

MCO 1510.125

**INDIVIDUAL
TRAINING STANDARDS (ITS)
SYSTEM FOR
MARINE COMBAT
WATER SURVIVAL TRAINING
(MCWST)**



Signed 30 Dec 02
EDWARD HANLON, JR.
By direction

MARINE CORPS ORDER 1510.125

From: Commandant of the Marine Corps
To: Distribution List

Subj: INDIVIDUAL TRAINING STANDARDS (ITS) SYSTEM FOR MARINE COMBAT WATER SURVIVAL TRAINING (MCWST)

Ref: (a) MCO 1510.34A
(b) MCO 1553.1B
(c) MCO 1553.2
(d) MCO 1553.3
(e) MCO 3500.27

Encl: (1) Description of an Individual Training Standard
(2) Management of Individual Training Standards
(3) Summary/Index of Individual Training Standards
(4) Common Individual Training Standards
(5) Training Support
(6) Individual Training Standards
(7) Summary/Index of Individual Training Standards by Specific Category (MOJT, DL, PST)

1. Purpose. To publish the Individual Training Standards (ITS) at enclosures (1) through (7) for Marine Combat Water Survival Training (MCWST).

2. Background

a. The references establish the system used to publish all training standards, provide policy, and assign training responsibilities, especially as applied to the Systems Approach to Training (SAT).

b. ITSs establish the training requirements for all Marines in the same occupational field (OccFld), Military Occupational Specialty (MOS), or billet. They provide a foundation upon which unit commanders, Functional Learning Center (FLC) directors, and distance learning (DL) developers build training packages for individual Marines as part of unit training plans or formal courses of instruction.

c. ITSs represent the skills that contribute to the unit mission as expressed in the Mission Performance Standards (MPS). Changes to doctrine or force structure or the introduction of new weapons or equipment may necessitate revision of this Order.

3. Information

a. ITSs are used by unit commanders, FLC directors, and DL developers to design, develop, conduct, and evaluate the individual training of Marines. Unit commanders are responsible for the sustainment of all individual tasks that have been deemed, through analysis, to support the unit's Mission Essential Task List (METL). Unit commanders can, therefore, use the tasks contained in this Order as the basis of individual training through Managed On-the-Job Training (MOJT), instruction in unit-level schools,

or incorporation in their training plans. FLC directors and DL developers will derive Terminal Learning Objectives (TLO) and Enabling Learning Objectives (ELO) from the tasks, conditions, standards, and performance steps of each associated ITS. Task lists reported on Course Descriptive Data (CDD) submissions will consist of tasks contained in this Order that are designated for training at the appropriate level in the FLC. Task lists reported on Distance Learning Descriptive Data (DLDD) submissions will consist of tasks contained in this Order that are designated for DL training at the appropriate level.

b. Unit commanders and FLC directors are responsible for reviewing their training programs per reference (e) and making interventions that reduce risk to acceptable levels.

4. Action

a. Commanding General, Marine Corps Combat Development Command (CG, MCCDC)

(1) Ensure all FLCs use this Order to train personnel to the standards required by grade and MOS.

(2) Ensure the Marine Corps Institute (MCI) and the Combat Visual Information Center (CVIC) provide standardized performance support tools (PST) and other training support requirements to facilitate training in units.

(3) Review, revise, and manage the upkeep of this Order in coordination with Operating Force and Supporting Establishment commanders and MOS Specialists/OccFld Managers.

(4) Ensure the Combat Development System identifies and mitigates the impact on training, by MOS and ITS, of all new equipment.

b. Commanders, Marine Forces, Commanding Generals, Operating Forces/Supporting Establishment Commands, and Commanders of Separate Organizations not commanded by a General Officer

(1) Use this Order as the basis for individual training.

(2) Conduct MOJT programs and/or instruction in unit level schools to satisfy initial, sustainment, and refresher training requirements in so far as the tasks support unit mission requirements.

5. Uniform, Clothing, and Equipment. The following uniforms will be used during training and testing:

a. C- Utility Uniform (Trousers and Blouse).

b. CB- Utility Uniform and Boots.

c. 782- Utility Uniform, Boots, Helmet, Flak Jacket, Load Bearing Vest (LBV) or issued equivalent, cartridge belt, two (empty) magazine pouches, and two full canteens with covers.

d. 782P- All equipment listed above with 30 pound pack (waterproofed equipment inserted).

e. 782PR- Equipment listed above with rubber rifle.

f. Appropriate Swim Attire- UDT shorts or other appropriate swim wear, swim goggles (optional).

