

TRAINING COURSE CONTROL DOCUMENT
FOR
BASIC SWIMMING AND WATER SURVIVAL INSTRUCTOR TRAINING COURSE

A-012-1014

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

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

FEBRUARY 2000
(MAY 2005)

BLANK PAGE

TABLE OF CONTENTS

Front Matter	Page
Cover	i
Foreword	iii
Course Data	vii
Student Data	ix
CURRICULUM OUTLINE OF INSTRUCTION	
UNIT 1.0: Course Overview and Swim Screen/ Lifeguard Training Course.....	1
Lesson Topic 1.1: Prerequisite Verification, Physical Health Screen and Course Overview	2
Lesson Topic 1.2: Lifeguard Training Course	3
UNIT 2.0: Instruction of Water Survival Skills.....	4
Lesson Topic 2.1: Prerequisite Verification, Physical Health Screen and Course Overview for unit two	5
Lesson Topic 2.2: Swim Screen	6
Lesson Topic 2.3: Teaching the Non-Swimmer	7
Lesson Topic 2.4: Personal Flotation Devices	8
Lesson Topic 2.5: Survival Strokes	9
Lesson Topic 2.6: Swimming in Organizational Clothing	10
Lesson Topic 2.7: Treading Water	11
Lesson Topic 2.8: Methods of Staying Afloat	12
Lesson Topic 2.9: Underwater Swimming and Surface Dives	13
Lesson Topic 2.10: Abandon Ship Drill/Submerged Burning Oil Swim	14
Lesson Topic 2.11: Surface Debris, Surface Burning Oil, and Rough Water Swimming	15
Lesson Topic 2.12: Advanced Strokes	16
Lesson Topic 2.13: Mask, Fins, and Snorkel Indoctrination	17
Lesson Topic 2.14: Swimming for Lifetime Fitness	18
Lesson Topic 2.15: Conditioning Swim #1	19
Lesson Topic 2.16: Conditioning Swim #2	20
Lesson Topic 2.17: Conditioning Swim #3	21
Lesson Topic 2.18: Conditioning Swim #4	22
Lesson Topic 2.19: Spinal Injury Management for Divers and SEALS	23
Lesson Topic 2.20: Learning to Conduct Swim Tester	24
Lesson Topic 2.21: Skills Test	25
Lesson Topic 2.22: Using Games to Improve Swimming and Survival Skills	26

UNIT 3.0: Stress Awareness/Suicide Prevention, Navy Training Feedback and Swimmer Quails and other Survival Training Programs.....	27
Lesson Topic 3.1: Stress Awareness and Suicide Prevention	28
Lesson Topic 3.2: Types of Drowning	29
Lesson Topic 3.3: Teaching and Performing Extended Sea Survival	30
Lesson Topic 3.4: Application Of Educational Theory When Teaching Water Survival Skills	31
Lesson Topic 3.5: Application Of Physical Principles When Teaching Water Survival Skills	32
Lesson Topic 3.6: Improving Swimming Speed through Training ..	33
Lesson Topic 3.7: Navy Swimmer Qualifications, RTC and OCS Curricula and other Navy Water Survival Training Program	34
Lesson Topic 3.8: Oxygen Administration	35
Lesson Topic 3.9: Operational Risk Management	36
Lesson Topic 3.10: Navy Integrated Training Resources Administration System (NITRAS)	37
Annex A Equipment Requirements List.....	A-1
Annex B Training Materials List.....	B-1
Annex C Skills Profile.....	C-1
Annex D Master Course Schedule.....	D-1
Annex E Instructional Management Plan.....	E-1
Annex F Stretching and Warm-up.....	F-1
Annex G Basic Water Survival Instructor Course for Water Safety Instructors.....	G-1
Annex H Instructor Trainee and Job Qualification Requirements.....	H-1

FOREWORD

This document was prepared for submission to higher authority for approval. The curriculum outline lists course lesson topics and associated learning objectives, both terminal and enabling, in their sequential order. Unless otherwise stated, the standard for achieving each of these objectives is 100%.

BLANK PAGE

COURSE DATA

1. Course Title: Navy Basic Water Survival Instructor Course
2. Course Identification Number (CIN): A-012-1014
3. Course Data Processing Code (CDP) by Site:
 1. Naval Aviation schools Command, Pensacola 300F
 2. Recruit Training Center, Great Lake, IL 300R
 3. Center Surface Combat Systems, San Diego, Ca 300V
 4. Officer Training Command, Newport, RI 00BM
 5. HC-3, San Diego, Ca 5577
4. CDP Codes: 300F, 300R, 300V, 00BM, 5577
5. Course Status: Revision
6. Course Mission Statement: The Navy Basic Swimming and Water Survival Instructor Training Course is designed to provide Instructors with the knowledge and skills necessary to administer the Third, Second and First Class Swim Tests, and to teach Chief Of Naval Education and Training Water Survival Courses. Instructors will also receive certification in American Red Cross Lifeguarding, First Aid, Supplemental O² Administration and CPR for the Professional Rescuer unless currently qualified or in possession of qualification from a nationally recognized organization or its equivalent.
7. Occupational Classification:

E-5 and above, 9502
8. Prerequisites: 9502/Second Class Swimmer
9. Planned Course Length: 10 days
10. Current Course Length: 10 days
11. Training Sites:
 1. Naval Aviation Schools Command
181 Chambers Ave Suite C
Pensacola Fl 32508-5221
 2. Recruit Training Command
3301 Indiana St.
Great Lakes, IL 6088-5300
 3. Center Surface Combat Systems, San Diego
3975 Norman Scott Rd, Suite 1
San Diego, CA 92136-5588
 4. Officer Training Command
307 Peary St
Newport, RI 02841

