

Pool Training

ASR crew may only fly on condition that at least one(1) pool session is attended every month and that ASR crew completes the required 4 length time sprint.

Revision date: 18 May 2004

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 pool training that rescue swimmers must maintain in order to meet the minimum fitness standards.

1. 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

2. Training Requirements

Pool Training	ASR crew are required to attend at least one pool training session every month.
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Pool Training will take place at the Survival Centre.

Training starts at 17:30 and will be completed by 20:00

3. Indemnity

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NSRI ASR crew are covered by the NSRI health and safety policy. The Survival Centre are indemnified against any injury to ASR crew members. ASR crew must report any injuries to their Station Commander according to NSRI policy and procedures.

4. Equipment List

Team Leaders must ensure that the required equipment for training is collected from the Crew Room at Ysterplaat and transported to the Survival Centre

The following equipment is required for pool training sessions

Harnesses and life jackets
Masks, fins and snorkel
2 x rescue strops
Booties

5. Conduct

ASR crew will conduct their training, abiding by the rules and regulation of the Survival Centre Pool.

Rules and Regulations of the Survival Centre

Equipment must be used in accordance with specifications
Wet ASR crew must remain in the pool area and change rooms.
Pool area must be kept tidy
Centre must be locked after use in accordance with policy

6. Dress

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ASR crew are not required to wear NSRI uniform
Costume and T-Shirt/rash vest to be worn at all times in the pool

7. Structure of the Pool Training

Phase-1 Fitness Test

Phase-2 SOP Training

Phase-1

ASR crew may only fly in training and operation missions on condition that at least one(1) pool session is attended every month and that ASR crew complete the required 4 length time sprint.

	Activity	Time
1	20 Lengths freestyle	8min
	Rest Period	1 min
2	4 Lengths underwater 10 sec break after each length	
	Rest Period	1 min
3	Tread water. Passing a weight hold for a count of 5 (right hand only)	3 min
4	Rest period	1
5	Tread water 3 mins. Passing a weight hold for a count of 5 (right hand only)	2 min
	Rest period	1
	Tread water 2 mins. Passing a weight hold for a count of 5 (left hand only)	1 min



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

STANDARD OPERATING PROCEDURES

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	Rest period	
	Tread water 1 mins. Passing a weight both hands out the water left to right (fast)	
	Rest period	
	90 pushups 30 at a time	
	90 Situps 30 at a time	
	Body Lifts	3
	4 lengths sprint in	Max 40 Secs

Phase-2

The following SOP's may be exercised at the discretion of the team leader

1	Release Grips	
2	Water Wrestling	
3	Hoisting – basic	
4	Hoisting – direct	
5	Hoisting – Double direct	
6	Hoisting - Direct using no strops	
7	Transaco Stretcher /	
8	Water Jumps	
9	Mask clearing techniques	

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8. Log Books

ASR crew are to record all POOL training in their log books.
2 Hours may be recorded in the log pool for pool training
Entries must indicate what activities were trained
Log books must be signed by the Team Leader

9. Equipment Care and Maintenance

All equipment used must be accounted for

Equipment must be washed in fresh water and packed away
Team Leaders must ensure that all equipment is returned to the Crew Room at Ysterplaat as soon as possible.

