

LESSON PLAN

January 2007

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

CLASSIFICATION: Unclassified

LESSON TOPIC NUMBER: 4.2

LESSON TOPIC: Mask, Fins, and Snorkel

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:

1. NTTP 3-50.1 Navy Search and Rescue
Manual

INSTRUCTIONAL AIDS:

1. Trainee Guide
2. Rescue Swimmer's Equipment

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 3.0 Upon completion of this unit of instruction, the student will demonstrate 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 Objectives:

Completely supported by this lesson topic:

- 3.26 Demonstrate procedures for donning mask, fins, and snorkel and procedures for clearing the mask and snorkel.
- 3.27 Perform side/crawl strokes while wearing mask, fins, and snorkel.

CRITERION TEST:

Job Sheet 4-2

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. State 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 department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Topic Guide and paraphrase objectives.

C. Establish Readiness

1. Motivating statements

Relate importance of lesson material using personal experiences or relevant story/anecdote.

DISCUSSION POINT

2. Lesson overview

a. Lesson Topic: Mask, Fins, Snorkel

b. Major Teaching Points:

- (1) Masks
- (2) Snorkel
- (3) Fins
- (4) Surface Diving

RELATED INSTRUCTOR ACTIVITY

Briefly outline material to be covered.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

A. Masks

- | | |
|--|--------------|
| 1. Check for proper fit and seal. | Demonstrate |
| a. Hold lightly in place without using strap. | |
| b. Seal edge should touch everywhere with no air leaks, gaps, or pressure points. | |
| c. Inhale gently | |
| d. Good fit - Mask will stay in place with light pressure alone. You should feel comfortable and secure. | |
| 2. Donning procedures | Demonstrate |
| a. Put mask on face | |
| b. Pull strap over back of head | |
| 3. Mask clearing methods-replacing water with air | |
| a. Method A | |
| (1) Press the top of the mask against forehead with palm of hand and slowly exhale through your nose. | Demonstrate. |
| (2) Air displaces the water and is forced out the bottom of the mask. | |
| b. Method B | |

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Place hands on sides of mask, then lift bottom of mask slightly away from face, and slowly exhale through your nose.
- (2) Air displaces the water and is forced out the bottom of the mask.

Demonstrate.

B. Snorkel

1. Attaches to left side of mask by snorkel keeper strap.
2. Snorkel clearing methods
 - a. Exhalation method - As swimmer returns to surface, keep face submerged so that tip of snorkel is above water and forcefully exhale through the mouth into the snorkel. Take a slow deep breath and exhale forcefully again to clear any residual water and then breath normally.
 - b. Gravity method - As swimmer returns to surface, look upward toward the surface keeping snorkel pointed downward, just prior to reaching the surface exhale into snorkel, as your face clears the surface continue exhaling and flip snorkel tip up by looking down. Take a slow deep breath and forcefully exhale into snorkel, then breath normally.

Demonstrate

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. Fins

1. Fit - Fins come in small, medium, and large sizes, with adjustable heel strap to accommodate different foot sizes. Work fins over foot as far as possible then pull strap up over heel. Straps should be adjusted so fins fit snugly. Straps that are too tight can cause painful foot cramps and loose straps will cause the fin to fall off.
2. Kick - Modified flutter is kick used when swimming with rocket fins.
 - a. Legs are kept straight, knees slightly bent, toes pointed.
 - b. Alternately flutter the legs up and down, moving them at the hip.
 - c. Fins are kept underwater when swimming on the surface.

Demonstrate

D. Surface Diving

1. Feet-first surface dive
 - a. Begin the dive while treading water, push arms down towards side while executing a flutter kick.
 - b. Push up and out of the water pointing fin tips down.
 - c. Allow body to sink until head is submerged, keep hands by your side.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

d. Rotate palms outward and push arms upward towards the surface.

e. Level out and swim forward underwater.

2. Pike Surface Dive

a. Bend at the waist, and look at the bottom of the pool.

b. Lift your legs completely out of the water.

c. Let the weight of your legs force you down, pull with your arms.

3. Diving precautions

a. When diving beneath surface, pain and discomfort may arise from:

(1) Mask squeeze

(2) Sinus squeeze

(3) Ear squeeze

b. To alleviate pain and discomfort you can either;

(1) Exhale slightly into mask.

(2) Valsalva to equalize sinuses and ears.

Demonstrate valsalva maneuver.

DISCUSSION POINT

(3) Ascend slightly if equalization will not occur.

Warning

If unable to equalize pressure using these methods, surface immediately. Continued descent could rupture eardrums and damage sinus membranes.

RELATED INSTRUCTOR ACTIVITY

Emphasize that if they cannot equalize the pressure using these methods they should surface immediately. Continuing their descent could cause ruptured ear drums and damage to the sinus membranes.

Turn to cover page for objectives.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

- A. State Lesson Objectives

- B. Review Major Teaching Points

Briefly summarize.

APPLICATION

NOTE TO INSTRUCTORS: Some students will initially be apprehensive about breathing with a snorkel. For an inexperienced snorkeler, nerves on the face and body sensing water signal the lungs to (involuntarily) gasp and hold breath. In most cases, this impulse can be overcome by becoming more comfortable in the water. Always allow students to gain confidence in one stage before moving on. Always be alert for signs of panic.

1. While students are in the shallow end of the pool have them take a normal breath and sit on the bottom of the pool and exhale through their nose. Students will be gently held down while they exhale steadily through their noses. Repeat until students are able to demonstrate skill comfortably. Have students change places and repeat skill. Practice until all students can

Explain the Shallow Water Blackout phenomenon and that hyperventilating is prohibited.

Instructor Demonstrate

During all evolutions student will surface with snorkel in their mouth.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

demonstrate this skill proficiently. Students experiencing difficulty with this skill must be completely remediated before they are allowed to attempt this skill in deeper water.

2. With students still in shallow end of pool, have students take a breath and submerge with their masks in hand. Have students put their masks on underwater and stand with their masks full of water and clear it using method A. Repeat until students demonstrate ability to perform comfortably and clear their mask with one steady breath. Next have students clear it underwater using method A. Repeat until students can demonstrate skill comfortably.
3. Repeat item #2 above using mask clearing method B.
4. In shallow end, have students take a breath, submerge until snorkel fills with water then surface and clear snorkel using exhalation method.
5. Repeat item #4 using gravity method.
6. Have one student per instructor swim out to six foot water and drop mask and snorkel to bottom. Submerge and retrieve mask, don it underwater and clear it using their preferred method prior to surfacing. Repeat until students are able to demonstrate skill comfortably.
7. Have one student per instructor swim out to the deep end and have them perform a pike dive and place their mask on the bottom of the pool. After they surface have them use the feet first surface dive and swim down to their mask, don it, and clear

Instructor Demonstrate

Instructor Demonstrate

Instructor Demonstrate

Instructor Demonstrate

After surfacing with cleared mask/snorkel, student will swim 15 meters to ensure comfort

DISCUSSION POINT

it using the method they prefer prior to surfacing. Remediate until students perform mask clearing correctly and comfortably or until the in water instructor observes negative progress.

8. Have students perform a perimeter swim while instructors check for proper flutter kick and swim techniques.

EVALUATION

Job Sheet 4-2
Written test

ASSIGNMENT

None.

RELATED INSTRUCTOR ACTIVITY

in water.