



UNITED STATES MARINE CORPS
MARINE CORPS RECRUIT DEPOT/EASTERN RECRUITING REGION
P.O. BOX 15001
PARRIS ISLAND, SOUTH CAROLINA 29905-5001

DepO 1500.10E
G-3

15 MAR 2017

DEPOT ORDER 1500.10E

From: Commanding General
To: Distribution List

Subj: MARINE CORPS WATER SURVIVAL TRAINING PROGRAM

Ref: (a) MCO 1500.52D Marine Corps Water Survival Training Program
(b) MCO 1510.125 Individual Training Standards for Water Survival Training
(c) DepO P1513.6E Recruit Training Order
(d) DepO 2000.1C w/ CH1 Mass Notification System
(e) DepO 5100.16F w/ CH1 Force Preservation Program
(f) NAVMED P-5010-4 Manual of Naval Preventive Medicine, Chapter 4, 2002 Edition
(g) MCIP 3-02.01 Marine Corps Water Survival, 2010 Edition
(h) American Red Cross Life Guarding Manual, 2012 Edition
(i) Water Survival Section Standard Operating Procedures

Encl: (1) Organization for Military Swim Training
(2) Operations and Administration
(3) Special Swim Training Programs
(4) Permanent Personnel Qualification
(5) Safety and Hygiene
(6) Red Dog Procedures
(7) Safety Officer Checklist
(8) Operational Risk Management Worksheet

1. Situation. The techniques and procedures contained in this Order are published for information and compliance by all personnel participating in the Marine Corps Water Survival Training Program (MCWSTP). This Order is applicable to all personnel conducting and supporting training in the MCWSTP, but is primarily oriented toward those conducting recruit training within the cognizance of the Recruit Training Regiment (RTR).

2. Cancellation. DepO 1500.10D.

3. Mission. To promulgate procedures for the effective and safe conduct of the MCWSTP, consistent with the references, for use aboard Marine Corps Recruit Depot (MCRD) Parris Island.

4. Execution

a. Commander's Intent and Concept of Operation

(1) Commander's Intent

(a) The Marine Corps is an amphibious force by design and as such operates in both land and aquatic environments. For this reason it is imperative that all recruits and Marines maintain a current water

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survival qualification. The Water Survival Section (WSS) will provide opportunities for Marines and recruits alike to maintain or increase their level of water survival qualification and subsequently increase the aquatic readiness of the active and reserve components of the Marine Corps.

(b) The WSS will conduct swim qualifications for recruits and Marines in accordance with all references and enclosures. Marines assigned to the Combat Training Tank (CTT) will train and certify recruits up to the water survival basic qualification level. Additionally, the WSS will conduct Marine Corps Instructor of Water Survival (MCIWS) training courses in order to certify Marines to earn the MCIWS MOS and serve as instructor at the CTT.

b. Subordinate Element Mission

(1) Assistant Chief of Staff (AC/S), Operations and Training (G-3)

(a) Conduct regular reviews of this directive.

(b) Ensure the Provost Marshall's Office (PMO) monitors Channel 3 (PMO Desk Sergeant), and conducts daily radio checks with the Combat Training Tank (CTT).

(c) Maintain the Program of Instruction (POI) and Master Lesson File (MLF) per ref (g).

(d) Conduct reviews of past "Red Dog" drills, identifying negative trends, and promulgate corrective action.

(e) Provide Emergency Medical Services (EMS), Advanced Cardiac Life Support (ACLS) response, and transport capability (Medic 1 and Medic 2) for all "Red Dog" drills and actual events.

(2) AC/S, Computer and Telecommunications (G-6)

(a) Maintain the telephone system in support of the "Red Dog" response system. "Red Dog" procedures are outlined in enclosure (6). Immediately inform the CTT, Branch Health Clinic Medical (BHCM), and Fire Department (Medic 1/Medic 2) personnel if the telephone system becomes inoperable.

(b) Ensure Support Battalion (SptBn) emergency radios are programmed for the emergency 911 frequency.

(3) AC/S, Quality Management (AC/S Q)

(a) Conduct staff action on allegations and complaints against Marine Corps Recruit Depot Parris Island (MCRD, PI) personnel and/or MCRD, PI.

(b) Provide staff cognizance over the Quality Assurance Evaluator (QAE) program.

(4) Commanding Officer, Recruit Training Regiment

(a) Train recruits and permanent personnel per the

references, relevant lesson plans, and in accordance with this order.

(b) Conduct "Red Dog" drills in accordance with supporting agencies, to maintain swim instructor and medical response proficiency. Report results to the Commanding General (G-3).

(c) Ensure all swim instructors are certified as Marine Corps Instructors of Water Survival (MCIWS: 0918), certified in American Red Cross (ARC) Cardiopulmonary Resuscitation, Automated External Defibrillator (AED), Oxygen Administration, Blood borne Pathogens, and Lifeguarding for the Professional Rescuer, before they are permitted to train recruits or permanent personnel.

(d) Ensure that the Regiment maintains a total of six MCIWS certified officers.

(5) Commanding Officer, Weapons and Field Training Battalion (WFTBN). Qualify permanent personnel per the references and this order.

(6) Commanding Officer, Headquarters and Service Battalion (HQSvcBn). Qualify permanent personnel per the references and this order.

(7) Commanding Officer, Naval Hospital Beaufort (NHB)

(a) Conduct regular bacteriological tests of the pool water at the CTT, not less than once every four weeks.

(b) Provide written authorization to continue MCIWS training for all personnel with infectious diseases.

(8) Director, Marine Corps Community Services (MCCS)

(a) Provide a Family Service Center Critical Incident Stress Debriefing team, as required, in the event of an actual "Red Dog" emergency.

(b) Be prepared to accommodate recruit use of the outdoor Olympic pool should the CTT become deadlined for repairs.

5. Administration and Logistics

(a) This revision contains a substantial number of changes and should be reviewed in its entirety.

(b) This Order is punitive in nature. Penalties for violations include the full range of statutory and regulatory sanctions for DoD employees. Violations may result in prosecution under the UCMJ for military personnel, as well as adverse administrative actions.

(c) Commanders will adhere to the Chain of Command and communicate via command channels on matters pertaining to recruit training.

(d) No subordinate commander of staff will communicate or conduct liaison with external higher or adjacent headquarters without

first coordinating with the Commanding General or appropriate Depot staff section.

(e) Direct liaison is authorized via established command channels between Depot staff exercising functional cognizance and subordinate commands' staff.


