

LESSON PLAN

JANUARY 2007

COURSE TITLE: Surface Rescue Swimmer
Course, A-050-0500

TERMINAL OBJECTIVES:
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

3.0 Upon completion of this unit of instruction, the student will perform approach and carrying procedures, release and escape, day and night water entry, execute the following escapes from a parachute: inadvertent entanglement in a collapsed parachute, trapped under a collapsed parachute, and will perform rescue procedures for a day and night condition in preparation for a recovery per NTTP 3-50.1 without injury to personnel or damage to equipment.

LESSON PLAN NUMBER: 3.3

LESSON TOPIC: Water Entry Indoctrination

ALLOTTED LESSON TIME: 2.0 Laboratory

INSTRUCTIONAL SUPPORT:

1 Laboratory instructor
Safety personnel and additional instructors as required per Annex E, Staffing Requirements, of Curriculum Outline

INSTRUCTIONAL REFERENCES:

1. NTTP 3-50.1, Naval Search and Rescue Manual
2. ANNEX E: RSS Emergency Action Plan

Enabling Objectives:
Completely supported by this lesson topic:

- 3.5 List the procedures for day/night water entry from ship/rescue boat per NTTP 3-50.1.
- 3.6 Perform day/night water entry procedures from ship/rescue boat per NTTP 3-50.1.

INSTRUCTIONAL AIDS:

1. Twelve foot deep Pool
2. Motor whaleboat trainer (if available)
3. Mask, fins, and snorkel
4. LPU-28
5. Swimmer's harness
6. Mock forecastle (if available)
7. Tending Line

CRITERIA TEST: None

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION:

A. Establish Contact

Display name and lesson topic.

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc..
3. State question and answer policy.
4. Reiterate training time out policy.
5. Ask the following questions:
 - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
 - b. Has anyone taken over-the-counter medications within 24 hours?
 - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to the department's senior medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

1. Motivating Statements

Establish importance and relevance of lesson material using personal

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Lesson Overview

experience or anecdote.

Briefly outline material to be covered.

a. Lesson Topic: Water Entry Indoctrination

b. Major Teaching Points:

- (1) Day water entry. (Forecastle)
- (2) Day water entry. (Rescue boat)
- (3) Night water entry. (Forecastle)
- (4) Night water entry (Rescue boat)

Demonstrate:
Students observe as one instructor demonstrates procedures and a second instructor explains.

PRESENTATION

A. Day Water Entry (Forecastle)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Don rescue strop. (do not attach arm retainer straps).
2. Connect swimmer's tending line to "V" ring on left shoulder of swimmer harness (underneath strop).
3. Swimmer assumes ready position at deck's edge (sit or stand).
4. Perform final gear check.
5. Lower swimmer to the water by J-bar Davit on command from rig captain.

Demonstrate

WARNING

Be prepared to fend off ship with hands and feet if ship is rolling (rough seas).

Students observe as one instructor demonstrates procedures and a second instructor explains.

WARNING

Swimmer will never jump over the side or get out of rescue strop until the rescue strop is in the water.

6. Swimmer swims clear of rescue strop upon water entry.
 7. Clear mask (if necessary).
 8. Give hand signal "I'm all right".
- B. Day Water Entry (Rescue Boat)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Deploy from the starboard bow.
 - a. Coxswain puts engine in neutral.
 - b. The rescue swimmer prepares for deployment.
2. Prepare to deploy swimmer after receiving permission from boat officer/coxswain.
 - a. Swimmer will sit on starboard bow.
 - b. The boat crewmember holds the rescue swimmer by harness, maintaining control of the swimmer while both scan water for debris.
 - c. Boat crewmember gives rescue swimmer one tap on the shoulder, then swimmer will roll to his/her left and come to rest on both hands, fins in water.
 - d. Boat crewmember will give rescue swimmer three taps on shoulder and release the swimmer's harness.

Note

The rescue swimmer tending line is optional when deploying from the rescue boat. The coxswain shall remain in close proximity and maintain visual contact of the rescue swimmer in the water.

- e. Rescue swimmer pushes away from boat, enters water, clears mask, and gives day signal "I am all right".

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Night Water Entry (Forecastle)

1. Don rescue strop. (do not attach the arm retainer straps)

NOTE

The rescue swimmer, the rescue strop, and the rescue hook shall be illuminated by chemical lights before lowering.

2. Connect swimmer's tending line to "V" ring on left shoulder of swimmer harness (underneath strop).
3. Swimmer assumes ready position at deck's edge (sit or stand).
4. Perform final gear check.
5. Lower swimmer to the water by J-bar Davit on command from rig captain.

WARNING

The swimmer shall never jump over the side or get out of rescue strop until rescue strop is in the water.

6. Swimmer swims clear of rescue strop upon water entry, clears mask, and gives night hand signal, "I am all right".

D. Night Water Entry (Rescue Boat)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Deploy from the starboard bow.
 - a. Coxswain puts engine in neutral.
 - b. The rescue swimmer prepares for deployment.
2. Prepare to deploy swimmer after receiving permission from boat officer/coxswain.
 - a. Swimmer will sit on starboard bow.
 - b. The boat crewmember holds the rescue swimmer by the harness maintaining control of the swimmer while both scan water for debris.
 - c. Boat crewmember gives rescue swimmer one tap on the shoulder, then swimmer will roll to his/her left and come to rest on both hands, fins in water.
 - d. Boat crewmember will give rescue swimmer three taps on shoulder and release the swimmer's harness.

Note

During night operations, the rescue swimmer shall be illuminated with chemical light before entering the water.

Note

The rescue swimmer tending line is optional when deploying from the rescue boat. The coxswain shall remain in close proximity and maintain visual contact of the rescue swimmer in the water.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. Rescue swimmer pushes away from boat, enters water, clears mask, and gives night signal "I am all right".

SUMMARY

- A. State Lesson Objectives Turn to cover page for objectives.
- B. Review Major Teaching Points•Briefly summarize.

APPLICATION: Check for understanding.

Practical application

1. One RSS instructor demonstrates all water entries while second instructor talks through procedure.
2. A swimmer tending line shall be utilized on all forecastle deployments.
3. Students conduct walk-thru on pool deck.
4. At least one instructor will be on the platform to ensure that it is clear for students to be lowered and to give three taps.
5. Rescue boat entries will be performed from the side of the pool or from motor whaleboat trainer.
6. All entries will be performed in the deep end of the pool to lessen the chance of injury.
7. It is not necessary for students to demonstrate night forecastle entry if a mock forecastle hoist is not available.
8. Students shall complete as many water entries as time permits.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

EVALUATION: None.

ASSIGNMENT: None.