6. Training Environment. Unless otherwise stated, all pool training will be conducted in an appropriate pool per MCO 1500.52B w/ CH 1.

7. Submission of Recommendations and Requirements. Recommendations concerning the content of this Order are invited. Submit recommendations for additions, deletions, or modifications to CG, MCCDC (C 469TP) via the chain of command.

8. Reserve Applicability. This order is applicable to the Marine Corps Reserve.

EDWARD HANLON, JR.
By direction

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DESCRIPTION OF AN INDIVIDUAL TRAINING STANDARD

1. ITS Designator. Each ITS has a unique three-part identifier that represents an MOS (or billet), a duty (or functional) area within that MOS, and a specific task included in that duty area. Each part is separated by periods. An example of an ITS Designator is 0311.02.08.

a. The first four positions ("0311" in the example above) represent the MOS or billet. For any ITS associated with an official MOS, the four digits must be identical to those assigned to the MOS in MCO P1200.7 (MOS Manual).

b. The middle two positions ("02" in the example above) represent the duty or functional area. Duty areas within a given MOS are assigned Arabic numerals. Duty areas 1 through 9 are always preceded by a leading zero. In the example above, "02" represents the second duty area under MOS 0311.

c. The last two positions ("08" in the example above) represent a specific task. Tasks within a specific duty or functional area are assigned Arabic numerals. Tasks 1 through 9 are always preceded by a leading zero. In the example above, "08" represents one task within the second duty area under MOS 0311.

2. ITS Components. There are six basic components of an ITS, five of which are mandatory:

a. Task. The task describes a specific and necessary behavior expected of a Marine in a particular MOS or billet. It is a clearly stated, performance-oriented action requiring a learned skill. Skills that "make" a Marine or qualify that Marine for an MOS are designated as "Core." Those advanced skills that are mission, grade, or billet specific are designated as "Core Plus."

b. Condition(s). This portion of the ITS describes the equipment, manuals, assistance/supervision, special physical demands, environmental conditions, and location affecting a Marine's performance of the task under real-world circumstances.

c. Standard(s). This portion of the ITS describes the level of proficiency to which the individual must perform the task.

d. Performance Steps. Collectively, the performance steps represent the logical sequence of actions required of the Marine to perform the task to standard. These actions are typically detailed in the references.

e. Reference(s). References are doctrinal publications, technical manuals, and other publications upon which the ITS and its performance steps are based. They should be readily available and provide detail to the procedures that are only summarized in the performance steps.

f. Administrative Instructions (Optional). Administrative instructions provide the trainer/instructor with special required or recommended circumstances, including safety precautions, relating to the training or execution of the task. These instructions may also clarify the meaning of the task.

3. ITS Training

a. Initial Training Setting. All ITSs are assigned an initial training setting

ENCLOSURE (1)

that includes a specific location for initial instruction [Functional Learning Center (FLC) or Managed On-The-Job Training (MOJT)], a sustainment factor (number of months between evaluation or retraining to maintain the proficiency required by the standard), and a "Required By" grade (the lowest grade at which task proficiency is required).

b. Training Materiel (Optional). Training materiel includes all training devices, simulators, aids, equipment, and materials [except ammunition, distance learning (DL) products, and performance support tools (PST)] required or recommended to properly train the task under the specified conditions and to the specified standard.

c. Ammunition (Optional). This section includes any ammunition, explosives, and/or pyrotechnics required for proper training of the ITS.

d. Distance Learning Product(s) (Optional). This section includes a list of any currently available or planned DL products designed to provide training related to this task.

e. Performance Support Tool(s) (Optional). This section includes a list of any currently available or planned PSTs designed to provide training related to this task.