(f) Commander to commander communication on significant/priority issues is encouraged.

(g) Suggestions for improving the safety and quality of the MCWSTP are encouraged. Recommendations for modifications to this Order should be submitted via the chain of command to the G-3.

6. Command and Signal

a. Command. This Order is applicable to all MCRD, PI commands, unit and activities.

b. Signal. This Order is effective the date signed.


A. H. SMITH
Chief of Staff

DISTRIBUTION: A

ORGANIZATION FOR MILITARY SWIM TRAINING

1. Concept of Training and Safety. Per reference (a), the purpose of the MCWSTP is to reduce fear, increase self-confidence, and develop Marines with the ability to survive in the water. Water survival instruction is the responsibility of the Commanding Officer, Instructional Training Company (ITC), Support Battalion (SPTBn), as delegated by the Commanding Officer, RTR. Safety is inherent to command. Safety is also an integral element of training. Unit commanders and training personnel must work together to ensure that safety is a collective and collaborative effort. Commanders and training staff must ensure prevailing conditions provide for and promote a safe environment. Each officer, staff non-commissioned officer (SNCO), and non-commissioned officer (NCO) involved in swim training is responsible and accountable for safety. Any officer or SNCO/NCO who observes an unsafe condition or training not conducted in accordance with this Order is responsible to immediately intervene and stop training until the situation has been corrected or otherwise resolved. Accordingly, all personnel must learn and comply with their respective duties defined herein.

2. Training Requirements

a. The approved MCWSTP MLFs, maintained by the G-3, provide all the learning objectives recruits must accomplish during each period of swim training instruction. The lesson plans, this Order, and reference (c) complement each other and must be reviewed concurrently to ensure they are in agreement with reference (a). If, at any time, the lesson plans or reference (c) conflict with the safety guidelines provided herein, the more restrictive guidance will take precedence until such time as the conflict(s) can be resolved. Report any conflict(s) in guidance immediately via the chain of command to the G-3. Safety is paramount and will always take precedence over training.

b. In the event that a disagreement arises between the safety officer and a MCIWS on an issue involving recruit safety, training will cease and the Officer-in-Charge (OIC) of the Water Survival Section (WSS) will be notified. If he is unable to resolve the issue, notify the Commanding Officer, ITC, or in his absence the Commanding Officer, SptBn.

3. Duties and Responsibilities

a. WSS OIC. Due to the inherently dangerous nature of water survival training, the OIC provides organic officer oversight of all training and personnel at the CTT. The WSS OIC reports to the ITC Company commander and must have passed a MCIWS course. The WSS OIC provides guidance and leadership to instructors and to Safety Officers and ensures they each successfully carry out their duties. The WSS OIC will give a brief at the beginning of the swim week to the Safety Officer that will include clearly defining duties and responsibilities and the safety procedures delineated in this Order.

(1) The WSS OIC concentrates on the myriad of issues related to the daily functioning of the pool and supervises adherence to this Order during the execution of the Combat Training Tank's mission. The WSS OIC is responsible for:

- (a) Supervising all personnel assigned to the CTT.
- (b) Maintaining comprehensive knowledge of all orders and directives pertaining to the operation of the CTT.
- (c) Being a subject matter expert in training tank operations.
- (d) Serving as a point of contact for all training tank issues, and advising the Commanding Officer, ITC on all pertinent matters.
- (e) Being on hand during all scheduled recruit water survival training evolutions, excluding Water Exercise Therapy (WET).

(2) The WSS OIC also oversees all matters relating to water survival training, to include:

- (a) The proficiency, conduct, and discipline of MCIWS personnel providing water survival training to both recruits and Marines.
- (b) Serving as a subject-matter-expert on all swim inquiries and making recommendations pertaining to the conduct, evaluation, and execution of water survival training.
- (c) The operational safety and enforcement of policies and procedures for entry-level and sustainment level MCIWS training.
- (d) Ensure all Instructor-Trainers of MCIWS are certified in American Red Cross Lifeguard Instructor Course, Basic Instructor's Course, and pass the WSS IT written examination.

b. WSS Staff Noncommissioned Officer in Charge (SNCOIC). The WSS SNCOIC will be a certified Marine Corps Instructor-Trainer of Water Survival (MCITWS - MOS 0918), and be completely familiar with all orders relating to the instruction of water survival training. The WSS SNCOIC billet is for 12 months duration, but this requirement may be situation dependent based on the level of proficiency within the WSS. The SNCOIC is responsible for assisting and advising the WSS OIC in all matters relating to water survival training, to include:

(1) Ensure that all Drill Instructors assigned to the Combat Training Tank are MCIWS (MOS 0918) certified and have current American Red Cross (ARC) certifications in Lifeguarding and Cardio-Pulmonary Resuscitation (CPR) for the Professional Rescuer, ARC certifications in Automated External Defibrillator (AED) operation, Oxygen Administration, and Blood borne pathogens. The SNCOIC will conduct monthly evaluations of working MCIWS's assigned to the Combat Training Tank to ensure their continuing proficiency.

(2) Ensure all assigned MCIWS's are thoroughly familiar with this Order, the references, and all regulations pertaining to water safety/survival training and have passed a re-certification prior to being permanently assigned to a team. The SNCOIC is responsible for providing each MCIWS any and all additional training required.

(3) Ensure all assigned MCIWS's are proficient in Red Dog procedures. The SNCOIC will conduct both sustainment training and periodic Red Dog drills.

(4) Ensure all assigned MCIWS's are proficient in chemical level testing procedures to ensure the training tank water is safe for use.

(5) Ensure that there are at least two MCITWS in building 6008 (combat training tank) at all times during recruit qualification periods. There will be a minimum of four MCITWS's assigned to the WSS.

(6) Ensure a maintenance program is conducted for all assigned equipment and facilities.

(7) Ensure that on the first swim appointment, the company/series team receives the Safety Officer/Senior Drill Instructor (SDI) brief to familiarize them with training tank operations, Red Dog procedures, and DI requirements.

(8) Coordinate with Marine Corps Combat Service Support Schools (MCCSSS), Marine Corps Base (MCB), Camp Lejeune, NC, to teach MCIWS courses throughout the year in order to qualify DI's for the additional 0918 MOS.

c. WSS Team Leaders. The WSS consists of two equally manned teams of instructors, each led by a team leader. Team leaders are assigned by the WSS OIC based on experience level and proficiency. They are responsible for:

(1) Overall supervision, safety, training, and control of the respective swim appointment, and to ensure the appropriate staffing levels are met for the evolution.

