



# Sea Rescue

NATIONAL SEA RESCUE INSTITUTE  
AIR SEA RESCUE - Cape Town

## STANDARD OPERATING PROCEDURES

### Basic Training Briefing

Revision date: 25 February 2005

### Purpose

Assist the ASR Team Leader to conduct a comprehensive briefing for basic training. These notes should be used during the briefing to ensure that all aspects of basic training are covered.

All NSRI crew to wear a wetsuit and helmet.
Booties should be worn
Life jackets are not compulsory if a wetsuit is being worn
Helmets must be worn

### Basic Training 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 boat
8	Rescue Basket hoisting.

### Equipment Required

Long Line / Trail Line	To be collected from the helicopter
1 Strop	To be collected from the helicopter
Rescue Basket	

### The pre exercise briefing

Immediately prior to the commencement of the exercise all participating NSRI members shall attend a briefing to be conducted by the ASR team leader in attendance. NSRI crew who have not attended the briefing shall NOT be permitted to participate in the Basic training exercise.



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## Helicopter Safety Briefing Agenda

Use this briefing template is a guide line for the person conducting the basic training safety briefing at NSRI Stations.

### Briefing

<b>Welcome</b>	By Hosting Station Commander
<b>Introduction</b>	Introduce Air Crew Introduce the ASR crews Identify NSRI Station Commanders
<b>What is Basic Training</b>	Opportunity for all NSRI crew to work with a helicopter and do the following: Dry hoisting for new crew members Wet hoisting Trail Line to big boats
<b>Who is 22 Squadron</b>	Where is the Sqn located What helicopters do you fly, What area do you cover What role does your sqn provide as part of SASAR
<b>Role of ASR Unit</b>	What is the ASR Unit Special NSRI Unit to support SASAR Currently two such units exist Hope to establish more
<b>About the helicopters</b>	Ask the co-Pilot to answer the following questions What are the emergency procedures What is the Total weight of Oryx and lifting ability Range and fuel capacity, no of crew and what they do What is the speed of the rotors Other questions
<b>Ground safety</b>	Approaching procedure and Safe areas Tail is no-go Lose items Blade Sail dangers Sloping Ground dangers
<b>NSRI Crew role</b>	NSRI crewman role in ground safety during landing and take off, Crew Guard Look out for cans umbrellas, children, protect the aircraft Give wind direction



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	Concentrate and focus
<b>Emergency Procedures</b>	In the event of an emergency Wait for rotors to stop turning Emergency exits Use of the call sign “ <b>RABBIT</b> ”
<b>Sea Bath</b>	Purpose of the Sea Bath - do’s and don’ts
<b>Use of a Strop</b>	How to climb into a strop correctly (and incorrectly)
<b>Cable Awareness</b>	Always know where the cable is Look at the engineer
<b>Trail line/long line</b>	Why use and what is the purpose of a Trail line/long line Weak link management
<b>Rescue Basket</b>	Purpose How to get in, 2 crew max, Cable awareness My be used together with a trail line
<b>Crew protection</b>	Participating crew must wear: Wetsuit Helmet
<b>Dry hoisting</b>	How many crew have never been hoisted Explain how this will work
<b>Wet hoisting</b>	Explain how this will work Water Hoisting out of the water procedure Safety in the back of the Oryx Where to sit ASR crew will assist engineer Swimmers to help by swimming to the strop and not waiting for the strop to come within reach
<b>Trail line procedure</b> <b>The Aircraft will formate on the rescue craft</b>	Purpose of the Trail Line /Long line Rescue Boat to position 15deg into wind at about 5kn Secure loose items on the boat Helicopter will lower Trail Line Line management by using a bucket Why Do not tie the trail line onto anything Not to be used from the water Do not pull Weak link too hard – restrictions Use trail Line to stop the crew from swinging
<b>Hand signals</b>	OK signal - Hand in the air Danger Signal - waving hand Stop hoisting Move away
<b>Communications</b>	VHF marine - Select channel



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	Confirm Aircraft frequency
<b>Boat Cox's</b>	Swimmer insertion techniques Deploy next swimmer to be hoisted in front of rotor wash so that helicopter avoids a circuit  Keep rescue boat is 1-O'Clock position to enable visual reference for pilot
<b>Exercise coordinator</b>	Identify exercise coordinator
<b>Call Signs</b>	
<b>Co-ordinator</b>	JOC
<b>Aircraft Oryx</b>	ORYX for basic training Atlantis for ASR training
<b>Allo</b>	ALLO
<b>Rescue Boats</b>	Confirm Rescue boat call signs
<b>Base and Mobile</b>	Confirm Base and mobile
<b>Other</b>	Yachts, ski boats , etc
<b>Portables</b>	Your name is the call sign
<b>Medical emergencies</b>	Station commander should have arranged this Confirm nearest Medical Facility Identify senior medics at station
<b>Mission Flying Area</b>	Identify Dry Hoisting area Discuss local restrictions Avoid whales etc
<b>Tasking</b>	Write on white board - procedure for the day Who is doing what when
<b>Emergencies</b>	Procedure in the event of an emergency Use of the word RABBIT
<b>HAVE FUN!!</b>	A word from the CEO Ian Wienberg Be careful out there Learn as much as you can Think how you can apply what you have learnt to you station environment Have fun and enjoy the experience



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### COMMUNICATIONS PLAN

Function	Channel / Frequency
Marine VHF Primary	
Marine VHF Secondary	
Marine VHF Emergency	
Airband Primary	
Airband Secondary	
Other 1	
Other 2	

### PARTICIPATING UNITS

Unit	PIC / Coxswain / Controller	Type	Callsign
Aircraft 1			
Aircraft 2			
Boat 1			
Boat 2			
Boat 3			
Boat 4			
Base			
Mobile 1			
Mobile 2			