MANAGEMENT OF INDIVIDUAL TRAINING STANDARDS

1. ITS Use

a. ITSs form the basis for all individual training in Functional Learning Centers (FLC) and units. They are written for all MOSs in order to specify the critical skills required by units of their individual Marines in support of the unit's combat missions as defined in the unit's Mission Essential Task List (METL).

b. FLC directors are responsible for reviewing all ITSs marked for initial training at the FLC. They must conduct courses of instruction on those ITSs appropriate for their student populations in terms of grade or rank. The task portion of each ITS taught in a given course must appear in the Task List (Item 24) of the CDD for that course. In accordance with the Systems Approach to Training (SAT), a Program of Instruction (POI) must also be developed for the course.

c. ITSs provide measures of performance that can be used by unit commanders to diagnose individual deficiencies and design training. Noted deficiencies should be scheduled for remediation on training plans or through Managed On-The-Job Training (MOJT), as appropriate.

d. A Marine should continue to receive instruction on ITSs that support the unit's METL. Individual training cannot cease upon graduation from the FLC because FLCs cannot prepare every Marine to serve in every billet. Individuals should be given opportunities in the unit to gain experience and responsibility as quickly as possible.

2. ITS Maintenance

a. A relationship exists between ITSs and the threat to Marine forces. Changes in the threat often trigger corresponding changes in our weapons, equipment, or doctrine, which then necessitate producing new or updated training standards. Such action requires a team effort on the part of the operating forces, the FLCs, and staff agencies at both Headquarters, U.S. Marine Corps and the Marine Corps Combat Development Command (MCCDC).

b. ITSs are ultimately validated by unit commanders and FLC directors. Records of Proceedings (ROP) resulting from Course Content Review Boards (CCRB) conducted by FLCs are particularly well suited for recommending revisions. The ROP should contain a justification for each proposed addition, deletion, or change and should accompany any request to obtain authority to depart from the currently published ITSs. Unit commanders can recommend changes through participation in a school's CCRB or directly via the chain of command. Unless significant changes warrant earlier action, ITS orders are revised and republished on a 4-year cycle.

c. ITS management is a dynamic process involving user maintenance as the key to refining standards to best serve unit missions. ITS users should evaluate whether ITSs support or fail to support an MOS, and ITS components should be examined for realism and pertinence. Users are encouraged to submit recommended changes to published ITSs through the chain of command.

ENCLOSURE (2)

SUMMARY/INDEX OF INDIVIDUAL TRAINING STANDARDS

1. General. This enclosure is a summary listing of all ITS tasks grouped by MOS and Duty Area.

2. Format. The columns are as follows:

a. SEQ. Sequence Number. This number dictates the order in which tasks for a given duty area are displayed.

b. TASK. ITS Designator. This is the permanent designator assigned to the task when it is created.

c. TITLE. ITS Task Title.

d. CORE. An "X" appears in this column when the task is designated as a "Core" task required to "make" a Marine and qualify that Marine for the appropriate MOS. The absence of an "X" indicates that this is an advanced ("Core Plus") task that is mission, grade, or billet specific.

e. FLC. Functional Learning Center. An "X" appears in this column when the FLC is designated as the initial training setting. The absence of an "X" indicates that the initial training is accomplished through Managed On-The-Job Training (MOJT).

f. DL. Distance Learning Product. An "X" in this column indicates that at least one DL product is associated with this task. Consult enclosure (6) for details.

g. PST. Performance Support Tool. An "X" in this column indicates that at least one PST is associated with this task. Consult enclosure (6) for details.

h. SUS. Sustainment Training Period. An entry in this column represents the number of months between evaluation or retraining by the unit to maintain the proficiency required by the standard, provided the task supports the unit's METL.

i. REQ BY. Required By. An entry in this column depicts the lowest grade required to demonstrate proficiency in this task.

j. PAGE. Page Number. This column lists the number of the page in enclosure (6) that contains detailed information concerning this task.

