSSK assemblies
  - c. Oxygen mask assemblies
  - d. Survival vest/flotation assemblies

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.6: Survivor Marker Locator Devices

Contact Periods: 1.0 Classroom

Media: Lecture

Security Classification: Unclassified

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:

- 3.37 Explain the purpose and hazards of the following Survivor Marker/Locator devices.
- a. MK-25 Marine Location Marker
  - b. MK-58 Marine Location Marker
  - c. Electric Marine Marker Light
  - d. MK-13/MK-124 MOD 0 Day/Night Distress Flare
  - e. MK-79 Pencil Flare
  - f. Signal Mirror
  - g. Sea Dye Marker

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.7: SAR Publications and Reports

Contact Periods: 1.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate 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 Objective:

Completely supported by this lesson topic:

3.38 Identify title and content of publications applicable to a rescue swimmer.

3.39 Identify the steps to complete a rescue report SAR FORM 30-50-1/1 when given a rescue scenario.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.8: Helicopter Operations

Contact Periods: 1.0 Classroom, 3.5 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.9: SAR Tactics

Contact Periods: 1.5 Classroom, 19.0 Laboratory, 17.0 Exam

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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 Objective:

Completely supported by this lesson topic:

- 3.42 State the five stages of Search and Rescue operations.
- 3.43 Describe SAR area conditions, and survivor conditions which will allow for the execution of a multiple victim rescue.
- 3.44 Develop a rescue plan to affect a rescue of multiple survivors, when given a rescue scenario.
- 3.45 Describe procedures for recovery of survivors from a motor whale boat/RHIB boat, and forecastle.
- 3.46 Identify hand signals applicable to the specific rescue, when given a rescue scenario.
- 3.47 Demonstrate procedures for parachute disentanglement of multiple victims in a simulated rescue scenario.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 4.10: Overland SAR Operations

Contact Periods: 1.0 Classroom, 7.5 Laboratory

Media: Lecture with practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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:

- 3.48 List procedures for day/night overland SAR operations, to include SAR carries and litter procedures.
- 3.49 Demonstrate day/night procedures for overland SAR in a simulated rescue environment, to include SAR carries and litter procedures.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 5.0: First Aid and American Red Cross CPR for the Professional Rescuer.

Contact Periods: 11.0 Classroom, 20.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

4.0           Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.1: American Red Cross CPR For The Professional Rescuer

Contact Periods: 4.0 Classroom, 12.0 Laboratory

Media: Lecture with demonstration

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.1 State CPR procedures per current American Red Cross CPR For The Professional Rescuer standards (or equivalent).

4.2 Demonstrate CPR procedures per current American Red Cross CPR For The Professional Rescuer standards (or equivalent).

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.2: Level "A" Medical Kit

Contact Periods: 1.5 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.3 List the contents of the Level "A" medical kit.

4.4 State the purpose of each item in the Level "A" medical kit.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.3: Practical First Aid

Contact Periods: 2.0 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.5 Explain the purposes of first aid.

4.6 List the different types of injuries and the appropriate treatment for each.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.4: Primary Survey

Contact Periods: 2.0 Classroom, 2.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.7 List the procedures used in a primary survey.

4.8 Demonstrate primary survey procedures used in a mock trauma (moulage) scenario.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 5.5: Secondary Survey

Contact Periods: 1.5 Classroom, 6.0 Laboratory

Media: Lecture with demonstration and practical application

Security Classification: Unclassified

Terminal Objective:

Partially supported by this lesson topic:

4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

4.9 List the procedures for a secondary survey.

4.10 Demonstrate secondary survey procedures in a mock trauma (moulage) scenario.

## ANNEX A

## EQUIPMENT REQUIREMENT LIST

<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	Per Item Cost
Adhesive Tape, Surgical		6510-00-926-8884	6Sl	8.08 Pg
Airway, Pharyngeal (Adult)		6515-00-687-8052	2Bx	4.58 Pg
Ammonia Inhalant Solution		6505-00-106-0875	2Pk	1.36 Pg
Anti-G Garment	MIL-A- 81905	8475-01-037-2008	2	210.00 Ea
Attachment Strap	230	LSC	4	2.80
Bag Valve Mask		Open purchase	3	103.00
B/P Cuff Sphygmomanometer		6515-01-039-4884	2	12.41 Ea
Band Aids		6510-00-597-7469	10Pk	2.08 Pg
Bandage, Cotton, Elastic		6510-00-935-5822	20Pk	4.74 Pg
Bandage, Gauze (2 ply)		6510-00-582-7993	12Pk	5.20 Pg
Bandage, Gauze, Elastic		6510-00-582-7992	20	9.23
Bandage, Triangular		6510-00-201-1755	6	2.05 Ea
Blanket, Casualty		7210-00-935-6665	5	5.96 Ea
Blanket, Wool		7210-00-935-6666	4	6.45 Ea
Board, Rescue		Open Purchase	1	153.00
Blood, Fake		6910-00-729-6161	2Bx	60.36 Pg

<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	Per Item <u>Cost</u>
Boots, Flight	MIL-B- 21408	8430-00-624-3135	4Pr	54.75
Booties, Divers				
Small		Open purchase	6 Pr	29.00
Medium		Open purchase	12 Pr	29.00
Large		Open purchase	12 Pr	29.00
X-Large		Open purchase	12 Pr	29.00
Bricks, Diving	92-260	Open Purchase (Recreonics)	2	34.82
Burn Sheet, Sterile		Open purchase	2	34.82
Chemlight Attachment	TTLA-7171	Open purchase	45	4.00
Chemlight, 4 inch, low intensity green		6260-00-106-7478	1Bx	52.75 Bx
Chemlight, 6 inch, high intensity green		6260-01-074-4229	1Bx	7.37 Bx
red		6260-01-178-5559	2Bx	8.95 Bx
blue		6260-01-178-5560	3Bx	7.37 Bx
CO <sub>2</sub> Cylinder	Type II	4220-00-543-6693	4Bx	4.51 Ea
Compress and Skull		6510-00-201-7680	5Bx	5.07 Ea
Copier		Open purchase	6Bx	
Copier, Toner		Open purchase	7Bx	
Coverall, Fliers	CWU-27/P			
Size: 44R		8415-01-351-0333	5	98.15
Size: 46R		8415-01-351-0336	5	98.15
Size: 48R		8415-01-351-0339	5	98.15
CPR Manikin (Adult)		Open purchase	15	775.00
Manikin faces		Open purchase	2Bx	55.99
Manikin lungs		Open purchase	3Bx	45.99

<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	Qty	Per Item Cost
Manikin (Child)		Open purchase	15	226.21
Manikin (Infant)		Open purchase	15	226.21
CPR Micro Kit		Open purchase	6	13.35
Cranial	HGU-25/P	Open purchase	3	165.00
"D" Ring		5365-00-339-8601	10	182 Ea
Dressing, First Aid, Field		6510-00-159-4883	8	2.08 Ea
Dry Marker Board		Open purchase	2	150.00
Electric Sea Marker Light	317	4220-01-325-3132	1	69.83
Exam Answer Sheet	GF-1617	0117-LF-014-1805	72Pks	2.00
Eye Dressing, First Aid Kit		6545-00-853-6309	2	4.51 Ea
Fins				
Small	6315-00	4220-01-221-5692	12	39.93 Pr
Medium	6211-00	4220-01-227-6017	15	61.59 Pr
Large	6216-00	4220-01-015-6762	15	46.53 Pr
X-Large	-00	4220-01-220-5816	15	54.58 Pr
Fin Strap	6211-01	4220-01-227-7507	100	2.41 Ea
Flashlight		6230-00-125-5528	10	2.22 Pg
Gated "D" Ring		1670-01-047-1283	10	37.46 Ea
Gloves, Fliers	GS/FRP-2	8415-01-029-0116	16Pr	18.40 Pr
Gloves, Latex Disposable		Open purchase	1Bx	5.43
Hand Cable Cutter	M12-G- G-C-740	NSN Canceled	1	80.97
Harness, Rescue Swimmers(AVIATION)	HBU-11	4220-01-395-8413	45	154.72 Ea
Heavy Gloves, Hoisting		8415-00-268-7870	5Pr	16.40 Pr

