



CGD1SRINST 16798.4

FIRST COAST GUARD DISTRICT SOUTHERN REGION INSTRUCTION 16798.4

Subj: AVIATION EGRESS AND OPEN WATER SURVIVAL TRAINING AND SWIM TESTING

Ref: (a) Auxiliary Operations Policy Manual COMDTINST M16798.3D (series)

1. PURPOSE. To provide additional policy and guidance to all Auxiliary members in the First District regarding required Aviation Egress and Open Water Survival Training and Swim testing. Specific requirements for Egress and Water Survival training and the annual Swim Test are contained in reference (a). Coast Guard Auxiliary Aviation Forces have and will increasingly augment regular Coast Guard Forces. This program will give participating auxiliary members the fullest opportunity to aid in rescue of their aircrew and themselves. Members who participate will find this program rewarding, practical, and useful in addition to increasing their own skill level and confidence.

2. ACTION.

A. All District One Auxiliary members who wish to enter and remain current in the Aviation Program shall:

1. Participate in the Egress and Water Survival workshop annually.
2. Complete the required swim test in accordance with reference (a) annually. Ensure that best practices are shared between District One Commands.

Prior to embarking upon training and qualification, new entrants in the aviation program must complete the above requirements. This does not preclude flying as a passenger for the purpose of determining interest in the program, or as a passenger for other Auxiliary related purposes.

B. The Egress and Water Survival Training consists of the following elements:

1. Module 1-Lecture/Display
 - a. Why we train- Discussion of our Coast Guard mission and reasons for recurrent training.
 - b. Elements of Survival- Human Factors that hinder and facilitate survivability.
 - c. Hypothermia – Recognition and treatment

- d. Equipment –Survival Uses- Deployment and demonstration of survival equipment
2. Module 2- Pre-Impact Aircrew Preparations
 - a. Demonstration of pre-impact positions- Use of the Egress Chair.
 - b. Egress considerations and orientation- Knowing your position and responsibility in the aircraft
 - c. Preparing for various sea conditions- Understanding weather and sea state variables that affect ditching.
 3. Module 3- Rescue and Recovery
 - a. Which USCG assets would respond- Discussion of factors that improve recovery and survivability of aircrews.
 - b. Preparation for recovery- Recovery by helicopter or surface vessel.
 4. Module 4- Practical Exercises – this module entails members practicing and demonstrating the use of water survival equipment and techniques. This is a practical exercise, not a testing situation.
 - a. Use of equipment in a water environment- Inflating PFD, use of personal survival equipment in pool.
 - b. Raft entry techniques- up righting an inverted raft, assisting fellow aircrew members into raft. The raft used in this exercise should be similar to a standard 2-man survival raft but in no case should it be larger than a 4-man raft. It is not necessary that the raft be in certification for use in these exercises.
 - c. Care for injured crewmembers- considerations and handling of an injured member.
 - d. Group survival techniques without raft- members learn techniques to protect each other without the use of a raft.
 - e. Water entry techniques- water entry from elevated platforms.
 5. Module 5 - Survival Swim Test- 50-meter swim - with Personal Flotation Device (PFD) if desired.
- C. To be certified to administer Egress, Water Survival Training and Swim Test, the facilitator should be a senior Auxiliary Aviator, an FAA Flight Instructor, Ground Instructor, qualified Auxiliary Instructor (IT), or a Red Cross Water Safety Instructor. A list, designating authorized facilitators will be maintained and updated as appropriate by the Director. However, an active duty Coast Guard Aviator may supervise and sign off the training and testing at any time. A qualified rescue swimmer should be present during all swim activities. If a rescue swimmer is unavailable, a qualified lifeguard must be present at the pool where the training and testing will

take place. The local EMT service or equivalent such as a medical **doctor** should be on site. But, as a minimum, be formally advised that the event will occur.

- D. Each workshop attendee will complete a medical self-certification form prior to performing the swim test. The medical form will be attached to the list of names of those completing the workshop and successfully completing the swim test. The forms will be submitted to the designated Director's staff member through the ADSO-AVQ.
- E. Each workshop attendee will complete the medical self-certification form (enclosure 1) prior to completing the workshop and swim test. These completed forms will be submitted to the Director attached to the list of names of those completing the workshop and successfully completing the swim test.



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Encl: (1) Auxiliary Water Training Workshop and Swim Test Handout

**UNITED STATES COAST GUARD AUXILIARY
FIRST SOUTHERN DISTRICT (AVIATION)**

Swim Test Information Handout

(For all pilots, observers, trainees and aircrew)

PLEASE READ CAREFULLY:

You are asking to fly in Coast Guard approved Auxiliary facilities as an observer, pilot, trainee, or aircrew. Prior to flying, you must complete aviation physiology, egress, and open water survival training. This training requires a moderate level of fitness and stamina. You must complete training in flight gear, including shoes, flight suit (or civilian clothing, long sleeve shirt, pants, socks, shoes) and survival vest (PFD). Training includes, survival raft deployment, use of survival equipment, and demonstration of open water survival techniques including treading water for two minutes while orally inflating your PFD. Testing involves a 50-yard/meter surface swim.

OPTIONAL underwater egress training (UET) requires that you swim 15 yards underwater in flight suit and boots, and egress from the dunker while inverted under water.

If you have or had any of the following medical conditions you are encouraged to seek a medical opinion from a physician before participating.

- Disease of the eyes, ears, sinuses, seasonal allergies, hay fever, difficulty clearing your ears, or pain in your ears or sinuses from flying?
- Chest pain, heart bypass, valve replacement, heart transplant, angina, heart attack, heart disease, heart murmur, palpitations, cardiac catheterization, or pacemaker?
- Hypertension, stroke, bloodclots in legs, swelling in feet, or excessive fatigue with mild exertion?
- Asthma, wheezing, emphysema, chronic cough, tuberculosis or collapsed lung, or shortness of breath with mild exertion?
- Kidney transplant?
- Arthritis, joint inflammation, chronic back pain, or limitation of use of your back or extremities?
- Paralysis, weakness of muscles, seizures, epilepsy, migraine, or other severe headaches, loss of consciousness or amnesia?
- Mania, depression, schizophrenia, suicide attempt, alcoholism, panic attacks, fear of flying, fear of heights, fear of enclosed spaces?
- Anemia, diabetes, cancer, arterial gas embolism, bends, surgery, hospitalization, fear of heights, fear of enclosed spaces?
- Are you currently taking any medication?

Participating Auxiliarist's Signature _____ Date _____