(2) Monitor the fatigue level of all unqualified recruits to avoid any unsafe conditions. The WSS Team Leader will identify those recruits who in his judgment seem fatigued and send them back to the squad bay to rest and recover until the next appointment.

(3) Ensure all emergency equipment is on hand and operational.

(4) Ensure the following systems are tested and that they function properly or are within acceptable parameters prior to appointments:

(a) Red Dog alarm system and back-up hand held radio.

(b) Emergency telephone.

(c) Chlorine and pH levels.

(d) Air and water temperatures.

(e) Clarity of the water.

(f) Oxygen equipment is charged and ready for use.

(5) Ensure a member of the team properly maintains a duty log. This log will include, at a minimum, the following information:

(a) Results of "Red Dog" equipment tests that are conducted prior to each training event.

(b) Series counts and arrival times for training.

(c) Results of chlorine and pH level tests.

(d) Air and water temperature readings.

(e) Clarity of the pool water.

(f) Notifications made to supporting agencies in order to correct identified problems (e.g., water temperature too warm, chlorine level too high/low, etc.), to include the name of the person contacted and the time contact was made.

(g) Start and end time of "Red Dog" training evolutions.

(6) Ensure that all hatches are unsecured prior to the appointment and secured after the appointment.

(7) Brief the company/series team regarding their specific responsibilities and actions per this Order and relevant lesson plans.

d. MCIWS. When assigned to the Combat Training Tank and assigned to their respective WSS team, MCIWS's are responsible for the following:

(1) Ensuring the safety of the recruits. If an unsafe condition occurs, the instructor will stop the class/training immediately and correct the unsafe condition.

(2) Teaching and presentation of all classes in accordance with this Order and relevant lesson plans.

(3) Conducting training, testing, and remedial instruction for recruits and permanent personnel.

e. Primary Instructor. Before each class, a team leader will designate a primary instructor to conduct the period of training. The primary instructor conducting the period of instruction/appointment will:

(1) Systematically follow this Order and the relevant lesson plan.

(2) Present a safety brief prior to each swim appointment.

(3) Conduct a medical screening prior to water survival training. Those recruits who answer "yes" to any question on the screening form will be referred to a medical officer (MO) for disposition.

f. Company/Series Team. Company officers will supervise their recruits and ensure that water survival training is effective and safe. They will ensure that a safety officer is appointed and is present at all times during training. The safety officer is the commander's direct representative and is responsible for the overall safe conduct of that period of training. When a male and female company is on track, the officer requirement will be filled by a company officer from each respective company or series (e.g. male recruits/male officer, and female recruits/female officer). The safety officer leads the training company team consisting of the SDI's. Since swim training is designated as a low stress environment, green belt Drill Instructors are not allowed on the pool deck during all recruit swim appointments.

(1) The safety officer will acknowledge the acceptance of responsibilities utilizing the safety officer checklist.

(2) The safety officer will ensure:

(a) He/she signs for the water survival training using the checklist.

(b) Proper and safe conduct of training. Disagreements regarding the safe conduct of training will be resolved by the WSS OIC. Unresolved issues will be referred up the chain of command to the Commanding Officer, ITC, or Commanding Officer, SPTBn.

(c) That the proper number and billets of recruit supervisors are present.

(d) That recruits arrive at the Combat Training Tank at the prescribed time with the appropriate gear.

(e) That changes to the swim week training schedule are reported to the respective training battalion S-3 as soon as they are identified.

(f) That company team members place themselves where they can most easily monitor the safety of each recruit without interfering with the course of instruction. If an unsafe condition occurs, company team members will stop the class/training immediately and correct the unsafe condition.

(g) That company team members supervise all recruit preparations for swim training.

OPERATIONS AND ADMINISTRATION

1. Conduct of Training. Reference (a) establishes the criteria for water survival qualification of Marines and recruits. As such, all training personnel will scrupulously adhere to the qualification standards described therein.

2. Uniform for Qualification

a. Males

(a) Individually issued MARPAT green or desert utility uniform, unless clothing supply shortages prevent this.

(b) Pool issued boots.

(c) Physical Training (PT) shorts.

(d) Green T-shirt.

(e) White or tan socks.

b. Females

(a) Individually issued MARPAT green or desert utility uniform, unless clothing supply shortages prevent this.

(b) Pool issued boots.

(c) PT shorts.

(d) Green T-shirt.

(e) Bra.

(f) Tampons (vice sanitary napkins) as necessary.

(g) White or tan socks.

3. Recruit Water Survival Training Appointments. Recruit qualification will take place over the course of five training Days (TDs). Recruits will be qualified to Water Survival Basic (WSB). Recruits that pass all WSB events on the first attempt and without remediation will be assigned an Administrative Qualification Level of Water Survival Basic Plus (WSB+). Per reference (c), all Recruits self-identified as lacking swim confidence or having already failed to attain WSB will be afforded additional swim appointments via the Iron Ducks program. Recruits will attend swim appointments on the following schedule:

a. Day 1 (TD-18)

(1) Male and female companies are scheduled for one swim appointment. They will have either the morning appointment or the afternoon appointment. At the discretion of the WSS, both series of a male company

will have their appointment at the same time if the size of the company makes this option feasible. Irrespective of when the males attend, female companies will always attend the afternoon appointment on the first day of swim week.

(2) Swimmers who attempt WSB but do not qualify on their first attempt are considered swim unqualified (UNQ). These UNQ's will return to the squad bay and then return to the Combat Training Tank each day for the remainder of swim week (TD-19 to TD-22) for both morning and afternoon appointments until they qualify or are recycled to the next training company.

(3) Swimmers who are unable to attend swim appointments (medical follow-ups, dental, citizenship, light duty, etc.) will attend as soon as they are full duty. When they attempt to qualify WSB, regardless of what day it is, they will receive the amount of supervision required for a swimmer's first attempt. They will not require additional UNQ supervision unless they demonstrate that they are, in fact, an Iron Duck.

(4) Company staff will send recruits who have either failed to qualify WSB or who have failed to attempt WSB until all of their recruits are qualified WSB, or until swim week ends. If a recruit is unable to qualify during his/her respective swim week, they will be recycled to the next training company. If, after three weeks, a recruit still cannot qualify WSB, they will be processed for separation.

4. Swim Qualification Administration. To ensure proper swim qualification documentation, the following responsibilities and procedures apply:

a. WSS, ITC

(1) Create six-part platoon rosters (aka "Swim Folders") before each company/series initial swim training appointment.