<u>Nomenclature</u>	Type Designator or Device <u>Number</u>	National <u>Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
Helmet, Fliers, Fixed Wing Aircraft	HGU-33/P	Component Parts See NA 13-1-6.5	6	212.00
Helmet Assemblies (cloth)	HGU-24/P	8415-00-071-8786	2	13.90 Ea
Helmet, Fliers, Helicopters	SPH-3C	8475-00-880-8523	8	285.00 Ea
Helmet, Helo	HGU-84/P	8475-01-387-6711	10	699.80 Ea
Helmet, Tactical	HGU-68/P	8475-01-393-1182	2	758.75 Ea
Hoisting Platform, Tower (9H1 Type, containing: powered hoist and rotor wash capabilities)			1	
Hoisting Vest	AL20081	1670-00-979-7831	1	248.00 Ea
Hook, Double Rescue	MS18027	4030-00-863-8546	5	210.11 Ea
Kit Bag	Mil-K- 41835	8460-00-606-8366	10	25.45 Ea
Knife, Hook Blade		6760-01-088-4654	10	12.64 Ea
Knife, V-bladed Rescue		5110-00-524-6924	1	47.50 Ea
Koch Fitting		1670-00-148-8492	12	224.56 Ea
Koch Fitting, Mini, Seat Pan		1670-00-997-6662	1	553.98 Ea
Life Raft	LR-1	4220-00-118-6122	4	804.00 Ea
	* LRU-12A	4220-01-074-3409	4	3,413.00 Ea
	LRU-18	4220-01-074-3412	2	1,790.00
	LRU-23	4220-99-352-4975	1	1,760.00
	LRU-18 (E-2C)	4220-01-272-8004	1	300.00
Life Preserver	LPU-28	4220-01-463-0197	45	146.00
	LPU-32/P	4220-01-440-1573	2	291.00
	LPU-33/P	4220-01-429-0175	2	835.10
	LPU-34/P	1680-01-483-4390	2	604.00
	LPU-35/P (MOD-21)	4220-01-406-1583	2	448.02
	LPU-36/P	4220-01-483-9381	2	611.00

<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	Qty	Per Item Cost
Marker Light, Distress	SDU-39/P	Open purchase	35	85.10
Mask	5026-00	4220-01-225-1611	45	34.89
Mask Strap	5050-02	Open purchase	45	3.50
Mask, Oxygen	MBU-14 (V)1/P	1660-00-516-6620	5	194.00
Mask, Oxygen	MBU-23/P	1660-01-441-6577	2	1,059.00
Mask, Oxygen, Lower Hose Assy	MBU-23	4720-01-407-0686	1	672.27
Mini-Koch Fitting		1670-00-986-8334	8	232.79
Mouflage Kit		6910-00-540-6372	1	445.00
Movie Screen	Model "B"		1	Unknown
O <sub>2</sub> Emergency System LSP Portable		Open purchase	2	297.00
Oxygen Cylinder, "JUMBO D" (FOR THE ABOVE UNIT)		Open purchase	2	102.95
Overhead Projector		6730-00-921-6713	2	190.00
Parachute Assembly				
NB-6	565AS100-1	Component Parts	2	Unknown
NB-7	566AS100-6	See NA 13-1-6.5	2	565.00
Parachute Restraint Harness(Integrated Torso Harness)	PCU-33/P	1670-01-130-3120	8	200.00
		1670-01-130-3122	8	154.00
		1670-01-130-3124	8	171.00
		1670-01-130-3127	8	154.00
Parachute, F/A-18 E/F	A/P28S-32	1670-99-151-1871	4	26,605.82
Parachute, Assy E-2C	A/P22P-11	P/N 123AB50510-3	4	15,000.00
Personal Flotation Devices Type I, II,III,IV & V			8Ea	300.00

<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	<u>Qty</u>	<u>Per Item Cost</u>
Pin, Safety		6530-00-663-1555	2Pk	.12
Pocket Mask		Open purchase	15	13.25
Pocket Mask (One-Way valve)		Open purchase	5Pks	36.00
Pocket Mask (W/Oxygen Nipple)		Open purchase	5	19.25
Podium		Open Purchase	2	Unknown
Quick Ejection Snap (Friction Type)		5340-00-875-1861	10	28.89
Quick Ejection Snap (Non-Friction Type)		1670-00-371-2243	10	24.91
Quick Splice		Local MFR IAW NAVAIR 2 13-1-6.5 Chap 6	2	Unknown
Quick Strop		Open Purchase	8	157.60
Radio, Rescue Swimmer	PRC-125	1880AS100-01	1	2,960.00
Radio, Survival	PRC-90	5820-01-238-6603	1	53.00
	URT-33	5826-00-932-4432	1	169.00
Radio, VHF (handheld)	MTS 2000 Level 1	Open purchase Or Equivalent	6	1,400.00
Radio, VHF (handheld) Charger, 6-unit		Open purchase Or Equivalent	1	300.00
Radio, VHF (handheld) Batteries		Open purchase Or Equivalent	9	60.00
Rescue Hand Tool	64A83H20-1	1670-00-177-9260	1	1,735.39
Rescue Hand Tool Cartridge		1670-00-178-0844	5	20.16
Rescue Litter	207485	6350-00-181-7767	3	297.45
Rescue Litter Flotation Kit		4220-01-329-6420	3	309.17
Rescue Litter Sling	190	1670-01-226-5300	2	134.00

<u>Nomenclature</u>	Type Designator or Device Number	National Stock Number	Qty	Per Item Cost
Rescue Equipment Case	260	6245-01-243-7165	2	170.75
Rescue Net	X872SF	1670-01-172-3592	1	3,265.76
Rescue Seat	420	4240-01-465-2302 Or open purchase	2	535.40
Rescue Tubes (McMillan) (Lifeguard)		Open purchase	8	50.00
Ringers, Lactate Injection, USP, 1000cc		6505-01-330-6267	12Pk	6.24
Running Shoe Instructor's		Open purchase	30	89.00
Safety Belt	MS-16070-2	1680-00-211-7356	6	55.91
SAR Medevac Litter	402	6530-01-187-0104	8	689.00
Scissors, Bandage		6515-00-935-7138	6	4.41
Seat, Container E-2C	SKK-9/ P-22P-11	P/N 123AB50519-3	4	3,886.67
Seat Pan, Lap Belt Adapters		1670-01-447-6112	4	101.01
Seat, Survival Kit	SKU-2/A, 128ES10065 -13	1660-00-464-9897	6	1050.00
Seat, Survival Kit	SKU-3A, F/A-18 A/B	1680-01-125-7998	6	21,930.00
Seat, Survival Kit	SKU-10, F/A-18 E/F	1680-01-366-4982	1	16,279.80
Seat, Survival Upper Hose Assembly	SKU-10	4720-01-384-7492	1	2023.00
Sewing Machine	206RB	3530-00-892-4629	1	1,267.00
Shirt, Blue or Gold Instructor's		Open purchase	30	20.00

