

Rescue Swimmer Refresher Course



Overview/Course Introduction

LT 1.1

Enabling Objectives

- Identify the OPNAVINST 3130.6 series requirements for RSS training.
- Identify the NWP 3-50.1 series as it applies to RSS training.
- Identify and adhere to all safety precautions used during training.
- State the DOR/TTO policies and procedures.

Course Overview

Applicability:

The Rescue Swimmer Refresher Course is designed for individuals who have graduated from Rescue Swimmer School and are reporting to a rescue swimmer billet from a non-swimmer billet.

Course Overview (cont.)

Goals:

Students in the course will receive refresher training in Rescue Swimmer procedures and will learn of recent developments in equipment and procedures

Course Overview (cont.)

Evaluation:

Students must demonstrate correct Rescue Swimmer procedures during lab evaluations and demonstrate adequate physical fitness for Rescue Swimmer duties.

Requirements and Restrictions

- Taken directly from the current OPNAVINST's 3710.7 and 3130.6. Type Commanders may direct more stringent requirements and restrictions for their personnel.
- Refresher training (CAT II) is for previously qualified rescue swimmers for a period of one year or more. This two-week course will familiarize the student with new or updated procedures and equipment. Re-qualification in CPR for the Professional Rescuer will be included.

Requirements and Restrictions (cont.)

- Following participation in Rescue Swimmer training, entries shall be made in the appropriate training jacket.
- The NWP 3-50.1 is the Naval Search and Rescue Manual. It promotes and maintains standardization of SAR procedures, equipment, and techniques. Course content is mandated by this manual and should be used in conjunction with student guide.

Drop On Request / Training Time Out Policy

Drop on Request (DOR) Policy:

All RSSTP courses are designated as high-risk training and are voluntary. Accordingly, students have the option to individually request termination of training.

Drop On Request / Training Time Out Policy

Drop on Request (DOR) Policy:

In all cases where a student states a desire to DOR from voluntary training based on concern for personal well-being, appropriate action shall be initiated, including removal from training, referral of the student for medical, counseling or remedial action as appropriate, and review of the training environment, including training techniques. The scope and depth of these actions shall be determined by the nature of the complaint and the risk incurred in the training. A written summary of actions taken shall be made a permanent entry to the student's service record. In no case shall a student be coerced or threatened to induce him or her to return to training following a DOR.

Drop On Request / Training Time Out Policy

Training Time Out (TTO) Policy:

A TTO may be called in any training situation whenever a student or instructor expresses concern for personal safety or a need for clarification of procedures or requirements exists.

Drop On Request / Training Time Out Policy

Training Time Out (TTO) Policy:

A Training Time Out (TTO) may be called by any student or instructor in any training situation where they are concerned for their own or another's safety, or they request clarification of procedures or requirements. TTO is also an appropriate means for a student to obtain relief if he or she is experiencing pain, heat stress, or other serious physical discomfort. The purpose of the TTO is to correct the situation of concern, provide clarifying information, or remove the student or instructor from the possible hazardous environment. A TTO may be signaled with the abbreviation TTO, the words Training Time Out, crossed hands in a (T), a raised clenched fist, or other specific signals which will be briefed prior to a specific lab, test, or exercise. If the TTO signal is not acknowledged, the signaler shall shout "Time Out" (or other action as required by the training activity). The instructor shall attempt to relieve and remove the student from the possible hazardous environment. If an adequate number of instructors are available to allow training to continue safely, the lead instructor may elect to do so. However, if this is not practical, training will be stopped until the situation is corrected.

Course Overview (cont.)

Administrative Procedures and Regulations:

- Purpose of Student Screening forms, student critiques, and “medical up-chits.”
- In-water screening/testing, and remedial training.
- No alcohol consumption in the 12 hours prior to training.
- Security precautions available for personal valuables.

Course Overview (cont.)

Safety Precautions:

- Inform students of any known hazardous conditions that exist in the training environment, and of their responsibility to report any unsafe/unhealthy condition they may discover to the training staff.
- Inform students of the location of emergency equipment, fire exits, and the local procedures used in the event of a fire or other emergencies.

Course Overview (cont.)

Mishap/Near-Miss/Unsafe Condition Reporting Procedures:

- A mishap is any unplanned or unexpected event causing personnel injury, occupational illness, death, material loss or damage, or an explosion of any kind whether damage occurs or not.
- A hazardous condition is any situation which if allowed to go unchecked or uncorrected has the potential to cause a mishap.

Course Overview (cont.)

Mishap/Near-Miss/Unsafe Condition Reporting Procedures (cont.):

- A near-miss is when a mishap is avoided merely by chance.
- It is the responsibility of all Department of Defense personnel to report all mishaps, near misses, and any unsafe or unhealthy (hazardous) condition (s). If a mishap, hazardous condition or near miss occurs the student shall inform the instructor immediately. OPNAV 5100/11 with instructions is available for formal reporting.

Summary

- CAT II is designed for a previously qualified Rescue Swimmer who has not performed the duties of a swimmer for what period of time?
- *One year or more.*
- Saying "I quit" will result in removal from training. True or False?
- *True, the student would be treated as a DOR and referred to the Division Officer.*

