MSFSC Training Information Bulletin 01-2010

Surface Rescue Swimmer Development Program

Prepared By: Military Sealift Fleet Support Command, Workforce Development Division

FEBRUARY 2010

This bulletin replaces MSFSC Training Information Bulletin 06-06 dated JAN 06.

MSFSC TRAINING INFORMATION BULLETIN
Surface Rescue Swimmer Development Program

References:

a. COMSCINST 3130.2 series, Military Sealift Command Surface Rescue Swimmer Program
b. MSFSCINST 12451.1 series, SRS Incentive Program
c. USN DD Form 2807, Report of Medical History, dtd Mar 07
d. USN DD Form 2808, Report of Medical Examination, dtd Jan 03
e. SRS School Application

Enclosures:

1. MSFSC SRS Program Application, (Memorandum)
2. MSFSC SRS Candidate Medical Screening, (Instructions and Checklist)
3. MSFSC SRS Try-Out/ SRS In-Test, (Instructions and Results)

Introduction and Background

The purpose of this Training Information Bulletin is to delineate policies and procedures for identifying and training Civil Service Mariner (CIVMAR) Surface Rescue Swimmers (SRS) for service aboard Military Sealift Fleet Support Command (MSFSC) vessels, amplifying the requirements contained in reference (a). MSFSC SRS' are entitled to certain incentives, as outlined in reference (b), in return for qualifying for this program. Topics addressed in this Bulletin include the SRS application process, physical exams, training pipeline, points of contact, and other relevant information.

MSFSC TRAINING INFORMATION BULLETIN
Surface Rescue Swimmer Development Program

I. PHASE 1: SRS Program Entry: (1-5 days)

Note: Completing these forms may allow candidates to try out for SRS training; however, it does not ensure acceptance into the SRS Development Program.

1) SRS Program Application. The MSFSC SRS Program Application, enclosure (1), must be signed and dated with the following three endorsements before the candidate is entered into SRS Development: SRS Program Coordinator or SRS Evaluator, SRS Marine Placement Specialist (MPS), and CIVMAR's current MPS.

2) SRS Medical Screening Checklist. Prior to participating in an SRS Try-Out, each candidate must complete the MSFSC SRS Candidate Medical Screening, enclosure (2), for review by an approved examiner. Approved examiners are as follows:

- Shipboard: Medical Service Officer (MSO).
- Shore-side: Local MSFSC Medical Department or Medical Representative at each MSFSC Training Facility.

3) SRS Development Timeline: SRS candidates have a MAXIMUM of 90 days to FULLY complete all requirements of the SRS Development Training. If extenuating circumstances arise, the SRS Program Coordinator may request an extension beyond 90 days, if in the best interest of MSFSC. An extension will only be granted if both the SRS Marine Placement Specialist and MSFSC Training Branch Head approve the training extension request.

4) SRS Try-Out. The MSFSC SRS Try-Out/ SRS In-Test, enclosure (3), is conducted to ensure that each SRS candidate is genuinely capable of successfully completing SRS Training. Each candidate must complete the Minimum Training Standards during their initial SRS Try-Out with an approved MSFSC screener to be considered for continuation of training.

- The SRS Try-Out will be conducted in accordance with the SRS Try-Out/ SRS In-Test Criteria, enclosure (3).
- Approved SRS Try-Out Screeners are as follows: SRS Program Coordinator, SRS Evaluators, designated SRS Screeners at MSFSC Training Facilities, currently qualified SRS' (if approved by the SRS Program Coordinator or an SRS Evaluator). Performance standards are as follows:

Minimum Training Standards	Target SRS Standards
Sit-Ups: 45 in 2 min.	60+ qualifies for SRS School
Push-Ups: 35 in 2 min.	52+ qualifies for SRS School
Pull-Ups: 2	2+ qualifies for SRS School
1.5 mile run: under 14 min.	Under 12 min. qualifies…
400 meter swim: under 13 min.	Under 11 min. qualifies…

Note: Each candidate will still have to pass ALL Target SRS Standards before being cleared to attend the U.S. Navy SRS School.