NAVAVSCOLSCOMINST 1550.3

<u>Nomenclature</u>	Type Designator or Device <u>Number</u>	National <u>Stock Number</u>	<u>Qty</u>	Per Item <u>Cost</u>
Signal Mirror		6350-00-261-9772	3	7.74
Slide Projector	EKCAF2	6730-11-600-3005	2	520.00
Sling, Survivor Rescue	216	1680-01-347-4946	5	140.80
Smoke Flares (Certified Inert)	MK-13	1370-00-309-5028	5	10.55
	MK-25	1370-00-804-3561	5	33.86
	MK-58	1370-00-794-4594	3	121.00
	MK-79	1370-00-866-9788	3	12.61
	MK-124	1370-01-030-8330	5	Unknown
Snorkel	NBT	4220-01-227-7503	45	9.49
Snorkel Strap		Open purchase	45	2.50
Splint Assembly, (KED)		6515-01-196-8387	5	140.85
Splint, Traction, SEGER		6515-01-313-0207	5	316.22
Splint, Wire Frabric		5335-00-373-2800	2R1	2.61
Splint, Universal(SAM)		6515-01-217-1236	5Pk	50.07
Spring Snap		5340-00-205-5573	2	7.49
Stethoscope		6515-00-935-4088	2	16.53
Strobe Light	SDU-5E	6230-00-067-5209	45	42.30
Strobe Light Blue Lens Filter	311	6230-01-327-7277	45	3.67
Strobe Light	BA-1574/U Batteries	6135-00-073-8939	90	5.48
Stop Watches		6645-01-106-4303	4	4.83
Suit, Counter Pressure	CSU-21/P	8475-01-454-6770	2	518.10
Suit, Anti-G	CSU-13 B/P	MIL-A-83406B	2	680.00

Type

<u>Nomenclature</u>	<u>Designator or Device Number</u>	<u>National Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
Support, Cervical(SHORT)		6515-01-305-2457	1	6.54
Support, Cervical(REGULAR)		6515-01-150-7842	1	6.54
Support, Cervical(TALL)		6515-01-316-1946	1	6.54
SV-2 Survival Vest	Mil-V- 81523	1670-00-139-6174	12	97.05
Swimming Marker Buoys		Open purchase	10	2.15
Swimming pool			1	
Swim Trunks, UDT Instructor's		8415-00-455-6347 through 8415-00-455-6353	30	10.35
Swim Trunks, UDT Student's		8415-00-455-6347 through 8415-00-455-6353	45	10.35
Tending Line and Reel Assembly		4020-00-968-1351	1R1	25.92
Thermometer (hypothermia) 92 degrees and below		6515-01-375-3244	1Pk	30.25
Thermometer (hyperthermia) 101 degrees and above		6515-00-149-1404	1Pk	5.50
Tongue Depressor		6515-00-324-5500	1Bx	1.10
Torso Harness MA-1		1670-01-135-1381	10	154.00
Tourniquet Non-Pneumatic		6515-00-383-0565	10	5.18
Trail Line Assembly	220	4010-01-312-4854	12	135.10
TRI-SAR Harness		Open Purchase	75	375.40
Vest, Survival	CMU-33P22P -18(V)	8415-01-441-3296	12	108.90
Vest, Survival	CMU-24	8415-01-254-7602	1	142.00

Type  
Designator

NAVAVSCOLSCOMINST 1550.3

<u>Nomenclature</u>	<u>or Device Number</u>	<u>National Stock Number</u>	<u>Qty</u>	<u>Per Item Cost</u>
Wet Suit "shorty" Small		Open purchase	12	119.00
Medium		Open purchase	20	119.00
Med-Large		Open purchase	24	119.00
Large		Open purchase	24	119.00
X-Large		Open purchase	2	119.0
Wet Suit Instructor's "shorty"		Open purchase	30	189.00
Whistles		8465-00-254-8803	75	1.00
Video Monitor		Open Purchase	1	400.00
Video Cassette Player		Open Purchase	1	250.00
Video Coax Cable		Open Purchase	2	12.00
USAF CW-17 Torso Harness		1670-00-369-5444	3	95.84
USAF Ejector Snap for CW-17		1670-00-371-2243	12	27.68
USAF V-Ring for CW-17		1670-00-986-1139	4	4.64
USAF Frost Fitting		6625-01-125-1529	2	142.00
USAF Koch Fitting		6625-00-103-6862	2	146.00
USAF T-38 Torso Harness	65K1533- 101	1670-00-943-3024	3	716.46
USAF T-38 Seat Kit		1660-01-065-6644	2	38,284.00 13,401.00
USAF BA-18/22 Container		1670-00-943-3024	1	716.46
USAF Helmet Fliers	HGU-55	8475-01-128-8269	3	286.69
USAF LPU-9		4220-01-051-5916	1	900.72
LPU-10		4220-00-850-8655	1	196.82

Type  
Designator  
or Device

National

Per Item

<u>Nomenclature</u>	<u>Number</u>	<u>Stock Number</u>	<u>Qty</u>	<u>Cost</u>
USAF SRU-21		8415-01-254-7602	1	272.75

NOTE: 1. Items marked with an asterisk (\*) are optional.  
2. It is encouraged to utilize DRMO for acquiring RFT aviators equipment for displays and pool training when possible.

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## ANNEX B

## TRAINING MATERIALS LIST

REQUIRED PUBLICATIONS

<u>NUMBER (MIL PUBS)</u>	<u>TITLE</u>	<u>QTY</u>
NAVAIR 00-80T-101	NATOPS Survival Manual	1
NAVAIR 00-35-QH-2	Naval Air Allowance List	1
NAVAIR 11-15-7	Pyrotechnic, Screening, Marking, and Countermeasure Devices	1
NAVAIR 13-1-6.1	Inflatable Survival Equipment	1
NAVAIR 13-1-6.2	Parachutes	1
NAVAIR 13-1-6.2.1	Aviation Crew Systems IPB	1
NAVAIR 13-1-6.3	Aviation Crew System Survival Kit	1
NAVAIR 13-1-6.4	Oxygen Equipment	1
NAVAIR 13-1-6.5	Rescue and Survival Equipment	1
NAVAIR 13-1-6.7	Aircrew Personnel Protective Equipment	1
NAVAIR 00-80R-14	U.S. Navy Aircrew Fire Fighting and Rescue Manual	1
OPNAVINST 3120.32	Standard Organization and Regulations of the U.S. Navy	1
OPNAVINST 3130.6	Naval Search and Rescue (SAR) Standardization Program	1
OPNAVINST 3710.7	NATOPS General Flight and Operating Instructions	1
Joint Pub 3-50	National Search and Rescue Manual	1
NWP-3-50.1	Naval Search and Rescue Manual	60
NWP-42	Shipboard Helicopter Operating Procedures	1

