



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

**STANDARD OPERATING PROCEDURES**

**Crew Selection Criteria**

Revision date: 19 January 2004

**Crew Selection Criteria**

**1. Description**

The primary mission of the ASR Rescue Swimmer is to provide 22 Squadron with the capability of deploying properly trained and conditioned ASR crew to assist with persons in distress in the maritime environment. The ASR Rescue Swimmer must have the flexibility, strength, endurance and equipment to function for 30 minutes in heavy seas, and the skills to provide basic pre-hospital life support for rescued survivors. It is with this in mind that the selection of ASR Rescue Swimmers is made. This SOP describes the process in for selecting NSRI crew members who apply to join the NSRI ASR program.





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**2. Application Details**

<b>Surname</b>		
<b>First Names</b>		
<b>Station</b>		
<b>ID Number</b>		
<b>Cell:</b>	<b>Home Tel</b>	<b>Office Tel</b>
<b>Email Address</b>		
<b>Home Address</b>		
<b>Motor Vehicle Reg:</b>		<b>Make:</b>

**3. Trainee Acceptance Process**

<b>Task</b>	<b>Approved By</b>	<b>Date</b>
<b>Log Book Verified</b>		
<b>Statcom Endorsement</b>		
<b>Medical fitness Check</b>		
<b>Radio License</b>		
<b>Medical Qualification</b>		
<b>Fitness test</b>		
<b>ASR Interview</b>		
<b>ASR Crew Acceptance</b>		



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#### Selection Process

All NSRI members from Region-1 and Region-2 are permitted to apply to join the ASR unit. Applicants must meet the pre-requisite selection criteria before being considered as a trainee ASR member.

#### 4. Exclusions

The ASR unit commander has the authority to over-ride the selection criteria after consultation with all the Team Leaders. This action will typically be done taken in the event that crew members highly qualified in other respects but that who do not meet all the ASR requirements becomes available to assist the ASR unit.

Specialist consultants in ASR operations may from time to time be appointed to assist the ASR unit with specialised training, evaluation and assistance.

#### 5. Pre-requisite selection criteria

The pre-requisite selection criteria are based on a strategy that will ensure that only the best NSRI crew are selected to join the program. The operating conditions and environment that a rescue swimmer is expected to operate in are harsh and requires a high level of discipline and physical ability. The risks are higher than those to which sea going crew are exposed, and therefore the safety of fellow ASR crew members is of utmost importance. Risk is significantly reduced by effective on going training. Potential ASR crew need to have NSRI sea going experience in order to understand how the search and rescue systems work and gain the necessary basic sea rescue experience that is required.

To be considered as a trainee on the ASR program, an NSRI crewman will have to meet the following criteria:

1	At least two(2) years and 250 hours logged sea time service with the NSRI, as a fully certified crew member serving at a NSRI station as sea going crew
2	Medically trained and registered with the HPCSA to at least BAA level
3	Valid restricted maritime VHF radio license
4	Medically fit to participate in a strenuous physical environment
5	Meet the requirements of the basic ASR fitness test Appendix-A
6	Endorsement from the member's Station Commander
7	Agree to the conditions of the ASR unit Standing orders
8	Interview and assessment by the ASR unit team leaders

## Crew Selection Criteria

### 6. ASR Trainee Selection Process

NSRI crew who meet the pre-requisite selection criteria will be invited to join the ASR program.

This document will be used as a trainee log book and must be kept as a record. All training including pool and airborne sessions must be logged.

It is important to note that during the selection process, for the purpose of safety of all concerned, the trainee must be clearly identified, particularly when undergoing actual pool and airborne training as safety could be compromised.

The trainee will first complete a number of pool sessions before being invited to airborne training. Once team leaders are satisfied with the performance and compatibility of the trainee, the trainee will be invited to attend air borne training sessions.

Only SOP's that do not compromise safety or possible injury may be undertaken.

An ASR member must be allocated to supervise the trainee at all times and may not be separated from the trainee at any stage.

### 7. ASR Trainee promotion to crew status

ASR Trainees will be promoted to operational full crew status as follows:

Once the trainee has been certified by a Team Leader as having demonstrated competency in the execution of the following SOP's and has being been certified by a Team Leader: as competent in their execution:

- 1 Basic helicopter safety
- 2 Detached hoisting
- 3 Direct hoisting
- 4 Double Direct hoisting
- 5 Water jumps
- 6 Stretcher procedures
- 7 Meets fitness requirements



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8 Open Water Swim (at least 1km)

All the training requirements must be signed off in the 'trainee's log book by a Team Leader.



## Crew Selection Criteria

### Appendix-A Pre selection fitness test

Potential ASR members must meet the following fitness requirements prior to being appointed an ASR trainee

#### Fitness Test

A	2.4 km run completed in 13 minutes or less.
B	30 push ups in 2 minutes.
C	35 sit ups in 2 minutes.
D	03 pull ups.
E	Change into swimsuit (maximum of 15 minute break), swim 20 lengths (200 meters) crawl stroke in 15 minutes or less without stopping.
F	4 lengths underwater with a max break of 30 seconds at each end
G	Sprint (crawl stroke) from a standing position in the shallow end of the pool to a position over a 3kg diving brick centered in the deepest end of the pool (at least 10 meters away). Submerge, pick up the brick and surface with brick overhead and tread water for two minutes.
H	4 length sprint in under 40 seconds

The following standards apply to the physical fitness screening test:

- A. Candidate must complete the test within a one hour time limit.
- B. Rest periods between exercise events are limited to a maximum of two minutes in duration.

Test will be administered by one of the following:

Qualified Rescue Swimmer in attendance  
 Team Leader.



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#### 8. Appendix-B Log Book Training Sessions

Date:	Description	Hours	Signed
	1 Km Sea Swim (with mask, snorkel and fins)		
	Boat Jumps (Drum Beat , Hout Bay)		
	TRANSACO Stretcher (Pool Session)		
	TRANSACO Stretcher (Airborne Session)		
	Direct Hoisting		
	Double Direct hoisting		
	Water Jumps		