<u>SEQ</u>	<u>TASK</u>	<u>TITLE</u>	<u>CORE</u>	<u>FLC</u>	<u>DL</u>	<u>PST</u>	<u>SUS</u>	<u>REQ BY</u>	<u>PAGE</u>
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MOS 8560, Water Survival Marine

DUTY AREA 01 - FUNDAMENTALS OF WATER SURVIVAL

1)	8560.01.01	EXPLAIN THE FUNDAMENTALS OF COMBAT WATER SURVIVAL	X	X			12	Pvt	6-A-1
2)	8560.01.02	EXPLAIN PERSONAL FLOTATION TECHNIQUES	X	X			12	Pvt	6-A-1

ENCLOSURE (3)

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
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DUTY AREA 02 - COMBAT WATER SURVIVAL 4TH CLASS (CWS-4)

- | | | | | | | | | | | |
|----|------------|--|---|---|--|--|--|----|-----|-------|
| 1) | 8560.02.01 | PERFORM A SHALLOW WATER SWIM | X | X | | | | 12 | Pvt | 6-A-3 |
| 2) | 8560.02.02 | PERFORM PERSONAL WATER SURVIVAL TECHNIQUES | X | X | | | | 12 | Pvt | 6-A-3 |

DUTY AREA 03 - COMBAT WATER SURVIVAL 3RD CLASS (CWS-3)

- | | | | | | | | | | | |
|----|------------|--|--|--|--|--|--|----|-----|-------|
| 1) | 8560.03.01 | PERFORM THE ABANDON SHIP TECHNIQUE/SWIM | | | | | | 24 | Pvt | 6-A-5 |
| 2) | 8560.03.02 | PERFORM PERSONAL MOVEMENT IN THE WATER | | | | | | 24 | Pvt | 6-A-5 |
| 3) | 8560.03.03 | PERFORM LOW TOWER MODIFIED ABANDON SHIP TECHNIQUE/SWIM | | | | | | 24 | Pvt | 6-A-6 |

DUTY AREA 04 - COMBAT WATER SURVIVAL 2D CLASS (CWS-2)

- | | | | | | | | | | | |
|----|------------|------------------------------|---|---|--|--|--|----|-----|-------|
| 1) | 8560.04.01 | PERFORM SURVIVAL STROKE SWIM | X | X | | | | 36 | WO1 | 6-A-8 |
| 2) | 8560.04.02 | PERFORM COLLAR-TOW | X | X | | | | 36 | WO1 | 6-A-8 |

DUTY AREA 05 - COMBAT WATER SURVIVAL 1ST CLASS (CWS-1)

- | | | | | | | | | | | |
|----|------------|--------------------------|--|--|--|--|--|----|-----|--------|
| 1) | 8560.05.01 | PERFORM SURVIVAL STROKES | | | | | | 48 | Pvt | 6-A-10 |
| 2) | 8560.05.02 | PERFORM RESCUES | | | | | | 48 | Pvt | 6-A-10 |
| 3) | 8560.05.03 | PERFORM DISTANCE SWIM | | | | | | 48 | Pvt | 6-A-12 |

DUTY AREA 06 - WATER SURVIVAL QUALIFIED (WSQ)

- | | | | | | | | | | | |
|----|------------|---|--|--|--|--|--|----|-----|--------|
| 1) | 8560.06.01 | PERFORM SURFACE SPLASH RECOVERY TECHNIQUE | | | | | | 72 | Pvt | 6-A-14 |
| 2) | 8560.06.02 | PERFORM TREADING WATER/SURVIVAL SWIM | | | | | | 72 | Pvt | 6-A-15 |
| 3) | 8560.06.03 | PERFORM TROUSER FLOTATION | | | | | | 72 | Pvt | 6-A-16 |

MOS 8561, Combat Water Safety Swimmer (CWSS)

DUTY AREA 01 - COMBAT WATER SAFETY SWIMMER (CWSS)

- | | | | | | | | | | | |
|----|------------|--|--|--|--|--|--|----|-----|-------|
| 1) | 8561.01.01 | APPLY THE FUNDAMENTALS OF PERSONAL FLOTATION/WATER SURVIVAL TECHNIQUES | | | | | | 36 | Pvt | 6-B-1 |
| 2) | 8561.01.02 | EXPLAIN THE DANGERS OF AN AQUATIC ENVIRONMENT | | | | | | 36 | Pvt | 6-B-1 |
| 3) | 8561.01.03 | PERFORM SAFETY SWIMMING TECHNIQUES | | | | | | 36 | Pvt | 6-B-2 |
| 4) | 8561.01.04 | PERFORM AQUATIC CONFIDENCE SKILLS | | | | | | 36 | Pvt | 6-B-3 |

MOS 8563, Marine Combat Instructor of Water Survival (MCIWS)

