

LESSON PLAN

January 2007

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

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 3.8

LESSON TOPIC: Combative Survivor

ALLOTTED LESSON TIME: 1.0 Classroom  
2.0 Laboratory

INSTRUCTIONAL SUPPORT:

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

INSTRUCTIONAL REFERENCES:

NTTP3-50.1 Naval Search and Rescue Manual

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

3.0 Upon completion of this unit of instruction, the student will demonstrate the proper rescue techniques of military and civilian personnel, day or night, utilizing appropriate SAR equipment for at-sea rescues as outlined in NTTP 3-50.1 and OPNAVINST 3130.6 series, without injury to personnel or damage to equipment.

Enabling Objective:

Completely supported by this lesson topic

3.14 Describe characteristics of a panicking survivor.  
3.15 State the procedures for survivor emergency flotation for both conscious and unconscious survivors.  
3.16 Demonstrate emergency floatation procedures for conscious and unconscious survivors in a simulated rescue situation.

INSTRUCTIONAL AIDS:

1. Trainee Guide
2. Rescue Swimmer's Equipment
3. Pool

- 3.17 List procedural steps for a combative survivor.
- 3.18 Demonstrate combative survivor procedures in a simulated rescue situation.
- 3.19 State modified recovery procedures for a combative survivor.
- 3.20 Demonstrate modified recovery procedures for a combative survivor in a simulated rescue situation.
- 3.21 State procedures for providing care for combative survivor while aboard the rescue platform.
- 3.22 Describe appropriate combative survivor hand signals.
- 3.23 Demonstrate appropriate combative survivor hand signals.

CRITERION TEST: Written test, Practical

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. Review Training Time Out policy
5. Ask the following questions:

- a. Has anyone gone to the hospital or 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 or conditions for which you are currently being evaluated?

Refer questionable cases to department medical representative for disposition.

B. State Lesson Objective

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 experience or

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Lesson Overview

a. Lesson Topic: Combative Survivor

b. Major Teaching Points:

(1) Survivor Characteristics

(2) Emergency flotation for survivors

(3) Combative survivor

(4) Modified recovery procedures

(5) Caring for combative survivor while on board  
rescue platform

(6) Combative survivors hand signals

anecdote.

Briefly outline material to  
be covered.

PRESENTATION:

A. Survivor Characteristics

1. Naval rescue swimmers are sometimes faced with situation where the survivor can be categorized as uncooperative. Uncooperative survivors can be categorized into two distinct types; panicked and combative.
2. Panicking Survivors:
  - a. Some rescues involve panicky survivors (even some aviators).
  - b. Appearance: Wide eyes, frantic activity, gasping for air and other similar behavior.
  - c. May attempt to grab and get on top of rescuer in order to keep his/her own head out of the water. Rescuers could be drowned in this manner.
  - d. Best defense: Do not get too close until you have assessed the situation and decided on the best approach for this survivor.
  - e. It may be possible to calm a panicking survivor by talking to them and explaining who you are and what you are doing.
  - f. Another means of calming a panicked survivor is to provide flotation.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

B. Procedures for giving up flotation to a conscious/unconscious survivor:

**Note**

When the survivor has damaged or no flotation, the swimmer may give up his/her SAR-1 vest. If the swimmer chooses to give up flotation, the rescue swimmer shall use the following conscious or unconscious survivor procedures.

1. Conscious survivor;

- a. Approach the survivor and establish communication, using the front surface approach.
- b. Upon reaching a distance of 6 to 8 feet from the survivor, execute a quick reverse.
- c. Remove rescue swimmer's mask, unclip and remove SAR-1, and replace mask.
- d. Inflate SAR-1, hold onto end of SAR-1 strap and pass to survivor. Instruct survivor to place SAR-1 over his/her head with pocket facing out.
- e. While survivor is donning SAR-1, the swimmer shall swim around to the right and behind survivor with strap in right hand.
- f. Place left hand across chest under SAR-1 and grasp buckle. Bring strap under both arms and clip into buckle. Tighten strap.
- g. Perform disentanglement procedures.