NAVAVSCOLSCOMINST 1550.3

<u>NUMBER (MIL PUBS)</u>	<u>TITLE</u>	<u>QTY</u>
NWP 3-22.5-SAR-TAC	SAR TACAID (one copy per student)	60
ATP-10	NATO SAR Manual	1
NAVMED P-117	Manual of the Medical Department U.S. Navy	1
NAVEDTRA 135	Navy School Management Manual	1
NAVEDTRA 13119	Standard First Aid Training Course	1
NAVEDTRA 14295	Hospital Corpsman Manual	
American Red Cross (or equivalent) CPR Instructor Manual	Current CPR for the Professional Rescuer (or equivalent) Instructor's Manual	1
American Red Cross (or equivalent) CPR Manuals	Current CPR for the Professional Rescuer (or equivalent) student manual(one copy per student)	60
NAVSEA 0994-LP-001-9010	U.S. Navy Diving Manual, Volume 1	1
CNETINST 1500.20	Safety Procedures for Conducting Training	1
	<u>AUDIOVISUALS</u>	
American Red Cross (or equivalent) CPR Training	Current American Red Cross (or equivalent) CPR for the Professional Rescuer Training Video	1

## ANNEX C

## SKILLS PROFILE

## AVIATION RESCUE SWIMMER SCHOOL

CIN: Q-050-0600  
Q-050-0602

CDP: 6597 (AW)  
4630 (Non-AW)

<u>OBJ</u>	<u>WT</u>	<u>SKILL OR KNOWLEDGE ITEM</u>
1.0	.01	Upon completion of this unit of instruction, the student will define the requirements for RSS training, Drop on Request/Training Time Out policies, and safety procedures used during aviation rescue swimmer training.
2.0	.29	Upon completion of this unit of instruction, the student will achieve and maintain a level of physical conditioning and proficiency that will enable satisfactory performance of rescue swimmer duties on land, in a swimming pool, or open ocean, while wearing appropriate Rescue Swimmer equipment as outlined in NWP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.
3.0	.55	Upon completion of this unit of instruction, the student will demonstrate 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.
4.0	.15	Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

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## ANNEX D

## MASTER COURSE SCHEDULE

The Master Course Schedule is the basic guideline for the scheduling of all ARSS students. The Training Chief Petty Officer (TCPO) shall submit a schedule to the Leading Chief Petty Officer (LCPO) for approval on each class assigned. The TCPO may rearrange the order of topics presented to best utilize available assets, ensuring that all topics are scheduled and completed.

WEEK 1 (Q-050-0600) Length of period : 50 minutes  
(Q-050-0602)

<u>Day 1</u>	Topic		<u>Period</u>	<u>Lesson Topic Title</u>	<u>Ratio</u>	<u>Hour</u>
	<u>No</u>	<u>Type</u>				
	2.1	Class	1	Principles of Physical Fitness	30:1	0.5
	2.1	Lab	2	Principles of Physical Fitness	30:4	1.0
		Lab	3	(PF&DLC) Level 1	30:4	1.0
	1.1	Class	4	ARSS Overview/Course Intro.	30:1	1.0
		Class	5		30:1	1.0
	1.2	Class	6	Pool Safety Regulations	30:1	1.0
	4.1	Class	7	Swimmer Equipment	30:1	1.0
		Class	8		30:1	0.5
	4.7	Class	9	SAR Publications	30:1	1.0
<u>Day 2</u>	4.2	Class	10	Mask, Fins and Snorkel	30:1	1.0
	4.2	Lab	11	Mask, Fins and Snorkel	30:5(4:4)	1.0
		Lab	12		30:5(4:4)	1.0
	2.2	Lab	13	Swimming Proficiency (SP& C)	30:3	0.5
	2.1	Lab	14	Strength Training	30:4	1.0
		Lab	15		30:4	0.5
	3.1	Class	16	Approaches & Carries	30:1	1.0
		Class	17		30:1	0.5
	5.2	Class	18	Level "A" Medical Bag	30:1	1.0
		Class	19		30:1	0.5

WEEK 1 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

<u>Topic</u>								
<u>Day</u>	<u>No</u>	<u>Type</u>	<u>Period</u>	<u>Lesson</u>	<u>Topic Title</u>	<u>Ratio</u>	<u>Hour</u>	
<u>Day 3</u>	2.1	Lab	20	PF&DLC	Level I	30:4	1.0	
		Lab	21			30:4	1.0	
	3.1	Lab	22	Approaches &	Carries	30:5(4:4)	1.0	
		Lab	23			30:5(4:4)	1.0	
		Lab	24			30:5(4:4)	0.5	
	2.2	Lab	25	SP&C		30:3	0.5	
	4.6	Class	26	Survivor	Marker	30:1	1.0	
	5.1	Class	27	ARC CPR	Professional Rescuer	30:1	1.0	
		Class	28			30:1	1.0	
	<u>Day 4</u>	3.1	Lab	29	Approaches &	Carries Test	30:5(4:4)	1.0
		Lab	30			30:5(4:4)	1.0	
2.2		Lab	31	SP&C		30:3	0.5	
4.5		Class	32	Aviation Life	Support System	30:1	1.0	
		Class	33			30:1	0.5	
2.1		Lab	34	Strength	Training	30:4	1.0	
		Lab	35			30:4	0.5	
5.1		Class	36	ARC CPR	Professional Rescuer	30:1	1.0	
5.1		Lab	37	ARC CPR	Professional Rescuer	30:6	1.0	
		Lab	38			30:6	0.5	
<u>Day 5</u>	2.1	Lab	39	PF&DLC	Level I	30:4	1.0	
		Lab	40			30:4	1.0	
	3.4	Class	41	Canopy	Escape	30:1	1.0	
	3.4	Lab	42	Canopy	Escape	30:4	1.0	
		Lab	43			30:4	1.0	
	5.1	Class	44	ARC CPR	Professional Rescuer	30:1	1.0	
	5.1	Lab	45	ARC CPR	Professional Rescuer	30:6	1.0	
		Lab	46			30:6	1.0	

WEEK 2 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

Topic							
<u>No</u>	<u>Type</u>	<u>Period</u>	<u>Lesson</u>	<u>Topic Title</u>	<u>Ratio</u>	<u>Hour</u>	
<u>Day 1</u>	2.1	Lab	47	PF&DLC	Level I Test	30:4	1.0
		Lab	48			30:4	0.5
	3.3	Class	49		Water Entry	30:1	1.0
	3.3	Lab	50		Water Entry	30:4	1.0
		Lab	51			30:4	1.0
	5.3	Class	52		Practical First Aid	30:1	1.0
		Class	53			30:1	1.0
	3.2	Class	54		Releases & Escapes	30:1	1.0
		Class	55			30:1	0.5
<u>Day 2</u>	2.2	Lab	56	SP&C;	800M Swim	30:3	1.0
		Lab	57			30:3	1.0
	3.2	Lab	58		Releases & Escapes	30:5(4:4)	1.0
		Lab	59			30:5(4:4)	1.0
		Lab	60			30:5(4:4)	0.5
	2.1	Lab	61		Strength Training	30:4	1.0
		Lab	62			30:4	0.5
	5.4	Class	63		Primary Survey & Injuries	30:1	1.0
		Class	64			30:1	1.0
<u>Day 3</u>	2.1	Lab	65	PF&DLC	Level II	30:4	1.0
		Lab	66			30:4	1.0
	3.2	Lab	67		Releases & Escapes Review/Test	30:5(4:4)	1.0
		Lab	68			30:5(4:4)	1.0
		Lab	69			30:5(4:4)	0.5
	4.3	Class	70		Primary Rescue Devices	30:1	1.0
		Class	71			30:1	1.0
		Class	72			30:1	0.5
	4.4	Class	73		Alternate Rescue Devices	30:1	1.0