5. Helicopter Combat Support Squadron THREE
 Search and Rescue Swim School
 P.O. Box 357122
 San Diego, CA 92135-7122

12.	<u>Site Unique Training Consideration:</u>	None	
13.	<u>Number of Convenings by Site:</u>	<u>Current</u>	<u>Planned</u>
	Naval Aviation Schools Command Pensacola	5	5
	Recruit Training Command, Great Lakes	4	3
	Center Surface Combat Systems San Diego	4	4
	Naval Education and Training Center Newport, RI	4	4
	HC-3 San Diego, CA	4	4
14.	<u>Class Capacity by Site:</u>	<u>Current</u>	<u>Planned</u>
	Naval Aviation Schools Command, Pensacola, FL		
	a. Normal	15	15
	b. Maximum	20	20
	c. Minimum	04	04
	Recruit Training Command, Great Lakes, IL		
	a. Normal	15	15
	b. Maximum	20	20
	c. Minimum	04	04
	Center Surface Combat Systems, San Diego, CA		
	a. Normal	15	15
	b. Maximum	20	20
	c. Minimum	04	04
	Officer Training Command, Newport, RI		
	a. Normal	15	15
	b. Maximum	20	20
	c. Minimum	04	04

HC-3 San Diego, CA

a.	Normal	15	15
b.	Maximum	20	20
c.	Minimum	04	04

15.	<u>Planned Average on Board by Site:</u>	<u>Current</u>	<u>Planned</u>
	Naval Aviation Schools Command Pensacola FL	15	15
	Recruit Training Center Great Lakes Il	15	15
	Center Surface Combat Systems San Diego CA	15	15
	Officer Training Command Newport, RI	15	15
	HC-3 San Diego, CA	15	15

16. Instructor/Support Manning:

a. Basic Swimming and Water Survival Instructor (9510 NEC or Officer equivalent) (certified by the Model Manager to conduct this course)

b. Qualified lifeguard as specified in BUPERSINST 1710.19

BLANK PAGE

STUDENT DATA

1. Personnel Physical Requirements: As specified in Chapter 15 of the Manual of the Medical Department. All students must meet physical requirements listed in OPNAVINST 6110.1 series.
2. Security Clearance: None
3. Obligated Service: None
4. NOBC/NEC Earned: Pending Approval

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0: Course Overview and Lifeguard Training Course

Contact Periods: 19.0 Classroom, 16.5 Laboratory

Media: Lecture / Video

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

1.0 Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1: Prerequisite Verification, Physical Health Screen and Course Overview for Unit One

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

1.1 State Unit One TTO/DOR policy.

1.2 Identify Unit One pool rules and safety precautions

1.3 State Unit One procedures for recognizing and reporting mishaps and hazardous/unsafe conditions.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.2: Lifeguard Training Course

Contact Periods: 18.0 Classroom 16.5 Laboratory

Media: Lecture/Video

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

1.4 Perform Skills, knowledge, and written requirements of the American Red Cross Lifeguard Training Course.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.0: Instruction of Water Survival Skills

Contact Periods: 5.0 Classroom, 30.0 Laboratory

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.1: Prerequisite Verification, Physical Health Screen and Course Overview for Unit Two

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.1 State Unit Two TTO/DOR policy.

2.2 Identify Unit Two pool rules and safety precautions.

2.3 State Unit Two procedures for recognizing and reporting mishaps and hazardous/unsafe conditions.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.2: Swim Screen

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.4 Complete a 500-yard swim test within the standards identified in this lesson plan with a maximum time of 25 minutes.

2.5 Demonstrate lifeguarding skills competency.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.3: Teaching the Non-Swimmer

Contact Periods 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.6 Teach water adjustment/familiarity.

2.7 Teach buoyancy and floating techniques.

2.8 Teach breath control and rhythmic breathing.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.4: Personal Flotation Devices

Contact Periods: 1.0 Classroom, 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.9 Identify the purposes and characteristics of personal flotation devices.

2.10 Practice survival skills while wearing a personal flotation device.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.5: Survival Strokes

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.11 Perform Survival Strokes.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.6: Swimming in Organizational Clothing

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.12 Perform survival strokes in organizational clothing.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.7: Treading Water

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.13 Perform four methods of treading water.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 2.8: Methods of Staying Afloat

Contact Periods: 1.0 Laboratory

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Partially supported by this unit:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.14 Perform five methods of survival floating.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.9: Underwater Swimming and Surface Dives

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.15 Perform underwater swimming and surface dives.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.10: Abandon Ship Drill/Submerged Burning Oil Swim

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.16 Perform the abandon ship drill and submerged burning oil swim.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.11: Surface Debris, Surfacing Burning Oil, and Rough Water Swimming

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.17 Perform surface debris, surface burning oil and rough water swimming.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.12: Advanced Strokes

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.18 Perform advanced swimming strokes.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.13: Mask, Fins, and Snorkel Indoctrination

Contact Periods: 1.0 Classroom 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 2.19 Maintain safety swimmer equipment per current 13-1-6 series manual.
- 2.20 Use mask, fins, and snorkel.
- 2.21 Don masks, fins, and snorkel.
- 2.22 Perform side/breast/crawl strokes while wearing mask, fins and snorkel.
- 2.23 Perform submerged victim rescue and spinal management rescue from bottom of pool while wearing mask, fins and snorkel.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.14: Swimming for Lifetime Fitness

Contact Periods: 0.5 Classroom 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.24 Perform aerobic exercise.

