

S. C. Public Safety Divers Int'l
Swimming and Water Survival Agenda and Course Schedule

Class Level: Officer of Any Rank
Method of Testing: Written and Skills
Course Description: This course is designed to train Public Safety Personnel in the Instructional Aspects of teaching Swimming and Water Survival. Only SCPSDI trained instructors are authorized teach this program.
Objectives: <ol style="list-style-type: none">1. The Instructor Candidate will demonstrate/articulate the ability to instruct and correct swimmers strokes2. The Instructor Candidate will be able to correctly asses the swimmers abilities via class3. The Instructor Candidate will demonstrate proper 'Water Rescue' techniques in assisting a distressed swimmer4. The Instructor Candidate will learn to administer/develop written tests/exams per state/department regulations
Bibliography: " <u>Public Safety Water Survival Instructor Manual</u> ", S. C. Public Safety Divers Int'l Scranton, SC 2009, Current Edition.

ADDITIONAL INFORMATION:

- Instructor/Student can, at any time, stop any evaluation of training if they believe it is unsafe to continue
- Student evaluation training level be as follows;
 1. **Low**-Minimum Stress
 2. **Medium**-Semi-Stressful
 3. **High**-Very Stressful (As Real As It Can Get) based on actual cases/incidents
- Students are required to study all course materials
- Students must have an "Up-to-Date" Physical

Public Safety Swimming and Water Survival Course Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00	SCPSDI Instructor Trainer Bio/Intro. Review of Inst. Candidate Medical Statement and Paper Work	Homework Teaching Assignment	Homework Teaching Assignment	Homework Teaching Assignment (Pool Work/Skills)	Surface Oil/Debris/Rough Water Swimming (Pool Work/Skills)
9:00-9:30	Explanation of Instructor Candidate Final Skills Exam	Motivation- Laws of Learning- Factors Affecting Learning	Personal Flotation Devices (PFD)	(cont.) Homework Teaching Assignment (.30)	(cont.) Surface Oil/Debris/Rough Water Swimming (Pool Work/Skills)(.30)
9:30-10:00	Explanation of Instructor Candidate Final Written Exam		Maintaining Body Heat and Clothing Inflation	Crawl/Underwater Stroke and Surface Dives (Pool Work/Skills)	Course Review for Written Test
10:00 11:00	3 rd Class Swim Test(Pool Work/Skills)	Pre-Mishap Plan Safety and Rescue Equipment	Teaching Basic Swimming Strokes (Pool Work/Skills)	Correcting Strokes (Pool Work/Skills)	Written Exam
11:00 12:00	2 nd Class Swim Test (Pool Work/Skills)	Mental/Physical Adjustment to the Water	(cont.) Teaching Basic Swimming Strokes	(cont.) Correcting Strokes (Pool Work/Skills)	Test Review and Grades
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 2:00	1 st Class Swim Test (Pool Work/Skills)	Reducing Fears and Apprehension of the Water	Survival Float Back Float Treading Water (Pool/Work/Skill)	Preparation and Elevated Jump(s) (Pool Work/Skills)	Exam Re-Test if Needed
2:00-3:00	Review of Swim Tests	Breathing Techniques and Hyperventilation	Arm/Leg Action and Coordination (Pool/Skills)	Swimming and Apprehending Suspect Water (Pool Work/Skills)	Pool Skills Final Exam
3:00-4:00	SCPSDI Swimming and Water Survival Manual	Swimming/ Survival Training Preparation (Pool/Skills)	Elementary Back Stroke/Breast Stroke/Side Stroke/Combat Stroke(Pool Work/Skills)	(cont.) Full Gear Swimming and Apprehending a Suspect in the Water	Pool Skills Final Exam Re-Test if Needed. Debriefing
4:00-5:00	Homework Assignments End Of Day 1	Homework Assignments End Of Day 2	Homework Assignments End Of Day 3	Homework Assignments End Of Day 4	GRADUATION