WEEK 2 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

	Topic No	Type	Period	Lesson Topic Title	Ratio	Hour
<u>Day 4</u>	2.2	Lab	74	SP&C	30:3	1.0
	4.3	Lab	75	Primary Rescue Devices	30:5(4:4)	1.0
		Lab	76		30:5(4:4)	1.0
		Lab	77		30:5(4:4)	1.0
		Lab	78		30:5(4:4)	0.5
	2.1	Lab	79	Strength Training	30:4	1.0
		Lab	80		30:4	0.5
	5.4	Lab	81	First Aid, Primary Survey	30:1	1.0
		Lab	82		30:1	1.0
<u>Day 5</u>	2.1	Lab	83	PF&DLC Level II	30:4	1.0
		Lab	84		30:4	1.0
	4.3	Lab	85	Primary Rescue Device	30:5(4:4)	1.0
		Lab	86		30:5(4:4)	1.0
		Lab	87		30:5(4:4)	0.5
	3.9	Class	88	Combative Survivor	30:1	1.0
	3.5	Class	89	Direct Deployment	30:1	1.0
	5.5	Class	90	Secondary Survey	30:1	1.0
		Class	91		30:1	0.5
<u>WEEK 3</u>						
<u>Day 1</u>	2.1	Lab	92	PF&DLC Level II	30:4	1.0
		Lab	93		30:4	1.0
	3.9	Lab	94	Combative Survivor	30:5(4:4)	1.0
		Lab	95		30:5(4:4)	1.0
	3.5	Lab	96	Direct Deployment	30:5(2:2)	1.0
		Lab	97		30:5(2:2)	1.0
		Lab	98		30:5(2:2)	0.5
	3.6	Class	99	Disentangle Proc. FF/Helo	30:1	1.0
		Class	100		30:1	0.5

WEEK 3 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

<u>Topic</u>						
<u>Day</u>	<u>No</u>	<u>Type</u>	<u>Period</u>	<u>Lesson Topic Title</u>	<u>Ratio</u>	<u>Hour</u>
<u>Day 2</u>	2.2	Lab	101	SP&C; 400M Buddy Tow	30:3	1.0
		Lab	102		30:3	0.5
	3.6	Lab	103	Disentangle Proc. FF/Helo	30:5(4:4)	1.0
		Lab	104		30:5(4:4)	1.0
		Lab	105		30:5(4:4)	1.0
	2.1	Lab	106	Strength Training	30:4	1.0
		Lab	107		30:4	0.5
	5.4/5.5	Lab	108	First Aid, Primary/Sec. Survey	30:1	1.0
		Lab	109		30:1	1.0
	<u>Day 3</u>	2.1	Lab	110	PF&DLC Level II Test	30:4
Lab			111		30:4	1.0
3.6		Lab	112	Disentangle Proc. FF/Helo Test	30:5(4:4)	1.0
		Lab	113		30:5(4:4)	1.0
		Lab	114		30:5(4:4)	1.0
3.8		Class	115	Disentanglement Procedures Jets	30:1	1.0
		Class	116		30:1	0.5
5.4/5.5		Lab	117	First Aid, Primary/Sec. Survey	30:1	1.0
		Lab	118		30:1	0.5
<u>Day 4</u>		2.2	Lab	119	SP&C; 500M Swim/400M Buddy Tow	30:3
	Lab		120		30:3	1.0
	3.8	Lab	121	Disentanglement Procedures Jets	30:5(4:4)	1.0
		Lab	122		30:5(4:4)	1.0
		Lab	123		30:5(4:4)	1.0
	2.1	Lab	124	Strength Training	30:4	1.0
		Lab	125		30:4	0.5
	3.7	Class	126	Disentanglement Proc. B/P	30:1	1.0
		Class	127		30:1	0.5

WEEK 3 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

<u>Day</u>	<u>Topic</u>	<u>No</u>	<u>Type</u>	<u>Period</u>	<u>Lesson Topic Title</u>	<u>Ratio</u>	<u>Hour</u>
<u>Day 5</u>	2.1	Lab	128	PF&DLC	Level III	30:4	1.0
		Lab	129			30:4	1.0
	3.7/3.8	Lab	130		Dis. Proc. Jets/Test, B/P Demo	30:5(4:4)	1.0
		Lab	131			30:5(4:4)	1.0
		Lab	132			30:5(4:4)	1.0
	5.4/5.5	Lab	133		First Aid, Primary/Sec. Survey	30:1	1.0
		Lab	134			30:1	0.5
	4.9	Class	135		SAR Tactics	30:1	1.0
		Class	136			30:1	0.5
	 <u>WEEK 4</u>						
<u>Day 1</u>	2.1	Lab	137	PF&DLC	Level III	30:4	1.0
		Lab	138			30:4	1.0
	4.9,5.4/5	Lab	139		SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	140			30:5(4:4)	1.0
		Lab	141			30:5(4:4)	0.5
	4.10	Class	142		Overland SAR	30:1	1.0
	4.10	Lab	143		Overland SAR	30:4(6:3)	1.0
		Lab	144			30:4(6:3)	1.0
		Lab	145			30:4(6:3)	0.5
	<u>Day 2</u>	2.1	Lab	146		Strength Training	30:4
Lab			147			30:4	0.5
2.2		Lab	148		SP&C	30:3	0.5
2.2		Lab	149		500M Swim/400M Buddy Tow	30:3	1.0
		Lab	150			30:3	0.5
4.9,5.4/5		Lab	151		SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	152			30:5(4:4)	1.0
4.9,5.4/5		Lab	153		SAR Tactics & First Aid Night	30:5(4:4)	1.0
		Lab	154			30:5(4:4)	1.0
		Lab	155			30:5(4:4)	0.5

WEEK 4 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

	<u>Topic No</u>	<u>Type</u>	<u>Period</u>	<u>Lesson Topic Title</u>	<u>Ratio</u>	<u>Hour</u>
<u>Day 3</u>	4.10	Lab	156	Overland SAR (Helo)	30:4(6:3)	1.0
		Lab	157		30:4(6:3)	1.0
		Lab	158		30:4(6:3)	0.5
	4.9,5.4/5	Lab	159	SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	160		30:5(4:4)	1.0
		Lab	161		30:5(4:4)	1.0
	4.10	Lab	162	Night Overland SAR	30:4(6:3)	1.0
		Lab	163		30:4(6:3)	1.0
		Lab	164		30:4(6:3)	0.5
<u>Day 4</u>	2.1	Lab	165	Strength Training	30:4	1.0
		Lab	166		30:4	0.5
	2.2	Lab	167	SP&C; 500M Swim/400M Buddy Tow	30:3	1.0
		Lab	168		30:3	1.0
	4.9,5.4/5	Lab	169	SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	170		30:5(4:4)	0.5
	2.3	Class	171	Open Water Laboratory	30:1	0.5
	2.3	Lab	172	Open Water Laboratory	30:5	1.0
		Lab	173		30:5	1.0
		Lab	174		30:5	0.5
<u>Day 5</u>	2.1	Lab	175	PF&DLC Level III	30:4	1.0
		Lab	176		30:4	1.0
	4.9,5.4/5	Lab	177	SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	178		30:5(4:4)	1.0
		Lab	179		30:5(4:4)	1.0
		Lab	180		30:5(4:4)	1.0
		Lab	181		30:5(4:4)	1.0
	5.4/5.5	Lab	182	First Aid, Primary/Sec. Survey	30:5(4:4)	1.0