(2) A MCIWS will annotate the swim qualifications for recruits on both sets of training rosters.

(3) Enter and certify the appropriate swim qualification codes for each recruit into the Marine Corps Integrated Management Systems (MCTIMS) upon completion of the swim week. Paper copies will be retained for two years.

SPECIAL SWIM TRAINING PROGRAMS

1. Water Exercise Therapy (WET) Program. Recruits assigned to Medical Rehabilitation Platoon/Section and Physical Conditioning Platoon/Section, and Marine's assigned to Basic Marine Platoon (BMP), Special Training Company (STC), SPTBn, are eligible to participate in the WET program. During a scheduled WET appointment, there will be at least one MCIWS supervising no more than 25 recruits/BMP Marines training in the shallow end of the pool. Up to 50 recruits/BMP Marines may be supervised by two MCIWS.

2. Other Swim Training. Opportunities for swim training for other than recruits and the WET program are limited, but highly encouraged. Requests for other swim training should be forwarded to SPTBn for consideration on a not to interfere with recruits basis.

PERMANENT PERSONNEL QUALIFICATION

1. General. SPTBn is tasked with qualifying permanent personnel as well as training MCIWS (MOS 0918).

a. Coordination

(1) Permanent personnel swim qualification of a unit will be requested through Depot G-3 and approved by RTR S-3 and WSS. Once training is approved, units will submit a roster with current qualifications and expiration dates, to the RTR S-3 at least ten working days prior to the requested training date.

(2) Permanent personnel swim qualification of small groups will be handled on a first come, first serve basis on Fridays between 0900 - 1230. Coordination for these qualifications will be made between the individual(s) requesting qualification and the WSS.

(3) BTR annotations of swim upgrades. Anyone attempting a swim qualification higher than WSB must bring their BTR showing current qualification status. This ensures that the current qualification has not lapsed and the Marine's current qualification is the one he is attempting. The next higher qualification can be attempted if the Marine desires. Failure to qualify at his current qualification level means the Marine is considered unqualified and must start at WSB to establish a new qualification date.

b. Transportation. Individual units will provide their own transportation to and from the pool.

c. Conduct/Supervision. The WSS OIC/SNCOIC is responsible for the overall conduct and supervision of the appointment, and one will always be present during a swim appointment of more than 20 permanent personnel. When there are more than 20 personnel, a non-qualifying officer or SNCO not participating in swim qualification will be provided by the training unit to be the designated safety officer. This Marine will not enter the water. The safety officer will:

(1) Inform the WSS OIC of any misconduct or violations and/or any other irregularities that may occur.

(2) Ensure all qualifying Marines receive a hygiene/safety brief. Marines that do not attend the brief will not be allowed to swim/qualify.

(3) Ensure that the training unit properly completes swim qualification rosters (NAVMC Form 11209) and that one copy is provided to the non-qualifying unit leader.

(5) Ensure that all gear is stowed and squared away, and the building area is policed before the using unit is dismissed from training.

SAFETY AND HYGIENE

1. Safety Regulations

a. General Safety Rules for all Qualifying Personnel. The following safety procedures apply:

(1) To limit fatigue, no one will attempt any portion of swim qualification more than three times without being removed from the water for a break. This break will be no less than 5 minutes in duration in order to give instructors time for remediation and to assess the individual's physical condition/fatigue.

(2) The Combat Training Tank and the surrounding areas are designated low-stress environments.

(3) A muster of training personnel will be taken by the training NCO/duty DI at the beginning of each water survival appointment.

(4) Two safety buoy lines, forming a buffer zone, will separate the deep and shallow ends of the pool during all swim training periods.

(5) Prior to entering the water, the WSS will give all qualifying swimmers a safety/pool procedures brief. This brief will include the following:

(a) Pool safety regulations.

(b) Red Dog procedures.

(c) Swimmer sanitation while undergoing instruction.

(d) Screening for medical disqualifiers.

(6) Directions to enter or leave the water will come from the MCIWS's assigned to WSS. No Marine or recruit will be forced to enter or remain in the water against his or her will.

(7) WSS Team Leaders will monitor the fatigue level of all unqualified recruits to avoid any unsafe conditions. The WSS Team Leader will identify those recruits that seem fatigued and remove them from the training environment to rest and recover until the next appointment.

(8) MCIWS personnel will maintain visual contact with personnel training in the water at all times.

(9) All Marines or recruits will be immediately and physically removed from the water by the closest MCIWS/MCITWS or as directed by supervisory personnel if an unsafe condition exists. Unsafe conditions are those that potentially place a swimmer in distress or in a life threatening situation. Supervisory personnel will err on the side of caution when determining whether an unsafe condition exists.

(a) Distress. Swimmers should be removed from the water if personnel assigned to train or supervise swimmers observe:

1. That a swimmer asks for help, screams or otherwise indicates distress or panic.

2. That a swimmer grabs or otherwise intentionally touches an instructor or another swimmer.

3. That a swimmer unexpectedly or unreasonably ceases movement.

4. That a swimmer ingests water which is not immediately spit out on the subsequent stroke.

5. That a realistic probability exists that a swimmer may be in physical distress.

6. Anything else that leads the observer to reasonably question the safety of the situation.

(b) A determination of whether a swimmer wants to continue training is not relevant to the decision to remove the swimmer from the water. Decisions to remove a swimmer from the water will err on the side of safety. When in doubt, remove the swimmer from the water.

(c) A situation is considered life threatening when a swimmer has a suspected spinal injury, is unconscious, or exhibits altered levels of consciousness.

(10) Discipline will be maintained. Running, pushing, shoving, or any other type of horseplay in the pool area, during training, is prohibited.

(11) Swimmers will remain clear of the training platforms except when conducting training.

(12) There will be no more than six recruits or Marines at a time on the five or ten foot tower and no more than one recruit or Marine on the ladder at a time using three points of contact and using all rungs.

(13) No one is permitted to dive from training towers or from the side of the pool except a MCIWS or MCIWS student. Non-MCIWS personnel may dive into the pool in the deep water side only, and only during an organized training event.

(14) No one will cross from the shallow to the deep end without direct supervision by a MCIWS.

(15) During swim qualification attempts, only MCIWS/MCITWS will retrieve gear or articles of clothing from the bottom of the pool, with the exception of the shallow water gear shed portion of WSB. Additionally, personnel training for or enrolled in a MCIWS course, or otherwise looking to increase their proficiency, are allowed to retrieve equipment from the bottom, as well as WSI/WSA students who desire to retrieve their own gear.