- The SRS Program Coordinator will not endorse a candidate's SRS Program Application and will not recommend SRS Development Training without a satisfactory SRS Try-Out. Depending on the needs of the program, if the candidate meets the Minimum Training Standards, the candidate may be recommended for SRS Development Training.

Note: If not recommended for SRS Development Training, the MPS will be notified and the mariner will be considered available for assignment.

- Once the SRS Program Coordinator and the SRS MPS have endorsed the candidate's SRS Program Application, the candidate's current MPS signs and dates the form to indicate awareness and agreement for the candidate to be transferred to the administrative control of the SRS MPS.

PHASE I Form Submission:

1) The completed SRS Program Application, enclosure (1), current (within 90 days); and the certified results of SRS Try-Out, enclosure (3), must be sent to the SRS Program Coordinator for review: Fax # (757) 485-3426; Mailing Address: SRS Program Coordinator, MSFSC, DS-2 Building, 1112 Cavalier Boulevard, Chesapeake, VA 23323.

2) MSFSC N02M medical representative will forward the completed SRS Medical Screening Checklist, enclosure (2), to the SRS Program Coordinator.

II. PHASE 2, SRS Program Medical Evaluations: (1-3 weeks)

The SRS Medical Screening Process is dictated by the United States Navy Manual of the Medical Department (MANMED) P-117, Sections 3 and 4. All SRS medical and dental evaluations must be completed at USN Medical Facilities. USN and MSFSC Medical Departments will have the final authority to approve or disapprove each candidate's participation in SRS Development Training based on the prescribed USN MANMED/Bureau of Medicine and Surgery (BUMED) standards.

- The SRS Program Coordinator or an SRS Evaluator will schedule all medical and dental evaluations through the CIVMAR Support Center or by contacting local USN Medical Facilities. USN Afloat Training Groups in Norfolk, VA or San Diego, CA will screen all administrative and medical paperwork prior to securing an SRS School training quota.

- Each SRS Candidate will have a maximum of 30 days to achieve "Fit for SAR" medical status. Any disqualifying conditions, treatments, or other delays will require the candidate to disenroll from the SRS Development Program.

- The 30-day window to achieve "Fit for SAR" is inclusive within the 90-day maximum allowable timeframe to complete all prerequisites for SRS School entry (90 days from date of reporting for the MSFSC SRS Development Program to date of reporting to USN SRS School).

- Extensions may be granted to the 30-day medical or 90-day comprehensive prerequisite timeframe by the SRS Program Coordinator if the extension is justifiable and in the best interest of MSFSC.

1) The DD Form 2807, Report of Medical History, reference (c), must be completed prior to USN SRS In-Testing and prior to training with USN Afloat Training Group instructors.

Critical Information on the DD Form 2807:

- Box #3, Today's Date: Must be within 90 days of the candidate's SRS School class convening date.

- Box #6-c, Purpose of Examination: Place an "X" in "Other" and write in "SAR".

- Box #30-b, c, d: Must be printed, signed, and dated by medical examiner.

2) The DD Form 2808, Report of Medical Examination, reference (d), must be completed and endorsed within one year of the candidate's SRS School class convening date.

Critical Information on the DD Form 2808:

- Box #1, Date of Examination: Must be within one year of SRS School class convening date.
- Box #15-c, Purpose of Examination: Place an "X" in "Other" and write in "SAR".
- Box #43, 43-a, Dental Defects and Disease: Candidate must have a Class 1 or 2 dental designation from a USN Dental Clinic.
- Box #61, Vision Requirements: Must be no worse than 20/100 (uncorrected) in both eyes and must be correctable to 20/20 in both eyes.
- Box #66, Color Vision: Must pass color vision test.
- Box #81-a, b & #82-b: Printed and signed name of physician.
- Box #83-a, b: Printed and signed name of dentist.
- An EKG must be completed in conjunction with the DD Form 2808 medical evaluation.

3) USN Dental Evaluation: MANMED/BUMED requires SRS candidates complete a USN Dental Evaluation prior to commencement of training.