WEEK 5 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

	Topic No	Type	Period	Lesson Topic Title	Ratio	Hour
<u>Day 1</u>	2.1	Lab	183	PF&DLC Level III Test	30:4	1.0
		Lab	184		30:4	1.0
	4.9,5.4/5	Lab	185	SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	186		30:5(4:4)	1.0
		Lab	187		30:5(4:4)	1.0
		Lab	188		30:5(4:4)	1.0
		Lab	189		30:5(4:4)	1.0
		Lab	190		30:5(4:4)	1.0
		<u>Day 2</u>	2.1	Lab	191	Strength Training
Lab	192				30:4	0.5
4.9,5.4/5	Lab		193	SAR Tactics & First Aid	30:5(4:4)	1.0
	Lab		194		30:5(4:4)	1.0
	Lab		195		30:5(4:4)	1.0
	Lab		196		30:5(4:4)	1.0
	Lab		197		30:5(4:4)	1.0
	Lab		198		30:5(4:4)	1.0
	Lab		199		30:5(4:4)	0.5
<u>Day 3</u>	4.8	Class	200	Helicopter Operations (Jumps)	30:1	1.0
		Lab	201	Helicopter Operations	30:3(4:2)	1.0
	4.9,5.4/5	Lab	202		30:3(4:2)	1.0
		Lab	203		30:3(4:2)	1.0
		Lab	204	SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	205		30:5(4:4)	1.0
		Lab	206		30:5(4:4)	1.0
Lab	207		30:5(4:4)	1.0		

WEEK 5 (Q-050-0600)  
(Q-050-0602)

Length of period : 50 minutes

	<u>Topic No</u>	<u>Type</u>	<u>Period</u>	<u>Lesson Topic Title</u>	<u>Ratio</u>	<u>Hour</u>
<u>Day 4</u>	2.1	Test	208	SAR Fitness Test Performance	30:4	1.0
		Test	209		30:4	1.0
		Test	210		30:4	0.5
	0.0	Class	211	Admin	30:1	1.0
	4.9,5.4/5	Lab	212	SAR Tactics & First Aid	30:5(4:4)	1.0
		Lab	213		30:5(4:4)	1.0
		Lab	214		30:5(4:4)	1.0
	4.9	Test	215	Final Test Written	30:1	1.0
		Test	216		30:1	0.5
	<u>Day 5</u>	3.1	Lab	217	Approaches & Carries	30:5(4:4)
4.8		Lab	218	Helicopter Operations (B/U)	30:3(4:2)	0.5
5.1		Lab	219	ARC CPR Professional Rescuer	30:6	1.0
		Lab	220		30:6	1.0
		Lab	221		30:6	1.0
		Lab	222		30:6	1.0
		Lab	223		30:6	1.0
		Lab	224		30:6	1.0
		0.0	Class	225	Graduation	30:1

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TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
a. RSS Overview/Course Introduction Weapons Management	3.0			3.0
b. Physical Conditioning	1.0	46.0	8.0	55.0
c. Lifesaving and Parachute	11.5	30.5		42.0
d. Rescue Equipment and Procedures for Use	13.0	38.0	17.0	68.0
e. First Aid and ARC CPR for the Professional Rescuer	11.0	20.0		31.0
TOTAL				199.0

2. Scheduled Administrative Time (Hours) 1.0

3. Total Training Time

a. Weeks	5
b. Days	33
c. Hours	200

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## ANNEX E

## INSTRUCTIONAL MANAGEMENT PLAN

## Course Management Data

1. Staff Requirements

Based on planned student input of 400 per year, Rescue Swimmer School (RSS) requires 29 military personnel. Billets must be structured with one division officer, one assistant division officer, one leading chief, one student control chief, 20 instructors experienced in fleet Rescue Swimmer duties, two fleet experienced corpsmen, two parachute riggers, and one yeoman.

<u>Billet</u>	SEC <u>NEC</u>	<u>Grade</u>	<u>Branch</u>	PRI <u>NEC</u>	<u>Requirements</u>
Division Officer	NA	O-4	USN	NA	1
Pool Deck Training Officer	NA	O-3	USN	NA	1
Leading Chief	7815/ 8215	E-8	USN	9502	1
Training Chief	7815/ 8215	E-7	USN	9502	1
Instructor	7815/ 8215	E-6	USN	9502	2
Instructor	7815/ 8215	E-5	USN	9502	18
Corpsman/ Instructor	8401	E-6	USN	9502	1
Corpsman/ Instructor	8401	E-5	USN	9502	1
Parachute Rigger	NA	E-6	USN	NA	2
Yeoman (Typing)	NA	E-4	USN	NA	1

NOTE: Instructors will not be shared with another course.

Staffing Requirements Matrix for Training Evolutions

<u>Evolution</u>	<u>Staff</u>	<u>Qty</u>
<u>Classroom:</u>	Primary Instructor	1
ARC CPR Professional Rescuer	American Red Cross Instructor Additional Instructor (One per six students for lab)	1
<u>Lab Evolutions:</u>		
Physical Training	Primary Instructor Additional Instructor (One per ten students) Safety Observer EMT (Note D)	1  1 1 1
Swimming Proficiency and Conditioning (Practice and Evaluation)	Primary Instructor Additional Instructor (One per fifteen students, Note A) Training Safety Monitor Safety Observer EMT (Note D)	1  1 1 1
Mask, Fins, Snorkel, Releases & Escapes, Approaches & Carries (Practice and Evaluation)	Primary Instructor Additional Instructor (One per eight students, Note B) Training Safety Monitor Safety Observer EMT (Note D)	1  1 1 1
Rescue Devices, Disentanglement, SAR Tactics (Practice and Evaluation)	Primary Instructor Additional Instructor (One per eight students for practice, Note C) Training Safety Monitor Safety Observer EMT (Note D)	1  1 1 1
Water Entry, Parachute Canopy Escape, Direct Deployment, Combative Survivor	Primary Instructor Additional Instructor (One per ten students, Note B) Training Safety Monitor Safety Observer EMT (Note D)	1  1 1 1

Overland SAR/Moulage	Primary Instructor	1
	Additional Instructor(One per ten students)	
	Safety Observer (Note F)	1
	EMT (Note D)	1
Helicopter Operations (Overland Hoisting and Jumps)	Primary Instructor	1
	Additional Instructor (One per two students, Note C)	
	Training Safety Monitor	1
	Safety Observer (Note F)	1
	EMT (Note D)	1
Open Water Lab	Primary Instructor	1
	Additional Instructor (One per eight students, Note C)	
	Training Safety Monitor	1
	Safety Observer (Note F)	1
	EMT (Note D)	1
Additional Instruction Remediation	Primary Instructor	1
	Additional Instructor (Note E)	
	Training Safety Monitor	1
	Safety Observer	1
	EMT (Note D)	1

NOTE: A. Additional instructor shall be fully qualified instructor or lifeguard on pool deck ready to administer assistance.

B. One fully qualified instructor in the pool-wearing mask, fins, snorkel and either a wet suit or an LPU-28/TRI-SAR harness acting as a safety swimmer and instructor for each group, one instructor for each student being evaluated.

C. One fully qualified instructor in the water-wearing mask, fins, snorkel and either a wet suit or an LPU-28/TRI-SAR harness acting as a safety swimmer and instructor for each group During open-water lab an additional safety swimmer (qualified rescue swimmer) shall be in the safety boat.

