



MABAS 12 Water Rescue Team

Training Safety Plan

Drill Dates: May 5th, May 12th & May 19th

Time: 0900-1200

Drill Location: 545 John St, Bensenville, IL 60106 – The Water's Edge Pool

Type of Training: (check all that apply)

X	Dive
	Swift Water
	Boat Operations
	Other
	Sonar

Drill Objectives:

- Complete the IADRS training and record your score.
- Practice dive skills: buoyancy swim, removing and re-donning set up, removing and re-donning mask, simulate an emergency surfacing in no air/low air situation.

Description of Training:

The purpose of this annual test is to push ourselves to be better divers through better fitness in the water as well as maintaining our basic underwater skills.

See the attached IADRS form for the skill that need to be achieved. Personnel will be responsible for keeping time and reporting their final score to their team leader. Team leaders should encourage strict adherence to the parameters of the test. If a team member is having difficulty with either the IADRS test or the dive skills, we will be able to find more pool time to remediate.

PPE/Equipment Required for Participants:

X	SCUBA Setup		Swift Water Dry Suit
X	Full Face Mask		Helmet
X	Dry Suit		Gloves
X	Dry Gloves		PFD
			Throw Bag

Department Related SOG's or Technical References:

X	IARDS Swim test

Hazard & Control Measures: (check all hazards and write in control measures)

X	Atmospheric (smoke, dust, oxygen deficient, etc)
	Combustible/ Flammable Environment
	Confined Space
	Electrical
	Elevation
	Hazardous Substances (asbestos, chemical, etc.)
	Nighttime conditions
	Sewage/Septic
	Sharp Edges/Objects
	Structural
	Terrain
	Traffic
X	Water
	Weather
	Other

Accountability:

X	Buddy System
X	Visual
	Passport
X	Dive master control sheet
	Other: Rescue diver and 90% diver

In case of Emergency:

X	Code word or Signal used – Mayday/hand signals
X	RIT assigned – Safety Diver
X	ALS Standby - Portable radio, contact ACDC for dispatch to scene
	Other

Communications:

	Radio/Primary Frequency – FG
	Radio/Secondary Frequency
X	Hand Signals
X	Rope Line – Line tenders
	Lights
	Other:

Resources Assigned: (check all that apply and fill in designated unit)

	Battalion Chief:
	Rehab
X	Rescue
X	Safety Officer TBD
	Specialty Unit(s)
	Suppression
	Other Resources/Equipment

I.A.D.R.S. ANNUAL WATERMANSHIP TEST

Evaluation Parameters

There are five exercises that evaluate stamina and comfort in the water, each rated by points.
The diver must successfully complete all stations and score a minimum of 12 points to pass the test.
The test should be completed with not more than 15 minutes between exercises.

Exercise 1: 500 Yard Swim

The diver must swim 500 yards without stopping using a forward stroke and without using any swim aids such as a dive mask, fins, snorkel, or flotation device. Stopping or standing up in the shallow end of the pool at any point during this exercise will constitute a failure of this evaluation station.

Time to Complete Points Awarded

Under 10 minutes 5

10-13 minutes 4

13-16 minutes 3

16-19 minutes 2

More than 19 minutes 1

Stopped or incomplete

Exercise 2: 15 Minute Tread

Using no swim aids and wearing only a swimsuit the diver will stay afloat by treading water, drown proofing, bobbing or floating for 15 minutes with hands only out of the water for the last 2 minutes.

Performance Criteria Points Awarded

Performed satisfactorily 5

Stayed afloat, hands not out of water for 2 minutes 3

Used side or bottom for support at any time 1

Used side or bottom for support >twice Incomplete

Exercise 3: 800 Yard Snorkel Swim

Using a dive mask, fins, snorkel, and a swimsuit (no BCD or other flotation aid) and swimming the entire time with the face in the water, the diver must swim non-stop for 800 yards. The diver must not use arms to swim at any time.

Performance Criteria Points Awarded

Under 15 minutes 5

15-17 minutes 4

17-19 minutes 3

19-21 minutes 2

More than 21 minutes 1

Stopped at any time Incomplete

Exercise 4: 100 Yard Inert Rescue Tow

The swimmer must push or tow an inert victim wearing appropriate PPE on the surface 100 yards nonstop and without assistance.

Performance Criteria Points Awarded

Under 2 minutes 5

2-3 minutes 4

3-4 minutes 3

4-5 minutes 2

More than 5 minutes 1

Stopped at any time Incomplete

Exercise 5: Free Dive to a depth of nine feet and retrieve an object

Performance Criteria Points Awarded

Performed satisfactorily Pass

Stopped or incomplete