- Candidates must report to a USN Dental Facility to have a Dental Evaluation conducted.
- Candidates must achieve Class 1 or 2 on the Dental Evaluation. Any treatments required to upgrade to Class 1 or 2 will be the candidate's responsibility. Dental treatment won't be conducted for CIVMARS at USN Dental Facilities (unless qualified DOD retiree, etc.).
- USN Dental Facility must endorse the DD-2808 (Boxes 43, 43-a, 83, 83-a) with the results of the dental evaluation.

III. PHASE 3, USN 2/C Swim & SRS In-Test Prerequisites: (1 week)

1) USN Second Class (2/C) Swim Test: This basic water skills evaluation is required by the Navy as one of the prerequisites for SRS School. The SRS Program Coordinator or an SRS Evaluator will schedule a 2/C Swim Test with an approved USN Swim Examiner. The 2/C Swim Test consists of the following:

- Water entry from an elevated platform (lifeguard stand)
- 25 meter crawl (freestyle)
- 25 meter side stroke
- 25 meter breast stroke
- 25 meter elementary backstroke
- 10 minute "free float" (front and back)

2) USN SRS In-Test: The SRS In-Tests will be conducted in accordance with the SRS Try-Out/ SRS In-Test Criteria, enclosure (3). In-Tests will be scheduled by the SRS Program Coordinator or an SRS Evaluator. USN Afloat Training Groups or MSFSC SRS Evaluators will conduct and certify all SRS candidate In-Test results prior to scheduling a candidate for SRS School.

- **Before attending SRS School, each MSFSC SRS candidate MUST achieve the following standards:**
  - 60 sit-ups (minimum) in 2 minutes
  - 52 push-ups (minimum) in 2 minutes
  - 1 ½ mile run in 12 minutes or less
  - 400 meter swim in 11 minutes or less
  - 2 pull-ups

Notes: (1) All candidates will conduct at least one SRS In-Test every week until SRS School commences, even if the candidate has previously passed an In-Test. This ensures continued performance monitoring of all candidates.

(2) If the mariner cannot achieve the USN SRS In-Test standards, he/she will be dropped from the program and the MPS will be notified and the mariner will be considered available for assignment.

IV. PHASE 4, Equipment Indoctrination and Physical Training: (1-4 weeks)

1) SRS Equipment Issue and Indoctrination: Candidates will be trained on the proper care and use of SRS training equipment. The training equipment will consist of the following:

- 1 Swim Mask
- 1 Snorkel and Snorkel Keeper
- 1 pair Swim Fins
- 1 pair Swim Booties
- 2 pair UDT shorts (command's discretion)

Note: All training equipment must be returned to the SRS Program Coordinator or an SRS Evaluator upon commencement of SRS School, or upon disenrollment from the SRS Development Program. Individual SRS' "fleet use" gear will be issued upon SRS School graduation.

2) Individual Conditioning Training: Based on each candidate's In-Test results, the SRS Program Coordinator or an SRS Evaluator will assist candidates with a fitness training plan.

- Each SRS Candidate will train daily at appointed times, at designated fitness facilities to improve overall physical conditioning. The five required In-Test events (Situps, Push-ups, Pull-Ups, Running, Swimming) will be heavily emphasized and targeted for improvement.

3) Swim Conditioning School, Hinesville GA (2 weeks): The Swim Conditioning School (Pool School) is structured to help SRS candidates prepare for the extremely rigorous cardiovascular and swim training requirements of SRS School. Training is scheduled based on each candidate's needs and instructor availability. Exceptionally strong/experienced swimmers *may* be exempt from Pool School.

- The SRS Program Coordinator will advise the Pool School Instructor(s) of the specific training needs of each candidate. The Instructor(s) will then develop a custom regimen of swimming technique, conditioning, and cardiovascular training for each candidate.

- Candidates must bring all issued training gear to Pool School and must participate in all training events (health permitting) in order to continue with SRS Development Training.

- Pool School is both a training and evaluation environment. The instructor(s) will advise the SRS Program Coordinator and SRS Evaluators of each SRS candidate's progress, participation, and attitude.