D. Minimum of one Hospital Corpsman (HM) or State or Nationally certified Emergency Medical Technician (EMT) must be present in the ARSS training facility during all pool training sessions and be available during outdoor evolutions. This individual may also act as safety observer, if qualified per Core Unique Instructor Training Plan (CUITP) and Job Qualification Requirements (JQR).

E. Additional instructors required as per guidelines in staffing matrix for evolution being performed.

F. The safety observer will remain in the facility next to the main radio and act as a communications relay incase of a mishap.

Instructors may demonstrate skills as a rescuer while using a student as a survivor. Because of their superior aquatic skills, instructors shall not NORMALLY assume the role of survivor. However, instructors may act as survivors for extra instruction only after all other means of instructions have failed and only with the permission of the Training Safety Monitor.

2. Facilities Requirements. The classrooms shall meet the following requirements:

- a. Properly heated, ventilated, and lighted.
- b. Training Aids (Audiovisual equipment and Visual displays) as required in lesson plan and Annex's for ARSS curricula.
- c. Sufficient quantities of "Ready for Training" aviation life support equipment and lifesaving equipment to properly conduct the training required by the curriculum.
- d. Physical training should be conducted on soft level surfaces when possible. If conducted on a hard surface (i.e., concrete) closed cell foam rubber mats shall be issued to students. Running courses shall be wide enough to accommodate running formations (two abreast) free from hazards, obstructions, irregular surfaces, sharp turns and at pace/distance in accordance with lesson plan. Additionally, course should be on smooth, firm (sand, beach, chip trail, grass, dirt) surfaces and shall not be in close proximity to heavy traffic where speed limit is greater than 35 miles per hour or on roads where the speed limit is 20 miles per hour or greater. Hard surfaces (concrete, asphalt, etc) should be avoided as much as possible.

3. Training Pool Requirements

- a. Markings:
  - (1) One foot variations in pool depth shall be marked on the pool deck. Indoor pool markings may also be placed on adjacent walls. Outdoor pool depths may be mounted on perimeter fences at the pool deck edge.
  - (2) Swim lanes should be marked on the pool bottom.
- b. The main drain should be clearly marked with colored tile, or the grating should be painted a conspicuous color.
- c. Provide clean, adequately sized dressing and rest room facilities to include a designated area to lock up valuables. Floors shall be disinfected daily with an approved (e.g., 50 ppm chlorine) solution.
- d. Provide hot water showers (not exceeding 100°F) with soap dispensers.

- e. Pool water should be maintained in accordance with NAVMED P-5010-4 series.
- f. Water shall be free of suspended matter. A four-inch diameter black on white disk on the pool bottom in the deep end shall be clearly visible from the pool deck. Training shall be suspended until water clarity meets minimum standards. The main drain should always be visible.
- g. A fixed or portable audible alarm to signal pool evacuation. A whistle or air horn is sufficient. Students shall be briefed on the signal and what action to take.
- h. A Portable Emergency Medical Oxygen Resuscitation System.
- i. The following equipment shall be pool side, ready for immediate use and shall be inspected prior to each training session:
- (1) U.S. Coast Guard approved ring buoys with manila or polypropylene retrieving lines. Retrieving lines shall be 1/4" diameter and approximately 50 feet in length.
  - (2) Safety swimmer shall use American Red Cross approved rescue tubes (Torpedo buoys may be substituted).
  - (3) A fully equipped backboard (full head restraint and cervical collar, a minimum of five straps required to secure victim to board).
  - (4) A first aid kit.
- j. A telephone shall be immediately accessible with emergency numbers posted nearby.
- k. Ear wash (to prevent ear infection) shall be available. An acceptable solution is 2% acetic acid, 3% distilled water and 95% isopropyl alcohol.
- l. A portable emergency lighting system shall be present during all night training (i.e., battle lanterns, flashlights, etc.).
- m. A ventilated drying space, support equipment, and tools shall be available for maintaining training gear. Maintenance equipment should include:
- (1) Sewing machine.
  - (2) Vacuum system (to deflate life rafts, LPU's).
  - (3) Hand tools.
  - (4) Spare parts.

4. Required Equipment for Pool Evolutions (ALL GEAR WILL BE READY FOR TRAINING). Flight and Rescue Swimmers equipment used in RSS training will be maintained per with CNET Instruction 3710.1.
  - a. Wetsuit
  - b. Booties and fins.
  - c. HBU-23/P and LPU-28/P or Tri-SAR Harness.
  - d. Face mask and snorkel.

**NOTE**

Required equipment shall be worn during all pool evolutions.

5. Alternate Training Plan. Students must complete all course objectives in order to graduate. Students must receive all lesson plan presentations. If a laboratory application must be cancelled (due to inclement weather, equipment malfunctions, etc.), students must complete the Alternate Training Plan as specified in the lesson plan. The Commanding Officer may waive certain events if factors (e.g. weather, medical) preclude the students from participating and the course objectives have been accomplished.

6. Safety

a. The primary instructor is responsible for ensuring that all necessary precautions are taken before High Risk and PT evolutions commence. All participating staff shall be briefed on the conduct of the evolution, roles to be filled, and responsibilities in the event of a mishap. Prior to pool evolutions, the primary instructor shall ensure that lifesaving equipment is available and operable, and that supplemental oxygen is provided.

b. Ensure heat index does not preclude physical activity per command guidelines. Ensure physical training area, running courses and pool meet standards of this document. A corpsman (or EMT) with medical kit shall be in the immediate vicinity of testing; an ambulance shall be on call

c. Student Mishap/injury. Anytime a student has a mishap or is injured, instructors shall remove student from training, complete a Personal Accident Injury Notification form and notify the Chain of Command.

d. A designated instructor shall be in close enough proximity to see and hear the students at all times during the course of instruction of a High-Risk training evolution.

e. Drop on Request (DOR)/Training Time Out (TTO) policies and procedures shall be conducted IAW with CNET Instruction 1500.20 series.

f. Hyperventilation prior to underwater swimming evolutions.

(1) Students participating in underwater evolutions shall be instructed that hyperventilation (repetitive deep breathing) to achieve underwater swimming endurance can result in shallow water blackout and drowning. Competitive breath holding skills/drills and intentional hyperventilation is prohibited.

(2) All underwater swimming evolutions shall be limited to a maximum distance of 25 yards while wearing mask and fins.

(3) Instructors, safety swimmers/divers shall be alert for and rescue students who they consider are not making satisfactory progress or appear to be under water longer than is safe.

g. Professional conduct. All students and instructors will conduct themselves in a highly professional manner. Hazing through the use of improper or degrading rituals is strictly prohibited.

7. Mishap Plan. A local Mishap Plan shall be developed and implemented per CNET Instruction 1500.20 series.

8. Emergency Drills shall be conducted per CNET Instruction 1500.20 series.

9. Safety Standdown Policy. Safety Standdown procedures are as follows:

a. Annual Safety Standdowns shall be conducted per CNET Instruction 1500.20 series.

b. Site Commanding Officers are encouraged to conduct additional standdowns and course reviews, particularly when courses have been revised, or when a "near miss" incident has occurred.

10. Safety Management for High Risk Courses shall be per CNET Instruction 1500.20 series.

a. Student Flow Management Data

11. Graduation - students are graduated upon successful completion of course curriculum requirements.

a. Check-in day is completed on Thursday prior to class convening date.

b. All students who report to RSS for training must successfully pass the in-test prior to entering the course.

c. Academic Progress. Written exams require a minimum score of 80% to pass. Students who fail an exam will be:

(1) Debriefed by the Instructor.