2.25 Adjust exercise.

2.26 State the components of a workout.

2.27 Identify the phases of a fitness-swimming program.

2.28 Identify the components of a fitness swimming program.

2.29 Perform effective aquatic exercise.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.15: Conditioning Swim #1

Contact Periods: 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.30 Participate in a 50-minute conditioning swim exercise.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.16: Conditioning Swim #2

Contact Periods: 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.31 Participate in a 60-minute conditioning swim exercise.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.17: Conditioning Swim #3

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.32 Participate in a 70-minute conditioning swim exercise while wearing organizational clothing (flight suit or coveralls).

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.18: Conditioning Swim #4

Contact Periods: 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.33 Participate in an 80-minute conditioning swim exercise.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.19: Spinal Injury Management for Divers and SEALS

Contact Periods: 3.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.34 Demonstrate Spinal Injury Management Skills per the American Red Cross Lifeguarding Manual.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.20: Learning to Conduct the Swim Tester Course

Contact Periods: 2.0 Classroom 2.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.35 State training time out and drop on request procedure.

2.36 State safety and mishap procedures.

2.37 Demonstrate lifeguarding skills competency.

2.38 Perform survival strokes, treading water, burning oil swimming and the abandon ship drill per Navy Water Survival Instructor's Manual (P1552/16).

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.21: Skills Test

Contact Periods: 1.5 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.39 Perform survival swimming test.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 2.22: Using Games to Improve Swimming and Survival Skills

Contact Periods: 1.0 Laboratory

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

2.0 Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming and water survival techniques without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

2.40 Demonstrate improved aerobic fitness, strength, aquatic familiarity and swim skills.

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 3.0: Survival Training Programs

Contact Periods: 9.5 Classroom

Media: Lecture

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.1: Stress Awareness and Suicide Prevention

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.1 Define stress.

3.2 Identify five sources of stress.

3.3 List the detrimental effects of over-stress, including substance abuse.

3.4 Describe the physical, physiological, and social symptoms of over-stress.

3.5 Explain the stress management strategies of coping, cooperation, and changing.

3.6 Define suicide.

3.7 Describe the most common causes of suicide.

3.8 State the common warning signs and risk factors of suicide.

3.9 Identify the individual's role in suicide prevention and available resources.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.2: Types of Drowning

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.10 Describe the two classes of drowning.

3.11 State the related physiology of drowning.

3.12 Describe the care for victims of drowning.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.3: Teaching and Performing Extended Sea Survival

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.13 Name the standard naval liferafts.

3.14 Describe the methods for righting and boarding liferafts.

3.15 State the important elements for survival at sea.

3.16 Explain the personal priorities during extended sea survival.

3.17 Identify the signs and symptoms of hypothermia.

3.18 Explain the procedures for prevention of hypothermia.

3.19 Identify the signs and symptoms of heat stress and the procedures for prevention.

3.20 Describe the procedures for procuring additional water and food.

3.21 State signs of land.

3.22 Explain the techniques for rafting ashore.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.4: Application of Educational Theory When Teaching Water Survival Skills

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.23 Explain educational theory that applies to teaching aquatics.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.5: Application of Physical Principles When Teaching Water Survival Skills

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.24 Explain physical principles that apply to teaching aquatics.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.6: Improving Swimming Speed through Training

Contact Periods: 1.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.25 State techniques to improve swimming speed.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.7: Swimmer Qualifications, RTC and OCS Curricula and other Navy Water Survival Training Programs

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.26 Describe the curricula and requirements for Navy officer and enlisted accession programs, small boat operators, BUDS, and Dive School.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.8: Oxygen Administration

Contact Periods: 2.0 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.27 Perform Skills, knowledge, and written requirements of the American Red Cross Breathing Devices Module of the Emergency Response course.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.9: Operational Risk Management

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.28 Explain principles that apply to Operational Risk Management.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 3.10: Navy Integrated Training Resources Administration System (NITRAS)

Contact Periods: .5 Classroom

Media: Lecture

Terminal Objective:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Swimming And Water Survival Instructor without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

3.29 Explain basic principles that apply to Navy Integrated Training Resources Administration System (NITRAS)

COURSE TRAINING TASK LIST (CTTL)

BASIC SWIMMING AND WATER SURVIVAL INSTRUCTOR TRAINING COURSE

A-012-1014

Course Mission Statement

The Navy Basic Swimming and Water Survival Instructor Training Course is designed to provide Instructors with the knowledge and skills necessary to administer the Third, Second and First Class Swim Tests, and to teach Chief of Naval Education and Training Water Survival Courses. Instructors will also receive certification in American Red Cross Lifeguarding, First Aid, Supplemental 02 Administration and CPR for the Professional Rescuer unless currently qualified or in possession of qualification from a nationally recognized organization or its equivalent.

<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
1.	American Red Cross Lifeguarding Today	FILL out medical screening form.	K
2.	American Red Cross Swimming and Diving	READ and sign Training Time Out and Drop On Request forms.	K
2.	Navy Swimming and Water Survival Instructor's Manual CNET P1552/16	ATTEND safety procedures lecture.	K
		DEMONSTRATE American Red Cross swimming skills test.	S
		DEMONSTRATE 500 yard swim test.	S
		DEMONSTRATE lifeguarding skills.	S
		TEACH water adjustment and familiarity.	S
		TEACH buoyancy and floating techniques.	S
		TEACH breath control and rhythmic breathing.	S

