

RESERVATION OF SWIMMING POOL FOR UNIT TRAINING

1. _____ requests **Gardner Indoor Pool** 798-6310/6304
 (unit)

| | | | | | | |
|--------------------------|---------------------------|---|---|---|------------|------------|
| ___ 0800-0900 ½ Pool | Military Training/Unit PT | M | W | F | _____ Date | |
| ___ 0900-1000 ½ Pool | Military Training/Unit PT | M | W | F | _____ Date | |
| ___ 1000-1100 ½ Pool | Military Training/Unit PT | M | T | W | TH F | _____ Date |
| _____ Number of Soldiers | | | | | | |

2. Type of training to be conducted:

Combat Water Survival Training (CWST)

Unit PT : (Max 45 per hour)

- | | |
|---|--|
| <input type="checkbox"/> Drown Proofing (Max 60 per hour) <input type="checkbox"/> Class I (Advanced) <input type="checkbox"/> Class II (Intermediate) <input type="checkbox"/> Class III (Basic) <input type="checkbox"/> Basic Deployment Requirements <input type="checkbox"/> Pre-Ranger Training Skills (Max 45 per hour) | <input type="checkbox"/> Swim Lessons <input type="checkbox"/> Relays/Lap Swimming <input type="checkbox"/> Alternate APFT (800 yards) |
|---|--|

Special Operations/Special Forces

Mission Specific Training

- | | |
|--|---|
| <input type="checkbox"/> Pre Scuba Skills <input type="checkbox"/> SCUBA Qualification/Recertification Dives <input type="checkbox"/> Lifeguard Training <input type="checkbox"/> Mask/Snorkel/Fin Swim | <input type="checkbox"/> IBA Confidence Exercise <input type="checkbox"/> Equipment Removal Training <input type="checkbox"/> _____ |
|--|---|

3. Point of Contact (S3, NCOIC/OIC):

Name: _____ Rank: _____ Phone: _____

- ⓈNotify the facility 48 hours prior to any changes in training request.
- ⓈThe unit is responsible for providing required equipment.
- ⓈThe facility will provide the instructor for all training.
- ⓈSpecial Operations/Special Forces and Pre-Ranger has precedence over unit PT.
- ⓈTwo no call/ no shows will result in removal from the training schedule.

 (Unit representative)

| | | |
|---|--|-----------|
| FOR FACILITY POOL MANAGER ONLY | | |
| Date Request Received: | Request Received by: | |
| <input type="checkbox"/> Approved Date _____ | <input type="checkbox"/> Disapproved Date _____ Remarks: | |
| Instructor Assigned: | Telephone: 798-6310/6304 | Initials: |

Military Training

Drown proofing:

Class III (Basic Survival Swimmer):

- a. Waterproofing rucksack (WP bag/Plastic bags)
- b. Travel stroke sequence (Full gear water walk/Confidence check)
- c. Pool exit (Rifle and rucksack unassisted)
- d. 2 ½ minutes Tread water, 2 ½ minutes Hanging Float
- e. Travel stroke (without rucksack)
- f. Buoyancy Test (without rucksack)

Class II (Intermediate Survival Swimmer):

- a. Rucksack exercise (helmet, weapon, tactical beach approach)
- b. Two-Rucksack exercise (Australian Poncho raft)
- c. Collar Tow using sidestroke (full gear)
- d. Trouser inflation float
- e. Shirt inflation float

Class I (Advanced Survival Swimmer):

- a. Two stroke test (sidestroke/breaststroke)
- b. Underwater swim (15 meters, BDU's/Boots)
- c. Jump/Swim (3m or 10ft)
- d. 10 minutes Tread water, 10 minutes Hanging Float

Basic Deployment Requirements:

- a. Two stroke test (sidestroke/breaststroke)
- b. Shirt inflation
- c. 2 ½ minutes Tread water, 2 ½ minutes Hanging float
- d. Trouser inflation float
- e. Jump/Swim (3m or 10 ft)
- f. Life preserver/ abandon ship technique

Pre-Ranger Training Skills:

- a. 15m swim (uniform, boots, LBE and rifle)
- b. Equipment ditch
- c. Jump/Swim (3m or 10ft)

Swim Lessons (Active duty soldiers):

- a. Lessons will be tailored to the individual soldier's needs and abilities.
- b. All instruction will be from a staff lifeguard or WSI

*TC 21-21 Water Survival Training, June 1991

*FM 3-05.70/FM 21-76 Survival, May 2002