

LESSON PLAN

January 2004

COURSE TITLE: DCO Q-9B-0024

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 2.9

LESSON TOPIC: Third Class Swim Test

ALLOTTED LESSON TIME: 2.0 Laboratory

INSTRUCTIONAL SUPPORT:

Per Section 12.2.2 of U.S. Navy Water Survival Instructor's Manual, NETC P1552/16.

INSTRUCTIONAL REFERENCES:

Navy Swimming & Water Survival Instructor's Manual, NETC P1552/16

INSTRUCTIONAL AIDS:

1. Swimming Pool
2. Shirts and trousers or coveralls

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 3.0 Upon Completion of this unit of instruction the student will demonstrate knowledge of basic survival swimming skills, long-term physical training, health and fitness and establish a sense of value for having and maintaining a personal fitness program without injury to personnel or damage to equipment.

ENABLING OBJECTIVES:

Completely supported by this lesson topic:

- 3.12 Perform a feet first entry from a platform as per MILPERSMAN article 1414-010 into the water. Swim 50 yards using any survival stroke, American crawl, breaststroke, sidestroke, or elementary backstroke.
- 3.13 Remain afloat in a prone (face down) position for five minutes, lifting the head as needed to breathe.
- 3.14 Inflate shirt and trousers/coveralls.

CRITERION TEST: Third Class Swim Test

HOMEWORK: Remedial training as required.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION

A. Establish Contact

1. Introduce self, give rank and current job.
2. State background, schools, duty stations etc.
3. State question and answer policy.
4. State Training Time Out policy.

Display name and topic

5. Ask for medical concerns.
 - a. Has anyone gone to the hospital/branch clinic within 24 hrs?
 - b. Has anyone self-medicated within 24 hrs?
 - c. Does anyone have any disqualifying illnesses/conditions at this time?

Review Training Time Out policy. Focus on specific hand signals, verbalizations etc., which are needed during the Third Class Swim Test.

Refer questionable cases to the senior officer or his/her representative in the training activity or his medical representative.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

B. State Lesson Objective

Turn to cover page and paraphrase objectives.

C. Establish Readiness

1. Motivating Statements

Establish importance of the Third Class Swim test using personal experience and anecdotes.

2. Lesson Overview

a. Lesson Topic: Third Class Swim Test

(1) A 3rd class swimmer is described as a person who can stay afloat and survive without the use of a Personal Flotation Device (PFD) in open water long enough to be rescued in a man-over-board situation. The 3rd class swimmer qualification is the minimum entry-level requirement for all U.S. Navy Personnel.

b. Major teaching points.

Briefly outline material to be covered.

- (1) Test description
- (2) Grading Criteria
- (3) Remedial instruction
- (4) Safety Briefs
- (5) 25 yd Swim Screen
- (6) Rest break
- (7) Third Class Swim Test

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

A. Test Description

Describe the tests per the Navy Swimming and Water Survival Instructor's Manual NETC P1552/16 Chapter 12 section 12.2.2

1. Module One:

a. Deep water jump

Swimmer must step from the platform demonstrating the correct body position.

Body position is a graded part of 3rd class swim test. Height of platform not to exceed 15 feet.

b. 50 yard swim

Swimmer must complete 50 yard swim utilizing either the breaststroke, sidestroke, elementary backstroke or crawl stroke without stopping, standing, or holding onto the sides of the pool.

Strokes are a graded portion of 3rd class swim test.

c. 5 minute prone float

Prone float (face down) for 5 minutes.

2. Module Two:

Shirt and Trouser/Coverall inflation

Swimmers must inflate shirt and trousers/coveralls. Only one method of inflation is required.

Module one must be completed before Module two. Modules one and two do NOT have to be conducted on the same day.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

B. Test Grading

Performance Standards

Read the Third Class Swim Test performance standards from Chapter 13 Section 13.3 of the Navy Swimming and Water Survival Instructor's Manual.

C. Remedial Instruction

Describe availability of local remedial programs

D. Staff Safety Brief

Brief Staff on emergency duties and safety hazards

E. Student Safety Brief

Brief students on safety hazards and requirements.

F. 25 Yard Safety Swim Screen

1. Student Brief

- a. Ask students if there are any non-swimmers or anyone who feels that they may be unsafe taking either the screen test or the Third class swim test.
- b. Swim from the shallow end of the pool to the deep end of the pool and then exit the pool.
- c. Students who make the distance take the Third Class swim test.

DISCUSSION POINT

2. Administer the Safety Screen

G. Short Rest Break

H. Administer the Third Class Swim Test

RELATED INSTRUCTOR ACTIVITY

Position staff such that they can effect prompt rescue. Establish 2 testing lanes. Allow a maximum of 5 students per lane. Watch for those who may have over estimated their swimming abilities.

Ensure students are not fatigued before beginning the Third Class Swim Test.

Administer the Third Class Swim Test IAW Chapters 12 and 13 of the Navy Swimming and Water Survival Instructor's Manual NETC P1552/16

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY AND REVIEW:

A. State Lesson Objectives

Turn to cover page for objectives

B. Review Major Teaching Points

Briefly summarize

Application:

Procedures set forth in Presentation D-H above

Utilize safety guidelines identified in chapter 12 of the Navy Swimming and Water Survival Instructor's Manual NETC P1552/16.

EVALUATION:

Students will be evaluated on the procedures in this Lesson Plan, Presentation Section, paragraph B

ASSIGNMENT:

Assign students to appropriate remedial training.