During the pool evolution, the in water instructor will have a fully inflated SAR-1, life ring, or a lifeguard bouy at the ready, used in the event that a student becomes in distress and will need the flotation. This will ensure more realistic training of a swimmer taking off his mask/SAR-1, replacing the mask, then giving flotation to the simulated survivor as per the procedures for a conscious/unconscious survivor in need of flotation.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Unconscious survivor;
  - a. Approach the survivor using the front surface approach and establish communications or determine unresponsiveness.
  - b. Upon reaching a distance of one arm's length from the survivor, execute a quick reverse.
  - c. Remove rescue swimmer's mask, unclip and remove SAR-1, and replace mask.
  - d. Inflate SAR-1 and place right arm through neck hole with pocket facing in.
  - e. Use front surface approach procedures.

**Note**

Remove survivor's oxygen mask/helmet/cranial if applicable

- f. Place SAR-1 over survivor's head with pocket facing out. This is done with rescue swimmer's right arm, while keeping survivor in a left hand cross-chest carry.
- g. Place left hand across chest under SAR-1 and grasp buckle. Bring strap under both arms and clip into buckle. Tighten strap.
- h. Check for breathing. Give two breaths if required.
- i. Perform disentanglement procedures.

C. Combative Survivor:

**WARNING**

Combative survivors may not initially desire to be rescued and may actively resist assistance from the rescue swimmer. The combative survivor may intentionally try to harm the rescue swimmer or themselves when approached. This type of behavior can continue indefinitely, even after repeated attempts by the rescue swimmer to provide assurance and recovery.

1. Indications that a survivor might be combative are:
  - a. Prior mentally unstable behavior, suicide attempt, voluntarily jumping into the water.
  - b. Suspected or known enemy, foreign personnel demonstrating hostility towards Americans or suspicious personnel aboard vessels being detained.
2. Combative Survivor Procedures

**WARNING**

The rescue swimmer shall not be deployed into the water to recover enemy or hostile survivors armed with weapons.

**WARNING**

Recovery of enemy or hostile survivors should only be attempted using a rescue boat or ship's J-bar davit with armed security personnel on station in the rescue boat or ships forecastle. Helicopter recovery of an enemy or hostile survivor should only be used under operational necessity.

**WARNING**

**A single rescue swimmer should not attempt the recovery of a combative survivor without assistance from a rescue boat and/or a second rescue swimmer.**

- a. Approach survivor and establish verbal communication. Attempt to calm the survivor with verbal reassurance and commands.
- b. If survivor is actively combative, do not attempt to immediately gain physical control of the survivor. The rescue swimmer should remain a safe distance (6-8 feet) from the survivor and assess the situation.
- c. If survivor does not have operable flotation, the rescue swimmer should attempt to provide a flotation device to the survivor while still maintaining a safe distance.
- d. Communicate with the rescue platform and brief the situation.
- e. Request assistance utilizing radio or hand signals:
  1. Request rescue boat assistance.
  2. Request the assistance of a second rescue swimmer. The second rescue swimmer is backup to the primary rescue swimmer and has the following responsibilities:
    - (a) Ensure the safety of the primary rescue swimmer.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) Assist the primary rescue swimmer as needed.
- (c) Deploy with rescue equipment requested by primary rescue swimmer.
- (d) Once on scene, the backup rescue swimmer may assume/help with communication duties to the rescue platform.
- (e) Assist the primary rescue swimmer as required.

**Note**

There are no dual rescue swimmer procedures. The backup rescue swimmer should act as a safety observer and assist the primary rescue swimmer as required.