DUTY AREA 01 - AMERICAN RED CROSS (ARC) LIFEGUARD CERTIFICATION COURSE

- | | | | | | | | | | | |
|----|------------|---|---|---|--|--|--|----|-----|-------|
| 1) | 8563.01.01 | COMPLETE AMERICAN RED CROSS (ARC) LIFEGUARDING CERTIFICATION COURSE | X | X | | | | 36 | Cpl | 6-C-1 |
|----|------------|---|---|---|--|--|--|----|-----|-------|

DUTY AREA 02 - MARINE COMBAT INSTRUCTOR OF WATER SURVIVAL SWIMMING SKILLS

- | | | | | | | | | | | |
|----|------------|---|---|---|--|--|--|----|-----|-------|
| 1) | 8563.02.01 | EXPLAIN THE ELEMENTS OF A SWIMMING STROKE | X | X | | | | 36 | Cpl | 6-C-2 |
|----|------------|---|---|---|--|--|--|----|-----|-------|

ENCLOSURE (3)

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
2)	8563.02.02	PERFORM INSTRUCTOR-LEVEL CRAWL STROKE	X	X				36	Cpl	6-C-2
3)	8563.02.03	PERFORM INSTRUCTOR-LEVEL SIDE STROKE	X	X				36	Cpl	6-C-3
4)	8563.02.04	PERFORM INSTRUCTOR-LEVEL ELEMENTARY BACK STROKE	X	X				36	Cpl	6-C-4
5)	8563.02.05	PERFORM INSTRUCTOR-LEVEL BREAST STROKE	X	X				36	Cpl	6-C-5

DUTY AREA 03 - MARINE COMBAT INSTRUCTOR OF WATER SURVIVAL INSTRUCTIONAL SKILLS

1)	8563.03.01	PREPARE FOR INSTRUCTION	X	X				36	Cpl	6-C-7
2)	8563.03.02	EMPLOY OPERATIONAL RISK MANAGEMENT (ORM)	X	X				36	Cpl	6-C-7
3)	8563.03.03	CONDUCT MARINE COMBAT WATER SURVIVAL TRAINING (MCWST) QUALIFICATION TESTING	X	X				36	Cpl	6-C-8
4)	8563.03.04	IDENTIFY THE STRUCTURE OF THE MARINE COMBAT WATER SURVIVAL TRAINING PROGRAM	X	X				36	Cpl	6-C-9
5)	8563.03.05	CONDUCT A LESSON	X	X				36	Cpl	6-C-10
6)	8563.03.06	IDENTIFY THE PRINCIPLES OF CONDITIONING	X	X	X			36	Cpl	6-C-10
7)	8563.03.07	EXPLAIN THE BENEFITS OF SWIMMING AS A LIFELONG FITNESS ACTIVITY	X	X				36	Cpl	6-C-11
8)	8563.03.08	IDENTIFY THE COMPONENTS OF WELLNESS	X	X	X			36	Cpl	6-C-12
9)	8563.03.09	MAINTAIN MCWST RECORDS	X	X				36	Cpl	6-C-12
10)	8563.03.10	ADMINISTER AN EXAMINATION	X	X				36	Cpl	6-C-13

DUTY AREA 04 - CONDUCT THE AQUATIC CONDITIONING PROGRAM

1)	8563.04.01	IMPLEMENT THE AQUATIC CONDITIONING PROGRAM	X	X				36	Cpl	6-C-15
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MOS 8564, Marine Combat Instructor Trainer of Water Survival (MCITWS)

DUTY AREA 01 - AMERICAN RED CROSS (ARC) LIFEGUARD INSTRUCTOR CERTIFICATION COURSE

1)	8564.01.01	COMPLETE THE AMERICAN RED CROSS (ARC) LIFEGUARD INSTRUCTOR CERTIFICATION COURSE	X	X				36	SSgt	6-D-1
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DUTY AREA 02 - MARINE COMBAT INSTRUCTOR TRAINER OF WATER SURVIVAL SWIMMING SKILLS