<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
		DEMONSTRATE survival skills with flotation device.	S
		DEMONSTRATE survival strokes.	S
		DEMONSTRATE survival strokes in organizational clothing.	S
		DEMONSTRATE treading water.	S
		DEMONSTRATE survival floating.	S
		DEMONSTRATE underwater swimming and surface dives.	S
		DEMONSTRATE abandon ship drill and submerged burning oil swim.	S
		DEMONSTRATE surface debris, surface burning oil and rough water swimming.	S
		DEMONSTRATE advanced swimming strokes.	S
		DEMONSTRATE swimming skills with mask, fins, and snorkel.	S
		DEMONSTRATE lifeguarding skills with mask, fins, and snorkel.	S
		DEMONSTRATE conditioning swimming.	S
		DEMONSTRATE conditioning swimming with organizational clothing.	S
		DEMONSTRATE swim tester skills.	S
		DEMONSTRATE survival swimming test.	S

<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
		DEMONSTRATE aerobic fitness, strength, aquatic familiarity and swim skills.	S
		PERFORM swim screen per Intermediate swim curricula.	S
		PERFORM swim proficiency test per intermediate swim curricula.	S
		ATTEND stress awareness and suicide prevention.	K
		KNOW the different types of drowning.	K
		KNOW the aspects of extended sea survival.	K
		KNOW the educational theory that applies to teaching aquatics.	K
		KNOW the physical principles that apply to teaching aquatics.	K
		KNOW the techniques to improve swimming speed.	K
		KNOW requirements for other aquatic programs.	K
		PERRFORM oxygen administration skills.	S
		KNOW the principles to Operation Risk Management	K
		KNOW the principles to Navy Integrated Training Resources Administration System.	K

ANNEX A

EQUIPMENT REQUIREMENT LIST

NOMENCLATURE	TYPE DESIGNATOR OR DEVICE NUMBER/NSN	QTY	PER ITEM COST
<u>Academics:</u>			
AUDIOVISUAL EQUIPMENT			
Video Cassette Player 1/2 inch	GSA contract	1	250.00
Color Monitor, 25"	Open purchase	1	500.00
Video Camera	Open purchase	1	480.00
Proxima	Open purchase	2	unknown
Lap Top Computer	Open purchase	2	unknown
LIFE SUPPORT EQUIPMENT			
Life Preserver Assy	4220-00-200-0538	20	139.00
MEDICAL EQUIPMENT			
Oxygen, System Portable	1660-00-650-1711	2	297.00
Pocket Mask with O2 Inlet Valve	Open purchase	25	19.00
Backboard	Open purchase	2	153.00
First Aid Kit	6545-00-922-1200	3	42.00
Ear Drops (Swimmers Ear)	Obtain from local hospital	2	
Bandage, cotton elastic	6510-00-935-5822	50	5.27
Bandage, gauze elastic	6510-00-582-7992	50	8.50
Gauze	6510-01-010-8762	50	7.25
Triangle bandages	6510-00-201-1755	50	2.02
Splint-arm	6515-01-010-8762	5	6.77
Splint-leg	6515-00-935-6593	5	8.92
CPR/FIRST AID EQUIPMENT			
Adult Mannequin	Open purchase	6	775.00
Child Mannequin	Open purchase	6	345.00
Infant Mannequin	Open purchase	6	89.95
Blankets	7210-00-935-6666	20	4.32
Bag Valve Mask	Open purchase	10	194.00
POOL SAFETY EQUIPMENT			
Rescue Tube	Open purchase	15	46.00
Ring Buoy, Lifesaving	Open purchase	3	44.00
Whistle	8465-00-254-8803	10	1.05
Bamboo Poles	Open purchase	1	12.95
Head Immobilizer	Open purchase	2	11.88
Diving Brick (10 LB)	Open purchase	2	34.82

ANNEX B

TRAINING MATERIALS LIST

<u>MIL PUBS</u>	<u>TITLE</u>	<u>QTY</u>
NETC P1552/16	U.S. NAVY WATER SURVIVAL INSTRUCTIONS MANUAL	1
329452	ARC LIFEFUARDING	30
652000	ARC SWIMMING AND DIVING	30
652048	ARC CPR PROFESSIONAL RESCUER	30
<u>INSTRUCTOR MANUAL</u>		
329453	ARC LIFEGUARDING	10
652001	ARC WATER SAFETY	10
<u>VISUAL INFORMATION</u>		
65201	CPR FOR THE PROFESSIONAL RESCUER	2
329331	EM AQUATIC SKILLS	2
329328	SPINAL INJURY MANAGEMENT	2
652036	STANDARD FIRST AID	2
SVPN 803165DN	SURVIVAL SWIMMING	2
329740	ARC INSTRUCTOR CANDIDATE TRAINING	2
652055	ARC PREVENTING DISEASE TRANSMISSION	2
654114	ARC LIFEGUARDING TODAY	2
652006	ARC COMMUNITY FIRST AID	2
652005	ARC TEACHING AQUATIC SKILLS	2

<u>PRINTED MATERIAL</u>		<u>QTY</u>
654110	ARC LIFEGUARDING TODAY PARTICIPANT'S MANUAL	20
654112	ARC LIFEGUARDING TODAY INSTRUCTOR'S MANUAL	3
652048	ARC CPR PROFESIONAL RESCUER PARTICIPANTS MANUAL	20
652222	ARC SWIMMING AND DIVING PARTICIPANTS MANUAL	20
652223	ARC WATER SAFETY INSTRUCTOR'S MANUAL	3
329741	ARC INSTRUCTOR CANDIDATES TRAINING MANUAL	20

ANNEX C

SKILLS PROFILE

BASIC SWIMMER AND WATER SURVIVAL INSTRUCTOR TRAINING COURSE

CIN: A-012-1014

CDP: 300F, 300R, 300V, 00BM, 5577

<u>NO</u>	<u>OBJ</u>	<u>WT</u>	<u>SKILL OR KNOWLEDGE ITEM</u>
1.	1.0	.34	Upon completion of this unit of instruction, the student will complete certification requirements for the American Red Cross Lifeguarding Course without injury to personnel or damage to equipment.
2.	2.0	.33	Upon completion of this unit of instruction, the student will demonstrate knowledge and proficiency in aquatic skills, swimming, and water survival techniques without injury to personnel or damage to equipment.
3.	3.0	.33	Upon completion of this unit of instruction, the student will demonstrate knowledge of subject matter, curricula, policies and procedures necessary of a Navy Basic Water Survival Instructor without injury to personnel or damage to equipment.

