

## COURSE TRAINING TASK LIST (CTTL)

### SURFACE RESCUE SWIMMER SCHOOL

A-050-0500

#### Course Mission Statement

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 Naval Vessels. This training is considered to be a minimum for initial rescue swimmer training. Commands are encouraged to supplement this training with additional lectures and materials pertinent to local mission requirements.

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<u>No</u>	<u>Source</u>	<u>Duty/Task</u>	<u>Level</u>
1.	NWP 3-50.1 Naval Search and Rescue Manual	Identify the NWP 3-50.1 requirements for Surface Rescue Swimmer training	K
2.	OPNAVIST 6110.1 Physical Readiness Program	Describe the fundamental of physical conditioning	K
3.	OPNAVINST 6110.0 Physical Readiness Program	Perform Dry Land Conditioning program	S
4.	OPNAVINST 6110.1 Physical Readiness Program	Perform indoctrination level physical conditioning exercise	S
5.	OPNAVINST 6110.1 Physical Readiness Program	Perform Level One physical conditioning exercises	S
6.	OPNAVINST 6110.1 Physical Readiness Program	Perform Level Two physical conditioning exercises	S
7.	OPNAVINST 6110.1 Physical Readiness Program	Perform Level Three physical conditioning exercises	S
8.	OPNAVINST 6110.1 Physical Readiness Program	Perform Physical Fitness Out test	S
9.	USN Water Survival Instructor's Manual	Describe how performance of rescue swimmer skills is affected by the sea state, visibility, sea life, swimmer buoyancy, and other variables encountered in the water environment	K

10.	USN Water Survival Instructor's Manual	The student will perform basic rescue swimmer skills for 30 to 40 minutes in the the open water environment under daytime conditions	S
11.	USN Water Survival Instructor's Manual	The student will perform basic rescue swimmer skills for 30 to 40 minutes in the the open water environment under nighttime conditions	S
12.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the rear surface approach to an active/passive and conscious/unconscious survivor	K
13.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the rear surface approach to an active/passive and conscious/unconscious survivor in a simulated rescue situation	S
14.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the front surface approach to a passive/unconscious survivor	K
15.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate front surface approach to a passive/unconscious survivor in a simulated rescue situation	S
16.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the underwater approach to an active/conscious survivor	K
17.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate underwater approach to an active/conscious survivor in a simulated rescue situation	S
18.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the cross chest carry	K
19.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the cross chest carry in a simulated rescue situation	S
20.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the collar/equipment tow of a survivor	K
21.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate collar/equipment tow to a survivor in a simulated rescue situation	S

22.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the tired swimmer carry of a passive/conscious survivor	K
23.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate tired swimmer carry of a passive/conscious survivor in a simulated rescue situation	S
24.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the front/rear head hold release	K
25.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the front/rear head hold release in a simulated rescue situation	S
26.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedural steps for the front/rear head hold escape	K
27.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the front/rear head hold escape in a simulated rescue situation	S
28.	NWP 3-50.1 Naval Search and Rescue Manual	List day water entry procedures from ship/rescue boat	K
29.	NWP 3-50.1 Naval Search and Rescue Manual	Perform day water entry procedures from ship/rescue boat	S
30.	NWP 3-50.1 Naval Search and Rescue Manual	List night water entry procedures from ship/rescue boat	K
31.	NWP 3-50.1 Naval Search and Rescue Manual	Perform night water entry procedures from ship/rescue boat	S
32.	NWP 3-50.1 Naval Search and Rescue Manual	List parachute disentanglement procedures for day and night conditions for the quick fitting and torso harness	K
33.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate parachute disentanglement procedures for day and night conditions for the quick fitting and parachute restraint harness	S
34.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedures for parachute disentanglement from a ballooned canopy	K

35.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate procedures for executing parachute disentanglement for the ballooned canopy	S
36.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedures for a non-aviator rescue	K
37.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for a non-aviator rescue	S
38.	NWP 3-50.1 Naval Search and Rescue Manual	List the procedures for parachute disentanglement for multiple victim rescue	K
39.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for parachute disentanglement for the multiple victim rescue	S
40.	NAVAIR 1-13-1 series Manual	List the requirements for the maintenance of rescue swimmers equipment per current NAVAIR 13-6-1 series manuals/ maintenance requirement cards (MRC's).	K
41.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the functional operation of rescue swimmer's equipment per NWP 3-50.1 <ul style="list-style-type: none"> <li>a. Wet Suit</li> <li>b. Mask, Fins, and Snorkel</li> <li>c. Rescue Swimmer Harness</li> <li>d. LPU-28 (SAR-1)</li> <li>e. AN/PRC-125</li> <li>f. Drysuit, Rescue Swimmer</li> </ul>	K
42.	NWP 3-50.1 Naval Search and Rescue Manual	Perform Maintenance on rescue swimmer's equipment per current MRC's	K
43.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for donning mask, fins, and snorkel	S
44.	NWP 3-50.1 Naval Search and Rescue Manual	Demonstrate the procedures for clearing mask and snorkel	S
45.	NWP 3-50.1 Naval Search and Rescue Manual	Perform side/breast/crawl strokes while wearing mask, fins and snorkel	S