Note: If the mariner does not perform well at the Swim Conditioning School, the MPS will be notified that he/she is dropped from the program and will be considered available for assignment.

V. PHASE 5, Final Preparation: (1-5 weeks)

1) SRS School Application, reference (e), will be used to verify completion of all SRS School prerequisites. Candidates must be administratively and physically screened, cleared, and recommended for SRS School by a USN Afloat Training Group or by an MSFSC SRS Evaluator.

- All candidate's paperwork and medical records must be screened and certified before the candidate may attend USN SRS School.
- Final Preparation time depends on each candidate's readiness, USN SRS School quota availability, and final administrative requirements.

VI. PHASE 6, USN Surface Rescue Swimmer School: (4 weeks)

1) USN SRS School in Jacksonville, FL is the primary SRS training facility utilized by MSFSC. The USN SRS School in San Diego, CA may also be used if quotas are not available in Jacksonville or if other extenuating circumstances exist. SRS School quotas will be assigned according to quota availability and scheduling requirements.

- In accordance with reference (a), these are the only two SRS Schools approved by the Chief of Naval Operations to certify Surface Rescue Swimmers.
- The SRS Development Program ends on Day 1 of the USN SRS School.
- Upon commencement of SRS School, each SRS candidate will be under the direction of the USN SRS School instructors and staff. SRS candidates will receive instruction, direction, and training from USN SRS instructors until graduation or disenrollment from SRS School.
- In the interest of safety, all MSFSC SRS candidates enrolled in USN SRS School are expected and required to obey the training commands of the USN SRS School instructors. All candidates must follow the rules and regulations required of all other USN SRS School students. Failure by MSFSC SRS candidates to comply with such commands, rules, and regulations will result in immediate disenrollment from USN SRS School and may result in additional disciplinary action.

VII. Drops and Disenrollments: The USN SRS School "drop" policy is as follows:

"This course is defined by the Chief of Naval Operations and the Chief of Naval Education and Training as a ***high-risk, voluntary course.*** Because of this, a 'Drop-On-Request' (DOR) policy is in effect. At such time you believe the training to be too dangerous for you, or you believe it exceeds your capability, you may "DOR". You will then be returned to your command. This course is difficult and evolutions are potentially dangerous; however, every effort is made to ensure your safety. All instructors are Rescue Swimmers, certified lifeguards qualified in lifesaving techniques and first aid. Corpsmen and Safety Observers are present at all dynamic training sessions."

- If an MSFSC SRS candidate drops or is disenrolled, the SRS Program Coordinator may request a second subsequent quota if the candidate wishes to make a second attempt at completing the USN SRS School. The SRS Program Coordinator will require input from the USN SRS School instructors regarding the circumstances of a candidate's DOR or disenrollment. This input will be considered to help determine whether a second attempt at SRS School completion is warranted.

- A second attempt at USN SRS School will only be granted if the MSFSC SRS Marine Placement Specialist and the MSFSC Training Branch Head approve the MSFSC SRS Program Coordinator's request.

VIII. SRS Program Points of Contact (POC):

- SRS Program Coordinator: (757) 439-9349, Fax (757) 485-3426

- SRS Evaluator: (760) 521-1125

- SRS Evaluator: (619) 553-7046

- SRS Screener, Training Center East: (732) 938-4979, ext. 18,

- CIVMAR Support Center: (Schedules SRS Medical Exams at USN Clinics): (800) 793-5784

MSFSC TRAINING INFORMATION BULLETIN
Surface Rescue Swimmer Development Program

MEMORANDUM

From: MSFSC Civilian Mariner Placement Division
To: Civil Service Mariner Employees

Subj: SURFACE RESCUE SWIMMER PROGRAM APPLICATION

Ref: (a) COMSCINST 3130.2 series
(b) MSFSCINST 12451.1 series

1. Reference (a) defines the Military Sealift Command Surface Rescue Swimmer (SRS) Program. Volunteers who qualify and maintain the rigorous standards necessary to meet this requirement receive additional pay as outlined by reference (b).