ANNEX D

MASTER COURSE SCHEDULE

This annex contains the Master Course Schedules for the Basic Swimmer and Water Survival Instructor Training Course, which is the basic guideline for training of first class swimmers. The instructor may rearrange the order of topics presented to best use available assets; however, schedule changes must ensure that a logical progression of learning is maintained.

This annex contains an ideal Master Course Schedule. With the realization that swimming facilities are heavily booked throughout the Navy, the following information is given to allow scheduling flexibility.

1. Unit one must be taught prior to units two and three.
2. Lesson Topics 2.20 and 2.21 must be preceded by lesson plans 2.1-11 and lesson plans 2.15-2.18.
3. Lesson plans 2.1-2.11 must be taught in the order written and must occur before lesson plans 2.20 and 2.21.
4. Lesson plans 2.12-2.14, 2.19, 2.22 and 3.1-3.10 may be conducted at any time during the course.
5. Lesson plans 2.15-2.18 must occur in the order written and before lesson plans 2.20-2.21.
6. The Course Curricula Model Manager must approve additional scheduling changes.

Course Title: Basic Water Survival Instructor Course Schedule.

Operational Hours: 0730-1600
Length of Period: 50.0 minutes

Week One						Bottle
Topic No.	Type	Period	(Hours)	Topic	Ratio	Neck
<u>First Day</u>						<u>Ratio</u>
1.1	Class	01	1.0	Prerequisite Verification, Physical Health Screen and Class Overview		20:1
1.2	Class	02	4.0	ARC Lifeguard Training		20:1
	Lab	03	3.0	ARC Lifeguard Training		10:1
<u>Second Day</u>						
1.2	Class	04	4.0	ARC Lifeguard Training		20:1
	Lab	05	4.0	ARC Lifeguard Training		10:1
<u>Third Day</u>						
1.2	Class	06	4.0	ARC Lifeguard Training		20:1
	Lab	07	4.0	ARC Lifeguard Training		10:1
<u>Fourth Day</u>						
1.2	Class	08	4.0	ARC Lifeguard Training		20:1
	Lab	09	4.0	ARC Lifeguard Training		10:1
<u>Fifth Day</u>						
1.2	Class	10	2.0	ARC Lifeguard Training		20:1
	Lab	11	1.5	ARC Lifeguard Training		10:1
2.1	Class	12	0.5	Prerequisite verification, physical health screen and course overview for unit two		20:1
2.2	Lab	13	1.0	Swim Screen		10:1
2.19	Lab	14	3.0	Spinal Injury Management for Divers, SEALS, and		

Week Two					Bottle
Topic No.	Type	Period	(Hours)	Topic	Ratio Neck
First Day					Ratio
2.3	Lab	15	1.5	Teaching the Non-Swimmer	10:1
2.4	Class	16	1.0	Personal Flotation Device	20:1
	Lab	17	1.0		10:1
2.5	Lab	18	2.0	Survival Strokes	10:1
2.15	Lab	19	1.5	Conditioning Swim #1	10:1
3.2	Class	20	1.0	Types of Drowning	20:1
<u>Second Day</u>					
2.16	Lab	21	1.5	Conditioning Swim #2	10:1
2.6	Lab	22	1.0	Swimming in Organizational Clothing	10:1
3.5	Class	23	1.0	Application of Physical Principles When Teaching Survival Skills	20:1
				Rescue Swimmers	10:1
2.7	Lab	24	2.0	Treading Water	10:1
2.8	Lab	25	1.0	Methods of Staying Afloat	10:1
3.1	Class	26	1.0	Stress Awareness and Suicide Prevention	20:1
3.7	Class	27	0.5	Navy Swimmer Qualification, RTC, and OCS Curricula and Other Navy Water Survival Training Programs	20:1
<u>Third Day</u>					
2.17	Lab	28	2.0	Conditioning Swim #3	10:1
3.4	Class	29	1.0	Application of Educational Theory	20:1
3.3	Class	30	1.0	Teaching and Performing Extended Sea Survival	20:1
2.9	Lab	31	1.0	Underwater Swimming and Surface Dives	10:1
2.10	Lab	32	1.0	Abandon Ship Drill/Submerged Burning Oil Swim	10:1
2.11	Lab	33	1.0	Surface Debris, Surface Burning Oil, and Rough Water Swim	10:1
3.9	Class	34	0.5	Operational Risk Management	20:1
3.10	Class	35	0.5	Navy Integrated Training Resources Administration System (NITRAS)	20:1
<u>Fourth Day</u>					
2.18	Lab	36	2.0	Conditioning Swim #4	10:1
2.13	Class	37	1.0	Mask, Fins, and Snorkel Indoctrination	20:1
	Lab	38	1.0		10:1
2.20	Class	39	2.0	Learning to Conduct Swim Tester	20:1
	Lab	40	2.0		10:1

Fifth Day

3.6	Class	41	1.0	Improving Swimming Speed Through Training	20:1
3.8	Class	42	2.0	Oxygen Administration	20:1
2.12	Lab	43	1.0	Advanced Strokes	10:1
2.22	Lab	44	1.0	Using Games to Improve Swimming and Survival Skills	10:1
2.14	Class	45	0.5	Swimming for Lifetime Fitness	20:1
	Lab	46	1.0		10:1
2.21	Lab	47	1.5	Skills Test	10:1

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
a. Course Overview and Lifeguard Training	19.0	16.5		35.5
b. Instruction of Water Survival Skills	5.0	30.0		35.0
c. Survival Training Programs	9.5			9.5

2. Scheduled administration time

0

3. Total Training Time

80.0

a. Weeks	2
b. Days	10
c. Hours	80

ANNEX E

INSTRUCTIONAL MANAGEMENT PLAN

Course Management Data

1. Staff Requirements:

BILLET	DESIG	GRADE	BRANCH	REQUIREMENTS
Instructor	9510	E-6-9	USN/USNR	1
Lifeguard	NA	E-5 or above	Any	1

Note: Personnel to conduct this course are onboard. Billets will be shared with other courses.