1)	8564.02.01	INSTRUCT PERSONNEL TO EXPLAIN THE ELEMENTS OF A SWIMMING STROKE	X	X				36	SSgt	6-D-2
2)	8564.02.02	INSTRUCT PERSONNEL TO PERFORM INSTRUCTOR-LEVEL STROKES	X	X				36	SSgt	6-D-2
3)	8564.02.03	EVALUATE INSTRUCTOR LEVEL STROKES	X	X				36	SSgt	6-D-4
4)	8564.02.04	CONDUCT AMERICAN RED CROSS (ARC) LIFEGUARD CERTIFICATION TRAINING	X	X				36	SSgt	6-D-5

DUTY AREA 03 - MARINE COMBAT INSTRUCTOR TRAINER OF WATER SURVIVAL INSTRUCTIONAL SKILLS

1)	8564.03.01	INSTRUCT PERSONNEL TO PREPARE FOR INSTRUCTION	X	X				36	SSgt	6-D-7
2)	8564.03.02	INSTRUCT PERSONNEL TO EMPLOY OPERATIONAL RISK MANAGEMENT (ORM)	X	X				36	SSgt	6-D-7
3)	8564.03.03	INSTRUCT PERSONNEL TO CONDUCT MARINE COMBAT WATER SURVIVAL TRAINING (MCWST) QUALIFICATION TESTING	X	X				36	SSgt	6-D-8

ENCLOSURE (3)

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<u>SEQ</u>	<u>TASK</u>	<u>TITLE</u>	<u>CORE</u>	<u>FLC</u>	<u>DL</u>	<u>PST</u>	<u>SUS</u>	<u>REQ</u>	<u>BY</u>	<u>PAGE</u>
4)	8564.03.04	INSTRUCT PERSONNEL TO IDENTIFY THE STRUCTURE OF MARINE COMBAT WATER SURVIVAL TRAINING (MCWST)	X	X			36	SSgt		6-D-9
5)	8564.03.05	INSTRUCT PERSONNEL TO CONDUCT A LESSON	X	X			36	SSgt		6-D-10
6)	8564.03.06	INSTRUCT PERSONNEL TO IDENTIFY THE PRINCIPLES OF CONDITIONING	X	X	X		36	SSgt		6-D-11
7)	8564.03.07	INSTRUCT PERSONNEL TO EXPLAIN THE BENEFITS OF SWIMMING AS A LIFELONG FITNESS ACTIVITY	X	X			36	SSgt		6-D-12
8)	8564.03.08	INSTRUCT PERSONNEL TO IDENTIFY THE COMPONENTS OF WELLNESS	X	X	X		36	SSgt		6-D-12
9)	8564.03.09	INSTRUCT PERSONNEL TO MAINTAIN MCWST RECORDS	X	X			36	SSgt		6-D-13
10)	8564.03.10	INSTRUCT PERSONNEL TO ADMINISTER TESTS	X	X			36	SSgt		6-D-13
<u>DUTY AREA 04 - DEVELOP AN AQUATIC CONDITIONING PROGRAM</u>										
1)	8564.04.01	DEVELOP AN AQUATIC CONDITIONING PROGRAM	X	X			36	SSgt		6-D-15
2)	8564.04.02	INSTRUCT PERSONNEL TO CONDUCT THE AQUATIC CONDITIONING PROGRAM	X	X			36	SSgt		6-D-16

ENCLOSURE (3)

COMMON INDIVIDUAL TRAINING STANDARDS

DOES NOT APPLY TO THIS ORDER.

ENCLOSURE (4)

TRAINING SUPPORT

1. This enclosure summarizes five categories of training support by ITS for the entire OccFld:

Appendix A: References

Appendix B: Training Materiel

Appendix C: Ammunition, Explosives, and Pyrotechnics

Appendix D: Distance Learning Products

Appendix E: Performance Support Tools

2. If support identified in any appendix is not applicable to this OccFld, the appendix will include a statement to that effect.

ENCLOSURE (5)

REFERENCES

1. General. References are doctrinal publications, technical manuals, and other publications upon which an ITS and its performance steps are based. They should be readily available and provide the detailed procedures for accomplishing the task. This section includes a list of all reference publications associated with any task in this OccFld.

2. Format. The columns are as follows:

a. REFERENCES. This column summarizes all references associated with at least one ITS task in this OccFld.

b. TASK NUMBERS. A listing of all ITS tasks to which the corresponding reference is associated.