2. Volunteers must meet the following visual and mental standards:

a. Vision:

(1) Surface Rescue Swimmer candidates: Uncorrected vision, near and distant must be no worse than 20/100 in either eye. Must correct to 20/20 in each eye.

(2) Designated Surface Rescue Swimmer: Uncorrected vision, near and distant must be no worse than 20/20 in either eye. Must correct to 20/20 in each eye.

b. Psychiatric:

(1) Because duties of surface Rescue Swimmers are rigorous and high-risk, the physician closely examines the psychological fitness of volunteers.

3. Prospective SRS candidates are required to meet the following physical readiness standards:

2 Pull-Ups (minimum)
60 Sit-Ups (minimum) in a 2 minutes time period
52 Push-Ups (minimum) in a 2 minute time period
400-meter swim in an 11 minute time period (maximum)
1.5 mile run in a 12-minute time period (maximum)

4. If you are interested in volunteering and being evaluated for the SRS Program, please sign and return this form to the MSFSC CIVMAR Placement Division (N15). Unless special circumstances exist, all civilian Mariners must have served a minimum of 4 months onboard MSC ships prior to entering the SRS Program.

Enclosure (1)

Subj: SURFACE RESCUE SWIMMER PROGRAM APPLICATION

Print Name (Last, First MI) _____

SSN (last 4) _____ Rate: _____

Signature: _____

Date: _____

FIRST ENDORSEMENT

From: SRS Program Coordinator or SRS Evaluator

1. I recommend/do not recommend the above mariner for this program.

_____
Signature

Date: _____

SECOND ENDORSEMENT

From: SRS Marine Placement Specialist

1. I recommend/do not recommend the above mariner for this program.

_____
Signature

Date: _____

THIRD ENDORSEMENT

From: Current Marine Placement Specialist

1. I recommend/do not recommend the above mariner for this program.

_____
Signature

MSFSC TRAINING INFORMATION BULLETIN
Surface Rescue Swimmer Development Program

Instructions for Screening - SRS Medical Checklist

Purpose:

A MSFSC medical representative will use this checklist to determine whether or not the SRS candidate is medically qualified to participate in the SRS program. To qualify, SRS candidates cannot have chronic or other medical conditions which would preclude them from entering the USN SRS Training Program as delineated in MANMED P-117, Sections III and IV. A recommendation from the medical representative will be forwarded to the SRS Program Coordinator.

Procedure:

The prospective SRS candidate must complete the MSFSC Medical Checklist for Prospective Surface Rescue Swimmer Candidates questionnaire by indicating "yes" or "no" by circling the appropriate response. The MSFSC Medical Representative will review the completed questionnaire and add any additional comments to any of the "yes" responses. The candidate's visual acuity will also be documented on this questionnaire.

If all answers on the questionnaire are "no," and the candidate's visual acuity meets MANMED standards, then the candidate is considered qualified to participate in the SRS Program "Try-Outs."

All "yes" answers on the questionnaire must be addressed with comments by an MSFSC medical representative, and a decision to proceed with training will be based in accordance with the guidance in MANMED P-117.

Both the prospective SRS candidate, and the screener must sign the questionnaire.

This screening will not replace the physical examination and review necessary to enroll in the MSFSC SRS Program. This screening is a tool by MSFSC to determine the eligibility of prospective SRS candidates.

PRIVACY ACT NOTICE OF 1974 and DOD HIPAA PRIVACY REGULATION This document may contain information covered under the Privacy Act, 5USC 552(a), and/or the Health Insurance Portability and Accountability Act (PL 104-191) and its various implementing regulations and must be protected in accordance with those provisions. Healthcare information is personal and sensitive and must be treated accordingly. If this correspondence contains healthcare information it is being provided to you after appropriate authorization from the patient or under circumstances that don't require patient authorization. You, the recipient, are obligated to maintain it in a safe, secure and confidential manner. Re-disclosure or failure to maintain confidentiality subjects you to application of appropriate sanction. If you have received this correspondence in error, please notify the sender at once and destroy any copies you may have.