Lesson Topics 1.2 (Lifeguarding), and 3.8 (Oxygen administration) may be taught by any qualified Red Cross Instructor (civilian or military).

2. Manning/Staffing Lectures and Labs:

a. A qualified Basic Swimmer and Water Survival Instructor or an Instructor Under Training under observation by a qualified instructor must conduct lectures (except lesson plans 1.2 and 3.8 as mentioned in #1 above.)

b. A qualified Basic Swimmer and Water Survival Instructor and a qualified lifeguard must be on the pool deck during all labs.

3. Facilities Requirements:

a. Classrooms must have temperature controls, adequate lighting for note taking, and seating capability for 20 students.

b. Training Pool Requirements:

(1) Markings: swimming pools shall be marked in accordance with Section 4-8, Chapter 4, of the Manual Of Naval Preventive Medicine.

(2) Pool water: Pool water shall be maintained in accordance with Sections 4-9 and 4-11, Chapter 4, of the Manual of Naval Preventive Medicine. Pool temperature will be maintained between temperatures of 78-88 degrees Fahrenheit. A variance of 2 degrees Fahrenheit above this does not require termination of training, but should not stay at that temperature for more than two days.

(3) Shower and Restrooms: Shower and restrooms areas will be maintained in accordance with Section 4-8, Chapter 4, of the Manual of Naval Preventive Medicine

(4) A well-ventilated space must be provided to store and dry wet training gear.

4. Equipment Requirements:

In addition to the prescribed equipment identified in Annex B the following equipment conditions are required.

a. Pools must have 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.

b. A portable emergency medical oxygen system, capable of delivering a continuous flow of oxygen shall be poolside ready for immediate use and shall be inspected prior to each training session. Commanding officers of training activities will ensure that oxygen system and Poolside Supplemental Oxygen Training Program is in compliance with the NETC Instruction 1500.20.

c. 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 or greater and approximately 50 feet in length.

(2) American Red Cross approved rescue tubes, for safety swimmer use. (Torpedo buoys may be substituted).

(3) A fully equipped backboard with head immobilizer and a minimum of three straps for the victim's chest, hips, and thighs.

(4) A first aid kit

(5) A telephone shall be immediately accessible with emergency numbers posted nearby.

(6) Ear wash (to prevent ear infection) shall be available. An acceptable solution is 2% acetic acid, 3% distilled water and 95% isopropyl alcohol

d. Required Personal safety equipment:

(1) Instructor: Ring buoy and whistle

(2) Lifeguard (in the water): Mask, fins, and rescue tube or torpedo buoy

(3) Lifeguard (on deck): Ring buoy and whistle

5. Alternate Training Plan

Students must complete all course objectives in order to graduate. Students must receive all lesson plan presentation. 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 Model Managers may waive certain events if factors (e.g. weather, medical) preclude the students from participating, the course objectives have been met, there is no Alternate Training Plan, and every effort has been made to complete the evolution. Missed training elements shall be annotated

as incomplete in individual training jackets.

6. Waivers and Special Training Situations:

Students must complete all course objectives and participate in all lesson plans in order to graduate. Approval to omit, delete or modify course materials must be approved by the Course Curriculum Model Manager.

7. Safety:

a. General

(1) Safety Management shall be per NETC Instruction 1500.20.

(2) The primary instructor is responsible for ensuring that all necessary precautions are taken before all 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 per NETC Instruction 1500.27.

(3) Staff will strictly adhere to safety requirements located in the lesson plans.

(4) In all cases possible, students shall be prevented from pushing themselves to extremis by lending assistance before a rescue is required. Instructional staff shall call a training time out, instruct students to grab a ring buoy etc. before a rescue is required.

(5) Once proper techniques are mastered, timed events can be achieved without extreme physical exertion. Staff shall terminate student participation in timed events and tests if the student's safety is in question, the student needs additional coaching, or he/she is expending too much energy to perform the skill.

(6) Anytime a student shows signs of panic, fear, extreme fatigue or lack of confidence, the instructor shall stop training, identify the problem and make a determination whether or not to continue training. Instructors shall be alert for any unusual behavior which indicates a student is experiencing difficulty and shall act immediately to ensure the student's safety.

(7) Hazing, improper or degrading rituals or stress producing activities not specified in the lesson plans are strictly prohibited.

(8) A qualified instructor and a lifeguard must be on the pool at all times during lab training.

8. Special Safety Precautions

a. Hyperventilation.

(1) Students participating in underwater activities 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 are prohibited.

(2) All underwater swimming evolutions (testing and training) shall be limited to a maximum distance of 15 yards.