D. Use the following modified recovery procedures:

1. Maintain 6-8 feet distance from survivor, remain vigilant (ready to render immediate assistance). Wait for the survivor to tire, calm down, and/or ask for assistance.
2. Be patient. Attempt to calm the survivor and provide flotation to the survivor if needed and/or practical.
3. Assume physical control of the survivor only when deemed safe. Do not attempt to rescue an actively combative survivor unless the following conditions occur:

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. The survivor requests assistance.
- b. The survivor becomes unconscious/incapacitated.
4. Ensure the survivor has no weapons.
  - a. If conscious, direct the survivor to maintain hands in view at all times.
  - b. Once physical control is established, the rescue swimmer shall remain vigilant for survivor to become actively combative or the presence of any weapons.
5. Recover survivor using appropriate device.

**Note**

The rescue boat or ship's J-Bar davit is the preferred recovery vehicle. If a rescue boat or ship is unavailable, recovery may be made to a helicopter.

**WARNING**

**In all cases (whether the survivor is determined to be combative, panicked, or cooperative) the rescuer shall not hoist the survivor from an overland or maritime environment without the proper application of the selected rescue device to include any and all safety straps or safety devices per all applicable publications and instructions.**

- a. Rescue strop:
  1. The rescue swimmer shall, in all cases, correctly employ the arm retaining straps prior to signaling "Ready for pick-up".

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

E. Care and control of a combative survivor on board the rescue platform:

1. The rescue platform shall notify the on-scene commander of the situation, survivor's condition, and request medical and security personnel assistance at the rescue platforms location.
2. The rescue platform crew shall remain vigilant during transit. A member of the crew or security personnel shall be stationed next to the survivor at all times during transit to provide immediate physical control if required.

**WARNING**

**Restraints will preclude the survivor from being able to egress/swim in the event of an aircraft mishap or rescue boat capsizing during transit. Rescue personnel may need to provide assistance to the survivor to egress the rescue platform in the event of a mishap.**

3. Once aboard the rescue platform, the survivor should be secured into a Medevac Litter at the earliest opportunity. If aboard a helicopter, cabin doors and windows should be secured.

**Note**

The rescue personnel shall assess condition of survivor and provide medical treatment during transit.

**Note**

Once rescue platform is safely aboard ship or ashore, transfer survivor to awaiting medical and/or security personnel.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

F. Hand Signals:

1. Request rescue boat assistance:
  - a. The rescue swimmer extends both arms directly overhead, palms placed together.
2. Request the assistance of a second rescue swimmer:
  - a. Rescue swimmer faces the rescue platform, raises one arm from side of body diagonally (45 degrees) palms down, fingers extended straight out and rotate arm in a circular motion.

SUMMARY

- A. State Lesson Objectives
- B. Review Major Teaching Points

Turn to cover page for objectives.

Briefly summarize.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

APPLICATION

**NOTE**

In water instructors will have a fully inflated SAR-1 at the ready, used in the event that a student becomes in distress and will need the flotation. This will ensure more realistic training of a swimmer taking off his mask/SAR-1, replacing the mask, and giving flotation to the simulated survivor as per the procedures for a conscious/unconscious survivor in need of flotation. Survivor will be briefed prior to the evolution to exhibit survivor characteristics outlined in LT 3.8.

- A. Instructor performs a day water entry and proceeds to perform combative survivor / giving up flotation procedures while another instructor talks students through in-water scenario. When complete, set up scenarios in the deep end of the pool.
- B. Combative Survivor:
  - 1. Students will perform proper procedures and utilize applicable hand signals as outlined in lesson topic 3.8.
- C. Giving up flotation:
  - 1. Conscious Survivor
    - a. Students will perform proper procedures for giving up flotation to a conscious survivor.
  - 2. Unconscious Survivor

Instructor demonstrate IAW  
LT 3.8

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

a. Students will perform proper procedures for giving up flotation to an unconscious survivor.

D. Instructors shall observe and critique the performance of each student for successful assistance and rescue of each survivor.

EVALUATION: Written test and practical.

ASSIGNMENT: None