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b. Swim Training

(1) During all periods of swim training, Advanced Cardiac Life Support (ACLS) and transport capability by EMS must be available aboard the Depot. EMS is tasked as the primary and secondary responders to the Combat Training Tank. If, at any time during periods of swim training, ACLS and EMS

transport capability become unavailable, training will be suspended until that capability is restored. The EMS will notify the Combat Training Tank of any change in the availability status of EMS.

(2) The WSS OIC will be in building (6008) during all scheduled recruit swim training, excluding WET.

(3) A company officer as safety officer and SDI will be present whenever recruits are in the water during all swim appointments. The company officer will position himself to best observe training. If recruits are in deep water the safety officer must observe training from the deep end of the pool. All other DI's will remain in the DI lounge.

(4) There will always be at least two MCIWS on the pool deck at the shallow end or middle of the pool when recruits are in shallow or chest-deep water. The MCIWS are responsible for the safety of all recruits in the shallow and chest-deep areas and will be positioned to observe the entire area.

(5) A DI/safety officer safety brief will be given prior to the first swim appointment. This brief will explain the duties and responsibilities of all personnel involved in the water survival training process to include the training company staff. It will also present all the options available for the company's unqualified recruits.

(6) During swim qualification, reference (c) will guide MCIWSs' physical contact with recruits.

(7) Recruits on working parties will wear life jackets while working around the pool deck.

2. Pool Maintenance

a. The WSS will vacuum the pool daily.

b. Only Depot Facilities Maintenance personnel will enter the filter room.

c. For training, the pool water temperature will be maintained between 78°F and 86°F. The air temperature in the combat training tank facility should be kept at least three degrees higher than the water temperature. During summer, eight degrees higher than the water temperature is satisfactory. If the water temperature exceeds 88°F, permission to train must be obtained from the RTR CO. If the air or water temperature rises above or drops below the above defined temperature ranges, Facilities Maintenance will be called. Facilities Maintenance will respond expeditiously to minimize lost training time.

d. In the event that swim operations are moved to the outdoor facility, the above stated temperature ranges will be adjusted due to the inability to control the water and air temperatures outdoors. The water temperature should be maintained between 76°F and 90°F to conduct outdoor low intensity swim training. If the water temperature exceeds 95°F, permission to train must be obtained from the RTR XO.

e. There will be one chlorine/pH and one water/air temperature reading before the morning appointment, and before the afternoon appointment. All readings will be annotated in the Daily Pool Log Book. When the pH reading is above 8.0 ppm or below 7.2 ppm, or the free available chlorine (FAC) level is above 8.0 ppm or below 1.0 ppm, water management will be notified and an entry will be made in the daily pool logbook indicating the condition. If the reading is above or below the above defined levels swimming is not allowed.

f. Recruit working parties will be provided by the company on deck to support the maintenance and upkeep of the pool.

3. Hygiene Brief. Swim instructors will verbally screen recruits for the following:

- a. Light duty or no duty status.
- b. Been told by a medical provider not to enter a swimming pool.
- c. Stitches anywhere on the body.
- d. Feeling feverish.
- e. Discharge from the nose or ears.
- f. Currently diagnosed with a respiratory infection.
- g. Have been to the dentist within 24 hours, or bleeding from the mouth.
- h. Any person with open sores or wounds, skin diseases, bandages, ear aches, drainage from the ears, or any other signs of communicable disease or infection (i.e. pink eye, diarrhea, hand foot mouth, VGE, etc.) will not be permitted in the water unless written authorization is obtained from a medical provider.
- i. Prior to entering the pool area, all swimmers will take a fresh-water shower.
- j. Swimmers who have been outside the pool enclosure will not re-enter the water without taking another shower.
- k. Spitting or urinating in the pool or on the deck or contaminating the pool area in any way is prohibited.
- l. Bringing to the pool or throwing into it, any objects which may contaminate the pool, endanger the safety of swimmers, damage the filter system, or produce unsightliness, is prohibited.
- m. In the event of fecal, vomit, or any other known contamination, training personnel will be immediately removed from the water and Preventative Medicine will be contacted. Preventative Medicine will conduct a bacteriological analysis of the water and will provide guidance regarding the need for super-chlorination.
- n. The Preventive Medicine Officer will collect pool water samples and conduct bacteriological tests at least once a month. The SNCOIC of WSS will be present during these inspections.

4. Pool Safety Officer. One company officer for each company conducting training will be assigned as the Pool Safety Officer. He/she is required to be on the pool deck whenever recruits are in the water. The safety officer responsibilities include, but are not limited to:

- a. Ensure all training is safe and in accordance with this Order.
- b. Cease training, on an individual or group basis, if prescribed safety standards are not met.
- c. Report violations of the pertinent directives to the OIC or SNCOIC of the WSS, or the Commanding Officer, ITC.
- d. Ensure Recruit Incident Reports (RIRs) are submitted through the normal chain of command.
- e. Complete the Safety Officer Checklist prior to the commencement of training.
- f. Ensure the appropriate DI requirements are met and that all DI's attend the initial safety brief held on the beginning of the first appointment.
- g. Maintain accountability of swimmers.
- h. Ensure swim training is conducted in a low-stress environment.
- i. Ensure the training company staff attends the safety/hygiene/capabilities brief held 30 minutes prior to the first appointment.
- j. Take charge of those recruits who refuse to train or those who otherwise become a problem for the WSS instructors.
- k. Ensure proper instructor-to-recruit ratio is maintained.
- l. Ensure that recruits possess the proper attire for swim training.
- m. Ensure pH, chlorine, water and air temperature readings have been taken and recorded in the duty pool logbook.
- n. Ensure all pool hatches are unsecured before the swim appointment begins.
- o. Ensure the Red Dog communication system and alarms are operable.
- p. Ensure the company staff stays off the black mat near the edge of the pool so a safe distance is maintained between the WSS staff in zone.
- q. Ensure all recruits who, after coaching, continue to refuse to enter the water are processed through MHU to be evaluated for hydrophobia.

RED DOG PROCEDURES

1. Red Dog is the code word term used to describe and alert recruit trainers, Marines, recruits, and medical personnel that there is a life-threatening emergency situation at the Combat Training Tank. The actual term Red Dog, when communicated via an alarm to recruit trainers and medical personnel, automatically activates a series of events. Reference the WSS SOP (reference i) for more detailed RED DOG procedures.