Enclosure (2)

Medical Checklist for MSFSC's Prospective Surface Rescue Swimmer Candidates

Do you have any of the following conditions?

1. Any contagious illnesses or diseases?	Yes	No
2. Any hearing problems?	Yes	No
3. Any arthritis?	Yes	No
4. Any vision problems (night-blindness, color-blindness, or glaucoma)?	Yes	No
Visual Acuity (Visual acuity will be verified in subsequent exam)		
Uncorrected:		
Corrected:		
5. Any heart problems including high blood pressure?	Yes	No
6. Any breathing problems?	Yes	No
7. Any problems with bones/muscles/joints?	Yes	No
8. Have you ever been seen by a Psychiatrist/Psychologist? Describe briefly:	Yes	No
9. Have you ever had surgery? What kind? When? Prognosis?	Yes	No
10. List any medications you are currently taking:	Yes	No
11. Are there any other conditions that can potentially impact your ability to safely participate in SRS Screening?	Yes	No

I certify that all of the above answers are correct to the best of my knowledge. I also understand that any "YES" answers may require follow up by a Force Medical Officer and that some conditions may prevent my participation in SRS Screening.

Candidate's Printed Name: _____ Rate: _____

Candidate's Signature: _____ Date: _____

Any additional questions, comments or concerns? _____

_____

_____

Subsequent participation in SRS Training will require completion of a DD 2807, DD 2808 and a Dental Screening.

Medical Checklist for MSFSC's Prospective Surface Rescue Swimmer Candidates

Candidate's Printed Name: _____ Rate: _____

Based on the information provided by the candidate, this candidate is medically qualified to participate in SRS Pre-Screening. YES NO

Medical Screener's Name: _____

Duty Station: _____

Medical Screener's Signature: _____ Date: _____

Note: Return this page to the SRS Program Coordinator.

MSFSC TRAINING INFORMATION BULLETIN
Surface Rescue Swimmer Development Program

MSFSC SRS Candidate Try-Outs & In-Tests (Criteria and Results)

Evaluator's Name: _____ **Evaluator's Contact Info:** _____

Candidate's Name/ Rate: _____ **Testing Location:** _____

1) **SIT-UPS, 2 Minute Time Limit (60 Sit-Ups meets Optimal Standard):** Arms across chest, hands on shoulders, knees bent at approximately a 90 degree angle, small of the back required to touch deck going down, elbows required to touch knees or thighs coming up.

2-Minute Break: Time allotted for candidate to hydrate, stretch, and warm-up.

2) **PUSH-UPS, 2 Minute Time Limit (52 Push Ups meets Optimal Standard):** Back straight, head up, chin parallel with the deck. Arms required to lock out on each up stroke and required to break the horizontal plane on the down stroke. Sub-standard push-ups ARE NOT counted. "Bouncing" of the chest on the deck to gain momentum is not allowed.

2-Minute Break: Time allotted for candidate to hydrate, stretch, and transition to pull-up bar.

3) **PULL-UPS, (2 meets Optimal Standard):** Legs straight and not crossed, no kicking or "bicycling" of the legs to gain momentum. Arms straight and locked out in the starting position and in the down position. Chin parallel to the deck at all times, palms facing away from the candidate. Chin must clear above the bar while maintaining a parallel position to the deck.

10-Minute Break: Time allotted for candidate to hydrate, stretch, and warm-up.

4) **1.5 MILE RUN, (Under 12:00 meets Optimal Standard):** Conducted on a near level, hard road surface or track. Split times may be given to the candidate on each lap. This is a run, not a run/walk. Walking ends the event.

10-Minute Break: Hydration, travel time to pool, shower and water acclimation.

5) **400 METER SWIM, (Under 11:00 meets Optimal Standard):** Authorized strokes include: Free Style and Side Stroke. Swim commences from "in water", no diving allowed. Continuously swim 400 meters; no flip turns. Stopping for any reason or touching the bottom ends the event.

RESULTS:

DATE	Sit-Ups	Push-Ups	Pull-Ups	Run	Swim	Comments

Enclosure (3)