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| 46. | NWP 3-50.1 Naval Search and Rescue Manual | Describe the functional operation of the following rescue Devices per NWP 3-50.1 <ul style="list-style-type: none"> <li>a. Double Rescue Hook</li> <li>b. Unmodified Survivor Rescue Strop</li> <li>c. Rescue Litter/SAR MEDVAC Litter, Trail Line and Gloves</li> <li>d. Modified Survivor Rescue Strop</li> </ul>   | K |
| 47. | NWP 3-50.1 Naval Search and Rescue Manual | Place simulated victim into the following rescue devices in a water environment: <ul style="list-style-type: none"> <li>a. Double Rescue Hook</li> <li>b. Unmodified Rescue Strop</li> <li>c. Rescue Litter/SAR MEDVAC Litter, Trail Line and Gloves</li> <li>d. Modified rescue Strop</li> </ul>   | S |
| 48. | NWP 3-50.1 Naval Search and Rescue Manual | List the requirements for maintenance of emergency rescue equipment per current maintenance requirement card's (MRC's)  | K |
| 49. | NWP 3-50.1 Naval Search and Rescue Manual | Describe the functional operation of the following Emergency Rescue Equipment per NWP 3-50.1 <ul style="list-style-type: none"> <li>a. Embarkation Net</li> <li>b. V-Blade Rescue Knife</li> <li>c. Boat Hook</li> <li>d. Heaving Line</li> <li>e. Grappling Hook</li> <li>f. Life Raft</li> <li>g. Level A Medical Kit</li> <li>h. Shears, Material Cutting</li> <li>i. Hatchet</li> <li>j. Life Ring</li> </ul> | K |
| 51. | NWP 3-50.1 Naval Search and Rescue Manual | List the types of harnesses as outlined in NWP 3-50.1   | K |
| 52. | NWP 3-50.1 Naval Search and Rescue Manual | Describe the functional operation and hardware associated with various parachute harnesses  | K |

53.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the procedures for donning/doffing the following assemblies: a. Helmet assemblies b. RSSK assemblies c. Oxygen Mask assemblies d. Survival vest/Flotation Assemblies e. Anti-Exposure suit	K
54.	NWP 3-50.1 Naval Search and Rescue Manual	State the five stages of the Search and Rescue	K
55.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the SAR area conditions which will allow for the execution of a multiple rescue	K
56.	NWP 3-50.1 Naval Search and Rescue Manual	Determine the condition of the water surrounding the survivors at the rescue scene	S
57.	NWP 3-50.1 Naval Search and Rescue Manual	Determine the condition of the survivors at the rescue scene	S
58.	NWP 3-50.1 Naval Search and Rescue Manual	Formulate a rescue plan to effect a rescue of multiple survivors when given a rescue scenario	S
59.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the procedures for recovery of survivor/s from motor whale boat/RIB, forecastle and helicopter	K
60.	NWP 3-50.1 Naval Search and Rescue Manual	Describe the purpose and hazards of the following Survivor Marker/Locator Devices per NWP 3-50.1 a. MK-25 Marine Locator Marker b. MK-58 Marine Locator Marker c. Datum Marker Buoy d. Electric Marine Marker Light f. MK-13/MK-124 MOD O	K
61.	NWP 3-50.1 Naval Search and Rescue Manual	Identify the short title and content of publications applicable to the rescue swimmer	S
62.	NWP 3-50.1 Naval Search and Rescue Manual	Complete a rescue report SAR form 19-1/1 when given a rescue scenario	S

63.	NWP 3-50.1 Naval Search and Rescue Manual	Identify hand signals applicable to the specific rescue when given a rescue scenario	S
64.	NWP 3-50.1 Naval Search and Rescue Manual	Identify lighting devices signals when given a rescue scenario	S
65.	NWP 3-50.1 Naval Search and Rescue Manual	List all procedures and equipment used for the rescue of an aviator by rescue boat	K
66.	NWP 3-50.1 Naval Search and Rescue Manual	List procedures for recovering a REXTORP/Drone/Oscar	K
67.	NWP 3-50.1 Naval Search and Rescue Manual	List the safety precautions for recovering a REXTORP/Drone/Oscar	K
68.	NWP 3-50.1 Naval Search and Rescue Manual	Perform procedures for recovering a REXTORP/Drone/Oscar	S
69.	American Red Cross First Aid and CPR Instructor's Manual	Respond to an emergency per current American Red Cross Standards	S
70.	American Red Cross First Aid and CPR Instructor's Manual	Administer Adult CPR per current American Red Cross Standards	S
71.	American Red Cross First Aid and CPR Instructor's Manual	Administer Standard First Aid per current American Red Cross Standards	S
72.	American Red Cross First Aid and CPR Instructor's Manual	Administer Practical First Aid in a mock (moulage) Scenerio	S