2. The Red Dog system at the Combat Training Tank has two separate alarms. One is a loud buzzer located inside the pool area to alert all personnel within the pool area of an emergency. This alarm is activated by the use of one of the four hand-operated red emergency buttons located on either side of the deep section and shallow section of the pool. The second alarm activates automatically at the EMS dispatcher and occurs anytime a Red Dog telephone located next to a buzzer is lifted from the receiver. In the event the Red Dog phones are inoperable, the Motorola 400MHZ hand-held radio supplied by SPTBn S-4 to the Combat Training Tank will be used. The hand-held radio will be set to the emergency 911 frequency which is monitored by the PMO Desk Sergeant who will dispatch an ACLS team. Medic-1 and Medic-2 are the primary and secondary responders for all emergencies at the Combat Training Tank. In emergency cases not involving a life-threatening situation, but requiring medical attention, Medic-1 or Medic-2 will be called via 911 but the words Red Dog will not be used.

3. In the event that the first alarm buzzer malfunctions, the manual foghorn located at the Red Dog phones will be used.

4. When an actual Red Dog occurs, it will be conducted in accordance with the emergency action plan set forth below.

a. Shout the words Red Dog if the situation is or appears to be life threatening. The MCIWS closest to the victim, who observes the emergency is considered the primary rescuer and will initiate the rescue.

b. The Red Dog hand-buzzer will be activated in order to alert personnel within the pool area of the emergency. The MCIWS Team Leader closest to the emergency and not involved in the physical rescue will be responsible for this step.

c. Once the buzzer is sounded, all personnel will exit the water and stand against the nearest bulkhead until directed to move by a MCIWS/MCITWS. Once the water is clear, all training personnel will be moved quickly and safely into the locker rooms. DI's will conduct a head count and report to the Duty SDI and MCIWS Team Leader.

d. The MCIWS who activated the hand-buzzer will pick up the Red Dog phone while rescuers are assessing the victim's condition/vitals. This MCIWS will accurately and expeditiously relay information to the EMS dispatcher concerning the victim's condition. He or she will state: "this is a RED DOG emergency at the Combat Training Tank," and will then pass the following information in this order:

(1) ARC evaluation (e.g., unconscious, suspected spinal, lack of vitals).

(2) Any secondary information requested (e.g., time of incident, victim's age, name, EDIPI, platoon, Company, etc.).

(3) Remain on the line until the EMS dispatcher releases the MCIWS, whereupon the MCIWS will begin to utilize the RED DOG clipboard to record the sequence of life-saving events.

e. The victim will be removed from the water utilizing the spinal board, and the primary MCIWS responder will begin to administer basic life support. After initial care has been given an AED will be attached to the victim in order to establish a regular heartbeat and aid with CPR. Basic life support will continue until relieved by the Emergency Medical Services (EMS) team.

f. A MCIWS/MCITWS will move outside of the building, to the emergency access ramp, to direct EMS personnel.

g. MCIWS's not directly involved in the rescue will assist in moving recruits off the pool deck.

h. One Chief or Senior Drill Instructor and the safety officer will muster at the scene to identify the victim. If positive identification is not initially possible, the head count and platoon rosters will be utilized.

i. The MCIWS who activated the Red Dog phone system will fill out a Red Dog incident checklist located next to the Red Dog phone and brief EMS on what has transpired, including what basic life support has been administered. EMS will dictate at what point they take over.

j. If the recruit is transported, a DI will accompany the recruit.

k. The deck NCO will make the appropriate entries in the pool logbook. The WSS will notify the Commanding Officer, ITC, immediately. The Commanding Officer, ITC will promptly inform the Commanding Officer, SPTBn, with subsequent chain of command notification being conducted.

(1) The WSS OIC Red Dog Coordinator will submit a written report to RTR S-3 and Commanding Officer, ITC as expeditiously as possible. The Commanding Officer, ITC will forward the report to the Commanding Officer, SPTBn for endorsement and forwarding to the Commanding Officer, RTR, for endorsement and forwarding to the Commanding General (Attn: G-3).

5. Red Dog Drills

a. A full-scale Red Dog drill will be conducted once a month with EMS as the primary responder. The purpose of the drill will be to ensure correct execution of the Emergency Action Plan (EAP) and prompt response by EMS personnel.

b. One in-house drill will be conducted weekly not requiring response from EMS.

c. All Red Dog drills will be coordinated with PMO personnel from ITC. The point of contact in the WSS will be the Operations Chief of the WSS.

d. Initiating the drill

(1) Once observation of the emergency situation has been made and the EAP is activated, the Red Dog Coordinator will identify to the MCIWS activating the Red Dog phone that it is drill. Recruits will not be used to simulate a victim during the drill.

(2) The safety officer will be notified just prior to the drill.

(3) A written after-action report detailing the results and recommendations for subsequent drills will be forwarded from the OIC of the WSS to the Commanding Officer, ITC, and kept on file for two years. A copy of the report will be provided to the RTR S-3 and Commanding General (Attn: G-3).

SAFETY OFFICER CHECKLIST

 / 1. As the Pool Safety Officer, I am required to be on the pool deck whenever recruits are in the water.

 / 2. If a MCIWS/MCITWS and I disagree regarding an issue involving recruit safety, I am to stop training and immediately notify the WSS OIC, WSS SNCOIC, or SPTBn chain of command, starting with the CO, ITC. I will direct all questions pertaining to interpretation of this checklist and the order to the WSS OIC.

 / 3. The proper number of recruit training company supervisory personnel must be present. To be eligible to supervise, Marines must attend the safety brief:

Day-1 safety brief: one officer, all DI's.

Day-1, 2, 3, 4, and 5 appointments: one officer, one duty SDI, one DI per series.

 / 4. I must ensure the proper instructor-to-recruit ratio is maintained. 1:4 for recruits initially attempting the tread water, survival float and/or blouse inflation portions of WSB. 2:1 for unqualified recruits attempting the 4 minute-stay-on-the-surface portion of WSB; one instructor in the water and one instructor on the land. For the self-rescue portion of WSB, for unqualified recruits, there will be a ratio of 2:1 MCIWS/MCITWS per recruit; one in the water and one on the side walking.

 / 5. I must ensure RIR's are submitted through the normal chain of command.

 / 6. I must ensure swim training is conducted in a low stress environment.

 / 7. All pool hatches are to be unsecured before the swim appointment begins.

 / 8. Any person with open sores or wounds, skin diseases, bandages, earaches, drainage from the ears, or any other signs of communicable infection (i.e. pinkeye, ringworm, pediculosis, diarrhea, etc.) will not be permitted in the water unless written authorization is obtained from medical.