(3) All staff will be alert for and rescue students who appear to be under water longer than is safe during practice or testing of any underwater swimming activity.

b. Screen tests

During the initial screen tests, watch students carefully. Swimmers often over-estimate their abilities in desperate attempts to stay with the class. Keep staff alert to watch the deep end carefully.

c. Emergency Action Plan

A local Emergency Action Plan shall be developed and implemented per NETC Instruction 1500.20 and OPNAV 1500.75.

d. Student illness/injury. Anytime a student becomes ill or injured, instructors shall stop the training, and notify the school department head. Instructors shall complete the Personal Injury Notification form NAVAVSCOLSCOM 6310/1.

e. Drop on Request (DOR) and Training Time Out (TTO)

Policies and procedures shall be conducted per NETC Instruction 1500.20.

f. Professional conduct.

All students and instructors will conduct themselves in a highly professional manner. Hazing through the use of improper or degrading rituals ("smurfing," "sharks and daisies," "ringing out," etc.) is strictly prohibited. Staff or student personnel involved in such activities shall be disciplined under the articles of the UCMJ.

g. Emergency Drills

Drills shall be conducted per NETC Instruction 1500.20.

h. Safety Standdown policy.

(1) Annual Safety Standdowns shall be conducted per NETC Instruction 1500.20.

(2) 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.

9. Records Keeping:

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

b. Water Survival Student Screening 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.

Student Flow Management Data:

10. Graduation

Students must complete all course objectives, lesson plans and laboratories to graduate. Completion will be documented in class rosters.

b. Academic Progress

Students who fail an exam will be:

- (1) Debriefed by the Division Officer.
- (2) Given academic counseling.
- (3) Assigned additional study.
- (4) Retested as soon as possible. Students who fail a retest shall be referred to a Progress Review Board (PRB).

c. Pool Progress

Students failing to meet minimum swim performance in the training tank shall be referred to the Division Officer for a review of the problem. The Division Officer can:

- (1) Assign remedial additional instruction or
- (2) Recommend the student be referred to a PRB

11. Remediation

Training activities shall conduct remedial training for academic and swim failures. This remediation must occur outside the eight hour training day. Appropriate lesson plans from this curricula shall be used to assist students. Remedial training, up to two hours additional instruction daily, may be assigned; however, a minimum of ten hours shall elapse between the additional instruction and the next scheduled event. Students failing to meet minimum levels of performance shall:

- (1) First occurrence - be assigned individual additional instruction as determined and documented by the Division Officer.
- (2) Second or subsequent occurrences - appear before a PRB to

determine if further training is warranted.

NOTE: For remedial swim additional instruction, all safety precautions shall be observed per this annex

12. Setback to Another Class

Students experiencing a setback in training for emergency, medical, PRB, or other reasons will be returned to training in the first available follow-on class. Course instructors who receive a "rollback" student shall be made aware of the reasons for the rollback.

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

Instructor Certification Program:

14. The Instructor screening and certification programs shall be per NAVEDTRA 135, NETCINST 1500.20 Moderate risk directives, and the Instructor Trainee Program.

Required qualifications and training of staff members shall be documented in individual training records.

15. 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.

ANNEX F

WARM-UP AND STRETCHES

- A. Have students swim 3-4 warm-up laps (50 yards each) of any survival stroke of their choice prior to all in water evolutions.

Stretching Exercises

- B. Lead students through the following stretching exercises prior to all in water evolutions.

1. Preparation

- a. Stretch within your limits without straining.
- b. Do not hold your breath while stretching and do not bounce.
- c. There is a difference between the feeling of stretch and pain. When you stretch you should stretch to a point where you are feeling an easy stretch then hold and relax. As you relax and the feeling of the stretch changes to a milder stretch, then stretch a little further until you get the feeling of a good stretch again.
- d. Hold stretches for a minimum of 20 seconds.

2. Types of stretches to perform

- a. **Side to side stretch:**
Arm straight up and grasp the left wrist with the right hand. Slowly lean to the right without bending forward at the waist. Repeat in the opposite direction.
- b. **Triceps stretch:**
Touch the left shoulder blade with the left hand and press down on the left elbow with the right hand. Repeat for right arm.
- c. **Posterior shoulder stretch:**
Stand with feet shoulder width apart. Bring the arm that is to be stretched across the chest. Use the opposite arm to pull the arm being stretched towards the chest until the stretch is felt in the posterior shoulder. Repeat for opposite arm.
- d. **Quadriceps stretch:**
Standing with left arm on bulkhead for support with right hand reach back and grab right ankle. Then pull ankle up towards buttocks keeping knees together. Repeat for left leg.
- e. **Groin stretch:**
While sitting with the soles of the feet together and back straight, grasp both feet and pull them as close to the body as possible. Gently pull toes upward, relaxing the musculature of the inner thigh, allowing the weight of the knees to stretch the muscles.
- f. **Calf stretch:**

- (1) Stand facing the wall approximately four feet away. Lean against the wall, bring the right leg forward while keeping the left leg extended and left heel flat on the deck.
- (2) After calf stretch, bend the left knee and shift weight forward to stretch achilles tendon.
- (3) Repeat (1) and (2) for the right leg.
- (4) Now stretch with both legs extended, heels flat on the deck.

Cool down

- C. Have students swim 2-3 slow laps (50 yards each) of any survival stroke of their choice after all in water evolutions.

ANNEX G

BASIC WATER SURVIVAL INSTRUCTOR COURSE FOR WATER SAFETY
INSTRUCTORS

This annex contains the Master Course Schedule for the condensed Basic Water Survival Instructor Course for American Red Cross Water Safety Instructors.

This annex contains an ideal Master Course Schedule. With the realization that swimming facilities are heavily booked through out the Navy, the following information is given to allow scheduling flexibility.