(2) Given academic counseling.

(3) Assigned additional study.

(4) Retested as soon as possible. Students who fail a re-test shall be referred to an Academic Review Board (ARB).

d. Pool Progress. Students failing to meet minimum swim performance in the training tank shall be referred to the Training Chief Petty Officer for a review of the problem. The Training Chief Petty Officer can:

(1) Assign remedial swim instruction or

(2) Recommend the student be referred to an ARB.

e. Students who do not successfully complete any of the physical training enabling or terminal objectives shall be placed on remedial physical instruction until such time as they are able to pass.

12. Remediation. Remedial training, up to two hours additional instruction daily, may be assigned; however, a minimum of 10 hours shall elapse between the additional instruction and the next scheduled event. Students failing to meet minimum levels of performance shall:

a. First occurrence - be assigned individual additional instruction as determined and documented by the Training Chief Petty Officer.

b. Second or subsequent occurrences - appear before an ARB to determine if further training is warranted.

**Note**

For remedial swim additional instruction, all safety precautions shall be observed per this instruction.

13. Roll Back to Another Class - If the Academic Review Board (ARB) determines further training is warranted, student shall be rolled back to the next available class, after completion of any remedial training mandated by the ARB.

14. Dropped from Training for Academic or Suitability Reasons. If ARB determines no further training is warranted, student will be removed from training and immediately be made available for orders.

15. Instructor Certification Program - Instructor Certification Program shall be per the NAVEDTRA 135 and the Core Unique Instructor Training Plan (CUITP) and related Job Qualification Requirements (JQR).

16. Basic High Risk Instructor Guidelines.

a. All High Risk Instructors shall be screened IAW CNETINST 1500.20 series.

b. Individuals must be robust, confident, mature and stable.

17. Training Safety Monitor shall meet the requirements found in the CUITP and JQR.

18. Safety Observer shall meet the requirements found in the CUITP and JQR.

19. Hospital Corpsmen (HM)

a. Must be a graduate of Group Paced Instructor Course (CIN A-012-0011) and hold an NEC of 9502.

b. Shall have an NEC 8401 Search and Rescue Technician or HM's with 84XX/85XX series NEC certified as an Emergency Medical Technician.

c. Must be a current American Red Cross instructor for Standard First Aid and Adult CPR.

20. Record Keeping

a. Class rosters, showing training received, grade achieved, shall be retained for a period of four years.

b. Medical Record Screening DOR/TTO Statement forms shall be maintained for 72 hours after completion of training.

c. Injury logs, reports and records shall be attached to a copy of the class roster and retained for five years at the site.

d. Student Critiques shall be routed through the immediate chain of command and retained from site evaluation to site evaluation.

21. Quarterly Reports

a. Submission Requirements - Submit within 10 working days of end of quarter to:

Commanding Officer  
Attn: CODE 084, Model Manager Division  
NAVAVSCOLSCOM  
181 CHAMBERS AVE SUITE C  
PENSACOLA, FL 32508-5221

b. Reports contents:

(1) Breakdown of students trained in each curriculum by site for the fiscal year quarter just completed.

- (a) Total students reported.
- (b) Prerequisite attrition.
- (c) Total students enrolled.
- (d) In course attrition:
  - (1) DOR
  - (2) Medical
  - (3) Other (ARB, Disciplinary)
- (e) Total graduates.
- (f) Currently in training.
- (g) Mishaps/Injuries.

(2) Listing of all instructor billets followed by the name of the instructor filling each billet and his/her projected rotation date (PRD).

(3) List the status of all outstanding discrepancies from the last RSS evaluation. The report shall consist of four columns: Discrepancy, Status, Estimated Completion Date, and Remarks (to include actions taken to correct discrepancies).

(4) A brief narrative of each training related injury, giving date, course, Lesson Plan, the nature and extent of the injury, any contributing factors, and lessons learned from mishap investigation and analysis. Injuries requiring documentation on RSS Quarterly Reports and reports to the functional commander are those where emergency care, lost work time or medical officer follow-up is required. Negative reports are required.

(5) Enter the following student breakdown for the fiscal year:

- (a) Total students reported.
- (b) Prerequisite Attrition.
- (c) Total students enrolled.
- (d) In-course attritions.
- (e) Total Graduates.

(f) Currently in training.

(g) Mishap/Injuries.

## 22. Prerequisite Screens

a. All prospective students must be screened for all course prerequisites (as listed in the Student Data Page of this document and in the CANTRAC). A prospective student may not be enrolled in an RSS course without meeting all prerequisites or receiving a waiver from governing authority. Prospective students on Permanent Change of Station (PCS) orders failing prerequisites shall be referred to their detailer for disposition. Prospective students on Temporary Assigned Duties (TAD) orders failing prerequisites shall be returned to their parent command and a message stating which prerequisites were failed shall be generated (copy to RSS Model Manager). Details of the medical and physical fitness prerequisite screens follow.

b. Medical Screening shall be administered by a Training Facility corpsman prior to administering the PT in-test. Questionable cases shall be referred to a medical officer. The following screening procedures shall be followed:

(1) Review last physical.

(a) Ensure a full physical, per article 15-71 of the Manual of Medical Department, NAVMED P-117, signed by a Medical Officer, performed within one year of enrollment.

(b) Ensure no disqualifying or questionable conditions documented.

(2) Interview Student

(a) Question student per the Risk Factor Questionnaire, OPNAVINST 6110.1 series.

(b) Ask student if he/she is aware of any physical conditions that would preclude safe participation in an RSS course.

(3) Document Screen

(a) In student's training jacket, document "Medical screen complete, student fit for training", sign and date.

c. Physical Fitness Prerequisite Screen. This test is designed to protect the schoolhouse and the student. Primarily, it ensures that a student is "fit to train" - he/she is physically able to safely complete a High Risk Course. Furthermore, it ensures that every student enrolled has the physical skills to successfully complete the training.

(1) Conduct of Test In order to best meet the objectives of the Physical Fitness In-test, the following order shall be followed and time between exercises minimized.

Warm-up/flexibility routine.

Instructor demonstrates correct form for pull-ups, curl-ups, and push-ups per OPNAVINST 6110.1 and OPNAVINST 3130.6 series.

1st Group 1 perform pull-ups exhibiting correct form.  
(Second group perform pull-ups.)

Minimum of 2 pull-ups in 2 minutes

1st Group - perform curl-ups exhibiting correct form

(Second group perform curl-ups.)

Minimum of 50 curl-ups in 2 minutes

1st group - perform Push-ups exhibiting correct form  
(Second group perform push-ups.)

Minimum 35 push-ups in 2 minutes maximum

All student candidates complete 1.5 mile timed run in less than 12 minutes.

All student candidates complete 400-meter in-gear timed swim in less than 11 minutes. (Candidates must perform this swim wearing Mask, Fins, and Snorkel. Students must be briefed on proper use of the mask, fins and snorkel prior to commencement.)

(2) The screening will be completed as rapidly as possible, with a ten-minute maximum period, to change clothing and hydrate, between the run and swim.

(3) Staffing. Qualified Rescue Swimmer Instructor shall administer the test. There must be sufficient instructors monitoring the push-ups and curl-ups to ensure all student candidates perform them correctly. All training evolutions shall be conducted in accordance with Staff Requirement Matrix.