 / 9. I must ensure all recruits scheduled for training at the pool are present or accounted for during the swim appointment.

 / 10. I will take charge of those recruits who refuse to train or those who otherwise become a problem for the WSS instructors. Recruits who refuse to train will not be forced to enter the water. No recruit will be forced into the water against his/her will.

 / 11. I understand that it is my responsibility to ensure that a MCIWS/MCITWS immediately removes a recruit from the water if an unsafe condition exists. Unsafe conditions are those that potentially place a swimmer in distress or a life-threatening situation. Supervisory personnel should err on the side of caution in determining whether an unsafe condition exists.

(a) Distress. Swimmers should be removed from the water if any personnel assigned to train or supervise swimmers observe:

1. That a swimmer asks for help, screams or otherwise indicates a sense of panic.

2. That a swimmer grabs or otherwise intentionally touches an instructor.

3. That a swimmer unexpectedly or unreasonably ceases movement.

4. That a swimmer ingests water, which is not immediately spit out on the subsequent stroke.

5. That a realistic probability exists that a swimmer may be in physical distress for any reason.

6. Anything else that leads the observer to reasonably question the safety of the situation.

(b) A determination of whether a swimmer wants to continue training is not relevant to the decision to remove the swimmer from the pool. Decisions to remove a swimmer from the water will err on the side of safety. When in doubt, take the swimmer out.

(c) A situation is considered life threatening when a swimmer has a suspected spinal injury, is unconscious, or has weak vital signs.

/ 12. I will ensure the deck NCO has tested the Red Dog Alarm and the system is operable (internal buzzer & phone system).

/ 13. If pH reading is above 8.0 or below 7.2, I will ask WSS personnel to notify Water Management at extension 3834. If the reading is above or below the preceding limits, swim training will not be allowed.

/ 14. I will ensure the deck NCO records the temperature, chlorine, and pH readings in the pool logbook.

/ 15. I understand that when utilizing the indoor pool during TC 1 or L5, recruits will continue to swim. If a power outage occurs, recruits will be removed from the water until power is restored. If neither part of the Emergency Notification System (Red Dog Phone or the 911 line) is functioning, and none of the radios are present, then training will cease.

/ 16. I understand that, when utilizing the outdoor pool during TC 1, recruits will be removed from the water if lightning is observed. Also, if L5 is sounded, all personnel must exit the water and not reenter until all clear is sounded. / 17. I understand that before being relieved of the responsibilities of safety officer during the period of instruction, my relief must complete the safety officer's checklist and the relief noted in the deck log book.

/ 18. I have been provided a current copy of the MCO on Marine Corps Water Survival Training and the DepO on Marine Corps Water Survival Training and I am familiar with the contents.

____/____19. The air temperature in the combat training pool building should be kept at three degrees higher than the water temperature; eight degrees higher in the summer is acceptable. If the water temperature exceeds 90° F, permission to train must be granted by RTR CO.

____/____20. If the FAC reading is above 8.0 ppm or below 1.0 ppm, ask WSS personnel to notify Preventative Maintenance. If reading is above or below the preceding limits, swim training will not be allowed.

ACCEPTANCE

I understand the requirements stated above and accept the duties as safety officer for this block of training.

_____(SIGNATURE)

_____(PRINTED NAME/GRADE)

_____(TIME/DATE)

*****FOR CHANGE-OVER OF SAFETY OFFICER*****

_____(SIGNATURE)

_____(PRINTED NAME/GRADE)

_____(TIME/DATE)

OPERATIONAL RISK MANAGEMENT WORKSHEET

1. MISSION: Recruit and Permanent Personnel Swim Qualification and Training		2. DATE BEGIN: Continuous END: Continuous		3. DATE PREPARED: 20160104		4. DESIGNATOR NUMBER: ORM SHEET # 1	
PREPARED BY: WSS OIC							
SIGNATURE							
RANK/LAST NAME/DUTY POSITION		2. INITIAL RISK LEVEL		3. RESIDUAL RISK LEVEL		4. HOW TO IMPLEMENT	
1. HAZARD	2. INITIAL RISK LEVEL	2. CONTROLS	3. RESIDUAL RISK LEVEL	4. HOW TO IMPLEMENT	5. HOW TO SUPERVISE	6. CONTROLS EFFECTIVENESS	
Dehydration / Heat Cramps	2	<ul style="list-style-type: none"> -Proper hydration. -Proper nutrition. -Proper rest. -Water breaks. -A safety vehicle will be on hand to evacuate casualties. 	4	<ul style="list-style-type: none"> -Ensure personnel are given a proper hydration and nutrition class, and given plenty of time between drills to hydrate. -Personnel will be put in the shade when possible during breaks. 	<ul style="list-style-type: none"> -Instructors will closely supervise swimmers and monitor breaks. -Instructors are looking for involuntary spasms of large muscle groups. 	Effective	
Heat Exhaustion	2	<ul style="list-style-type: none"> -Proper hydration. -Proper nutrition. -Proper rest. -Water breaks. -A safety vehicle will be on hand to evacuate casualties. 	4	<ul style="list-style-type: none"> -Ensure swimmers are given a proper hydration and nutrition class, and given plenty of time between drills to hydrate. -Swimmers will be put in the shade when possible during breaks. 	<ul style="list-style-type: none"> -Instructors will closely supervise swimmers and monitor breaks. -Instructors are looking for profuse sweating, weakness, nausea, cramps, and headache. -Swimmers will be put in the shade when possible during breaks. 	Effective	
Heat Stroke	1	<ul style="list-style-type: none"> -Proper hydration. -Proper nutrition. -Proper rest. -Water breaks. -A safety vehicle will be on hand to evacuate casualties. 	4	<ul style="list-style-type: none"> -Ensure swimmers are given a proper hydration and nutrition class, and given plenty of time between drills to hydrate. -Swimmers will be put in the shade when possible during breaks. 	<ul style="list-style-type: none"> -Instructors will closely supervise swimmers and monitor breaks. -Instructors are looking for hot, dry, flushed skin. -Swimmers will be put in the shade when possible during breaks. 	Effective	