1. Lesson Topic 2.20 must be preceded by lesson plans 2.1, 2.2, 2.4 2.7. and lesson plan 2.15.
2. Lesson plans 2.1, 2.2, 2.4-2.7, 2.10 and 2.11 must be taught in the order written and must occur before lesson plan 2.20.
3. Lesson plans 2.13 3.3, 3.7, 3.8 and 3.10 may be conducted at anytime during the course.
4. Lesson plan 2.15 and 2.16 must occur in the order written and before lesson plan 2.20.
5. Lesson plan 2.15 may be performed in organizational clothing not to exceed 30 minutes based on discretion of instructor if students swim strokes to 1st class standards.
6. Lesson plan 2.16 may be performed in organizational clothing not to exceed 60 minutes based on discretion of instructor if students swim strokes to ist class standards.
7. The Course Curricula Model Manager must approve additional scheduling changes.

Course Title: Basic Water Survival Instructor Course Schedule.

Operational Hours: 0730-1600
Length of Period: 50 minutes

Week One					Bottle
Topic No.	Type	Period	(Hours)	Topic	Ratio Neck

First Day					
2.1	Class	1	0.5	Prerequisite verification, physical health screen and course overview for unit two	20:1
2.2	Lab	2	1.0	Swim Screen	10:1
2.4	Class	3	2.0	Personal Flotation Device	10:1
2.5	Lab	4	2.0	Survival Strokes	10:1
3.10	Class	5	0.5	Navy Integrated Training Resources Administration System (NITRAS)	20:1
3.7	Class	6	0.5	Navy Swimmer Qualification, RTC, and OCS Curricula and Other Navy Water Survival Training Programs	20:1
2.6	Lab	7	1.0	Swimming in Organizational Clothing	10:1

Week One					Bottle
Topic No.	Type	Period	(Hours)	Topic	Ratio Neck

Second Day					
2.15	Lab	8	1.5	Conditioning Swim #1	10:1
3.3	Class	9	1.0	Teaching and Performing Extended Sea Survival	20:1
2.13	Class	10	1.0	Mask, Fins, and Snorkel Indoctrination	20:1
	Lab	11	1.0		10:1
2.7	Lab	12	2.0	Treading Water	10:1
2.10	Lab	13	1.0	Abandon Ship Drill/Submerged Burning Oil Swim	10:1

Week One					Bottle
Topic No.	Type	Period	(Hours)	Topic	Ratio Neck

Third Day					
2.16	Lab	14	1.5	Conditioning Swim #2	10:1
2.11	Lab	15	1.0	Surface Debris, Surface Burning Oil, and Rough Water Swim	10:1
2.20	Class	16	2.0	Learning to Conduct Swim Tester	20:1
	Lab	17	2.0		10:1
2.21	Lab	18	1.5	Skills Test	10:1

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
a. Course Introduction Screen	0.5			0.5
b. Instruction of Water Survival Skills	6.0	15.5		21.5
c. Navy Training Feedback And Swimmer Qualls and Other Survival Training Programs	1.0			4.0

2. Total Training Time

23.0

- a. Days 3
- b. Hours 23.0

ANNEX H
INSTRUCTOR TRAINEE AND JOB QUALIFICATION REQUIREMENTS
FOR
BASIC WATER SURVIVAL INSTRUCTOR COURSE

A-012-1014

This annex contains the minimum instructor trainee and job qualification requirements to become certified as a Basic Water Survival Instructor. These requirements may be increased to tailor to a specific site. These requirements will not be decreased in any manner without prior approval from the curricula model manager.

Name: _____

RATE/RANK: _____

A-012-1014 BASIC WATER SURVIVAL INSTRUCTOR COURSE: INSTRUCTOR TRAINER

- | | Verification Signature/Date |
|---|-----------------------------|
| 1. Model Manager Approval | _____ |
| 2. 9502(Enlisted) or equivalent | _____ |
| 3. American Red Cross Lifeguard Instructor | _____ |
| 4. Graduate of A-012-1014 or other qualifications approved by Model Manager | _____ |
| 5. 1 st Class Swimmer Qualification | _____ |
| 6. Completion of Agency and local Instructor Certification Program | _____ |
| 7. Completion of Agency and local Moderate Risk Instructor Screening | _____ |
| 8. Brief Qualifier on Site Emergency Action Plan | _____ |

TEACH THE FOLLOWING LESSON PLANS TO A QUALIFIED A-012-1014 INSTRUCTOR TRAINER.

- | | | |
|------|---|-------|
| 1-1 | Health Screen and Course Overview Unit one | _____ |
| 1-2 | Lifeguard Training Course | _____ |
| 2-1 | Health Screen and Course Overview Unit Two | _____ |
| 2-2 | Swim Screen | _____ |
| 2-3 | Teaching the Non-Swimmer | _____ |
| 2-5 | Survival Strokes | _____ |
| 2-6 | Swimming in Organizational clothing | _____ |
| 2-7 | Treading Water | _____ |
| 2-8 | Methods for Staying Afloat | _____ |
| 2-9 | Underwater Swimming and Surface Dives | _____ |
| 2-10 | Abandon Ship Drill | _____ |
| 2-11 | Surface Burning Oil & Rough Water Swim | _____ |
| 2-12 | Advanced Strokes | _____ |
| 2-13 | Mask, Fins, and Snorkel Indoctrination | _____ |
| 2-14 | Swimming for Lifetime Fitness | _____ |
| 2-15 | Conditioning Swim | _____ |
| 2-20 | Learning to Conduct the Swim Tester Course | _____ |
| 2-21 | Skills Test | _____ |
| 2-22 | Using Games to Improve Swimming and Survival Skills | _____ |
| 3-2 | Types of Drowning | _____ |
| 3-6 | Improving Swimming Speed through Training | _____ |

Officer in Charge/Date