



**Sea Rescue**  
NATIONAL SEA RESCUE INSTITUTE  
AIR SEA RESCUE - Cape Town

**STANDARD OPERATING PROCEDURES**  
**Basic Training**

Revision date: 25 February 2005

## **Purpose**

Describes the actions and conduct of ASR crew assisting with Basic training at NSRI rescue stations.

22 Squadron is mandated to provide all NSRI sea rescue stations with basic training of ASR procedures. This basic training consists of the following:

- Helicopter orientation
- Safety when working with helicopters
- Hoisting from land, sea and off boats
- Trail line hoisting off boats
- Rescue Basket hoisting

An ASR team consisting of 5 members will accompany 22 Squadron helicopters during all Basic training at NSRI rescue stations.

The ASR team will enhance the Basic training by:

Actively assisting 22 Squadron, ensuring that the basic training is conducted safely.

Coordinating basic training logistics between the Squadron and the NSRI stations involved.

“Show the flag”. Demonstrate to all NSRI stations that the ASR Unit working together with the Squadron provides a professional value added service.

## **Dress Code and personal Equipment**

ASR crew may fly in standard uniform, i.e.  
Blue jeans, shoes, blue NSRI shirt and jacket.  
Blue shorts may be worn  
Closed shoes to be worn, no slaps  
Harnesses and life jackets must to be worn as directed by the team leader.

Personal kit to be kept to minimum but should include standard NSRI Musto jacket and preferably casual clothing with the NSRI logo.



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All rescue equipment to be packed into rescue containers provided.

### **Conduct**

During basic training ASR crew working on rescue boats and on the helicopter will be dressed into their wetsuits, wearing a harness, life jacket and having a mask available.

Other ASR crew may remain in uniform as directed by the Team Leader.

After the debriefing ASR crew may change into standard uniform for the flight back to base.

ASR crew must ensure that ASR equipment and personal equipment is secure and if left unattended, is secured in a safe place.

Should there be a social event after the basic training ASR crew may drink light alcohol drinks i.e. 2 beers max. while dressed in uniform.

### **ASR Team Leader responsibilities**

Contact the Station Commander a few days before hand to discuss the training objectives, Landing Zone preparation and finalise arrangements.

Exchange cell phone contact numbers of Station Commander/On Scene Commander.

Contact 22 Sqn to confirm exercise times, number of aircraft involved.

On the day (early morning) contact the Station Commander / On Scene Commander and coordinate take off times and obtain weather and wind conditions and confirm arrangements.

Agree on radio contact channels, usually Ch-9.

Confirm the LZ is safe and manned.

Team Leader is to conduct the Basic Training briefing according to this SOP.

During the training the Team Leader should at all times be in radio contact with the On Scene Commander and pilots.



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Team Leader must appoint an RO for each helicopter and rescue craft. The RO to be on board the Oryx at all times to ensure safety of NSRI crew and to assist the engineer. The RO must not “take over” roles and interfere with basic training, rather “take a back seat” and be available to teach and assist where necessary, ensuring safety at all times.

Team Leader to coordinate Emergency Medical Response and to brief the pilots and NSRI station on the plan.

### **ASR Crew Responsibilities**

Be correctly dressed in ASR kit.

Assist and teach NSRI crew, at all times ensuring safety and compliance to SOP's.

Ensure that **all** Station NSRI crew are exposed to training.

Be on the watch for potential emergency situations, identify, communicate and act appropriately.

Know how to communicate with the helicopters and to implement emergency stop of training exercises using the call sign. **RABBIT**

When communicating to a helicopter always use the call sign **ROMEIO** *your first name* This will help the pilot to know that an ASR crew member is communicating.

Avoid communicating on the radio, unless absolutely necessary. Allow the NSRI Station crew to communicate.

Be actively involved on scene during hoist training, assisting NSRI crew in getting into the strop correctly and providing ground communications with the helicopter using the Alpha headset.

Ensure that all NSRI crew are conducting themselves safely.

Do not discuss SOP's that are not relevant to Basic Training.



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ASR crew will at all times be available to assist NSRI crew with the training.

ASR crew are not to “take over” the stations roll in running the training, but rather to take a “back seat”, assisting where appropriate.

ASR crew to wear reflective hoods to easily identify themselves.

Intervene when necessary to correct errors and ensure safety. In the interest of safety, the ASR Team Leader for the exercise shall have the authority to prevent any NSRI member who has not attended the briefing from participating in the exercise.

Assist with Trail Line training. ASR crew to be on board the vessel from which the Trail Line is taking place and in the helicopter. ASR crew to teach and ensure that the Trail Line SOP is correctly performed.

ASR crew are to be present and assist where necessary with ASR briefings and debriefings.

ASR hand signals are not part of Basic training.

All equipment must be washed in fresh water and returned to the ASR Crew room or Team Leader.

Crew members must operate from the Squadron. ASR members may not meet or depart the helicopters at the station where basic training is taking. All ASR members must travel to Ysterplaat and fly with the helicopters.

ASR spouses (maximum of two) may be invited to fly with the ASR team from 22 Sqn to the station and back again. Permission must be first obtained from the Team Leader who will seek authority from 22 Squadron.

ASR crew who’s station is participating in the basic training may not be used as ASR crew for the training.



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### Basic Training SOP's

In all SOP's the Aircraft will formate on the rescue craft. The aircraft commander will provide further instructions.

All NSRI crew to wear a wetsuit and helmet.

Booties should be worn

Life jackets are not compulsory if a wetsuit is being worn.

NSRI crew are encouraged to ear booties.

Basic Training for NSRI stations will consist of the following SOP's:

- 1 Safety Briefing
- 2 De Briefing after exercise
- 3 Ground hoisting for NSRI crew who have never been hoisted.
- 4 Hoisting of crew from the water.
- 5 Hoisting of crew from boats.
- 6 Hoisting of crew into boats.
- 7 Trail Line of crew member in a sling to and from a yacht or rescue crew
- 8 Hoisting of crew using the rescue basket.

The following SOPs are **not** part of Basic Training

- 1 Hoisting with a harness.
- 2 Rescue Craft formatting on the Aircraft.
- 3 Stretcher Trail Line operations.
- 4 Water Jumps.
- 5 Use of mask and fins.

### Summary

This is not an exhaustive list of Basic training responsibilities. It is expected that ASR crew will provide a coordinated assistance to the pilots and crew during basic training ops at NSRI stations.