Hyponatremia	1	-Proper nutrition. -Proper hydration. -Water breaks.	4	-Ensure swimmers are given a proper hydration and nutrition class, and given plenty of time between drills to hydrate. -Instructors will ensure swimmers are getting scheduled breaks during instruction/physical training. -Instructors will ensure swimmers are not pushed to the point of exhaustion.	-Instructors will closely supervise swimmers and monitor breaks. -Instructors will look for nausea, headache, confusion, fatigue, and cramps.	Effective
Exhaustion	2	-Scheduled breaks. -Proper hydration. -Proper nutrition. -Water breaks.	4	-Instructors will ensure swimmers receive a brief on how to properly move throughout the pool deck.	-Instructors will closely supervise swimmers during exercises and during breaks for signs of exhaustion. -Swimmers will be seated when receiving periods of instruction to prevent exhaustion.	Effective
Slipping from exiting/entering bleachers	4	-Implement no running policy. -Maintain a low stress environment. -Utilize handrails. -Slip proof mats in place.	5	-Instructors will ensure swimmers receive a brief on how to properly move throughout the pool deck.	-Instructors will closely supervise swimmers on the pool deck.	Effective
Movement around the pool deck	4	-Implement no running policy. -Maintain a low stress environment. -Swimmers will not walk on the black mat on the pool deck.	5	-Instructors will ensure swimmers receive a brief on how to properly move throughout the pool deck.	-Instructors will closely supervise swimmers on the pool deck.	Effective
Movement on towers and platforms	4	-One swimmer on the ladder at a time. -No more than six swimmers on the platform at one time.	5	-Instructors will ensure swimmers receive a brief on how to properly move to and from the ladder and platform.	-Instructors will closely supervise swimmers on the platform and the ascending of the ladder.	Effective
Swimmer tripping over gear	5	-Swimmers will have time given to properly get dressed and test equipment for fit.	5	-Instructors will ensure swimmers receive a brief on how to properly apply gear and check for fit and safety.	-Instructors will closely supervise swimmers.	Effective

Swimmer illness (pneumonia, bronchitis, ear infections etc.)	3	-Swimmers will be screened before any swim or physical event.	5	-Instructors will ensure swimmers are screened before any event in which they are required to exert themselves.	-Instructors will closely supervise swimmers.	Effective
Hypothermia	3	-Swimmers will be screened before any swim or physical event. -Swimmers will not enter the water if the temperature falls below 76 degrees Fahrenheit.	5	-Instructors will ensure swimmers are screened before any event in which they are required to exert themselves.	-Instructors will closely supervise swimmers.	Effective
Overuse Injury	4	-Swimmers should follow ATC recommended pre-conditioning workout routine before the start of the course. -Swimmers are medically screened before the course and before each TD. -Swimmers conduct warm-up and cool-down exercise and stretching before and after each TD.	5	-Combat Training Tank is available to swimmers before the course starts. -ATC will be available to monitor and identify problems before they become overuse injuries. -ATC and instructors will ensure swimmers are afforded adequate time to conduct warm-up/cool-down exercises and stretching.	-Instructors and ATC will closely supervise swimmers.	Effective
Pack Swim	1	-Ensure sufficient spacing between swimmers entering the pool. -Ensure gear is worn properly before entering water. -Ensure swimmers understand execution.	2	-Instructors will position themselves with safety gear to best supervise the training. -Safety phones will be positioned on both sides of the pool deck. -Instructors will teach and show the proper fundamentals.	-Instructors will train in life guarding and stay abreast on current CPR procedures. -An AED will be located on the pool deck.	Effective

Gear Shed	1	-Ensure sufficient spacing between swimmers entering the pool. -Feet first entry. -A single file line will be maintained to better supervise.	3	-Instructors will position themselves with safety gear to best supervise the training. -Safety phones will be positioned on both sides of the pool deck.	-Instructors will train in life guarding and stay abreast on current CPR procedures. -An AED will be located on the pool deck.	Effective
Timed Water Tread	2	-No more than ten swimmers at a time conducting the float.	3	-Instructors will position themselves with safety gear to best supervise the training. -Safety phones will be positioned on both sides of the pool deck. -Swimmers will be given a class on how to properly use the blouse as a floatation device.	-Instructors will train in life guarding and stay abreast on current CPR procedures. -An AED will be located on the pool deck.	Effective
Deep water swimming	1	-Ensure sufficient spacing between swimmers entering the pool. -Ensure gear is worn properly before entering water.	3	-Instructors will position themselves with safety gear to best supervise the training. -Safety phones will be positioned on both sides of the pool deck.	-Instructors will train in life guarding and stay abreast on current CPR procedures. -An AED will be located on the pool deck.	Effective
Running	5	-Wear proper footwear. -Ability. -Proper PPE.	5	-Gradual increase of the distance. -Recruits will not participate ever, only Marine MCIWS and students.	-Instructor supervision.	Effective
Sprains/ Strain	4	-Swimmers conduct a dynamic warm-up.	5	-Integrate dynamic warm-up into conditioning training plans.	-Instructor supervision.	Effective

Rescue Escapes & Rescues	1	<ul style="list-style-type: none"> -Ensure sufficient spacing between swimmers entering the pool. -Ensure gear is worn properly before entering water -Ensure swimmers understand execution. 	2	<ul style="list-style-type: none"> -Instructors will position themselves with safety gear to best supervise the training. -Safety phones will be positioned on both sides of the pool deck. -Instructors will teach and show the proper fundamentals of a rescue. -Instructors will explain and ensure the "tap-out" rule is understood and used by the swimmers. 	<ul style="list-style-type: none"> -Instructors will train in life guarding and stay abreast on current CPR procedures. -An AED will be located on the pool deck. -Instructors will spot check while conducting rescues. 	Effective
Water Aerobics/ Weight Training	3	<ul style="list-style-type: none"> -Proper hydration. -Proper nutrition. -Proper rest. -Water breaks. -Swimmers will be instructed to always maintain their water source. -Start off slow and increase repetitions with time. -Ensure swimmers warm-up properly before conducting training event. -Closed toe shoes. -Spotters. -Weight training conducted prior to entering the water. 	4	<ul style="list-style-type: none"> -Ensure swimmers are given a proper hydration and nutrition class, and given plenty of time between drills to hydrate. -Instructors will demonstrate the proper procedures. 	<ul style="list-style-type: none"> -Instructors will closely supervise swimmers and monitor breaks. -Instructors will train in life guarding and stay abreast on current CPR procedures. -An AED will be located on the pool deck. -Telephones will be on either side of the pool deck. 	Effective
13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (underline one)				14. RISK DECISION AUTHORITY:		
RAC 1 (CRITICAL)	RAC 2 (SERIOUS)	RAC 3 (MODERATE)	RAC 4 (MINOR)	RAC 5 (NEGLIGIBLE)	WSS OIC RANK/LAST NAME/DUTY POSITION	