



Sea Rescue

NATIONAL SEA RESCUE INSTITUTE
AIR SEA RESCUE - Cape Town

STANDARD OPERATING PROCEDURES

Water Jumps

Revision date: 26 May 2003

1. Description

Deploy ASR Rescue Swimmers into the water by jumping from a helicopter
This procedure will be used during training and operations.
Only ASR rescue swimmers certified may water jump from a helicopter.
A minimum of two(2) ASR Rescue Swimmers must be deployed at a time.

2. Definitions

Crew	Air Sea Rescue crew that are part of the National Sea Rescue Institute ASR Unit
ASR	Air Sea Rescue
RS	ASR Rescue Swimmer
WaterJump	Jumping out of a helicopter into the water

3. Equipment required

RS will be dressed in a wetsuit and booties.
Hood and gloves are optional.
Harness and life jacket joined by a carabineer
Attached to the harness is a short sling and snap hook, clipped back onto the harness.
Fins ,Mask and Snorkel

4. Training Requirements

Pool Training	Initial training by instructor to be recorded in log books In addition 3 ship jumps must completed
Airborne	Minimum of 4 per year To be recorded in RS log books

5. Safety Considerations

A safety boat must be in attendance during training



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6 Safety Considerations

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7 Procedure

7.1 Pre Exit procedure

The Helicopter height will be 10 - 20 feet above the water traveling into the wind at a maximum of 15 Knots
RO / Engineer gives signal of one(1) tap on the back to RS to move to exit positions and prepare.
Minimum of two(2) RS will take position at the exit doors
RS will move to the exit door, seated
Place fins under each arm secured by cord to the arm
Hold mask and Snorkel securely in the hand
As helicopter reaches correct attitude, disconnect from the safety lines

7.2 Exit procedure

The Engineer will signal of two(2) taps on the back that the aircraft is in correct position and that the Rescue Swimmers may jump when ready
RO will confirm that RS may jump based on safety, conditions and mission requirements
RS will jump if satisfied that it is safe to do so by stepping off facing towards the front of the helicopter
Immediately thereafter the next RS will jump, ensuring that it is safe to do so.
It is mandatory for the second RS to jump in order to meet the “buddy system” requirement. There should be no hesitation
Hands at the side of the body and feet together
Focus on the horizon to avoid falling at an angle.
As feet hit the water the body will fall forwards
RO / Engineer will observe the entry points
RS must give OK signal on surfacing
RS will then put on fins, mask and snorkel and proceed with the task



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7.3 Risks

Bad water landing can cause injury