<u>REFERENCES</u>	<u>TASK NUMBERS</u>			
ARC FIT, Fundamentals of Instructor Training, American National Red Cross, 2001	8564.01.01			
ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001	8560.05.02	8561.01.02	8561.01.03	8563.01.01
	8563.03.01	8563.03.02	8563.03.03	8564.02.04
	8564.03.01	8564.03.02	8564.03.03	
ARC LGI, Guide for Training Lifeguarding, American National Red Cross, 2001	8564.01.01			
ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992	8560.01.01	8560.02.01	8560.02.02	8560.03.01
	8560.03.03	8560.04.01	8560.05.01	8560.05.02
	8560.05.03	8560.06.01	8560.06.02	8560.06.03
	8561.01.04	8563.01.01	8563.02.01	8563.02.02
	8563.02.03	8563.02.04	8563.02.05	8563.03.01
	8563.03.02	8563.03.03	8563.03.07	8563.03.08
	8563.04.01	8564.02.01	8564.02.02	8564.02.03
	8564.02.04	8564.03.01	8564.03.02	8564.03.03
	8564.03.05	8564.03.06	8564.03.07	8564.03.08
	8564.04.01	8564.04.02		
ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996	8560.05.03	8563.02.01	8563.02.02	8563.02.03
	8563.02.04	8563.02.05	8563.03.02	8563.03.03
	8564.02.01	8564.02.02	8564.02.03	8564.03.01
	8564.03.02	8564.03.03	8564.03.05	8564.04.02
BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command	8560.02.01	8560.03.01	8560.03.02	8560.03.03
	8560.04.01	8560.04.02	8560.05.01	8560.05.02
	8560.05.03	8560.06.01	8560.06.02	8560.06.03
	8561.01.01	8561.01.02	8561.01.03	8563.02.01
	8563.02.02	8563.02.03	8563.02.04	8563.02.05
	8563.03.01	8563.03.02	8563.03.03	8563.03.06
	8563.03.07	8563.03.08	8563.04.01	8564.02.01

REFERENCES	TASK NUMBERS			
	8564.02.02	8564.02.03	8564.03.01	8564.03.02
	8564.03.03	8564.03.05	8564.03.06	8564.03.07
	8564.03.08	8564.04.01	8564.04.02	
BUD/S K-431-0024, Performance Evaluation Administrator's Guide for Drownproofing	8561.01.04	8563.03.02		
FSIC, Instructional Management School, Formal School Instructor Curriculum	8563.03.01	8563.03.05	8563.03.09	8563.03.10
	8564.02.01	8564.02.02	8564.02.03	8564.03.01
	8564.03.02	8564.03.03	8564.03.05	8564.03.06
	8564.03.07	8564.03.08	8564.03.09	8564.03.10
	8564.04.02			
MCO 1500.52, Marine Combat Water Survival Training	8560.01.01	8560.01.02	8560.02.01	8560.02.02
	8560.03.01	8560.03.02	8560.03.03	8560.04.01
	8560.04.02	8560.05.01	8560.05.02	8560.05.03
	8560.06.01	8560.06.02	8560.06.03	8561.01.01
	8561.01.02	8561.01.03	8563.02.01	8563.02.02
	8563.02.03	8563.02.04	8563.02.05	8563.03.01
	8563.03.02	8563.03.03	8563.03.04	8563.03.07
	8563.03.09	8563.03.10	8563.04.01	8564.02.01
	8564.02.02	8564.02.03	8564.02.04	8564.03.01
	8564.03.02	8564.03.03	8564.03.04	8564.03.05
	8564.03.06	8564.03.07	8564.03.08	8564.03.09
	8564.03.10	8564.04.01		
MCO 1553.1, The Marine Corps Training and Education System	8563.03.01	8563.03.02	8564.03.05	
MCO 3500.27, Operational Risk Management	8561.01.04	8563.03.02	8563.03.03	8563.04.01
	8564.03.02	8564.03.03	8564.04.01	
MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)	8563.03.06	8563.03.07	8563.03.08	8563.04.01
	8564.03.06	8564.03.07	8564.03.08	8564.04.01
	8564.04.02			
MCRP 3-02C, Marine Combat Water Survival	8560.01.01	8560.01.02	8560.02.01	8560.02.02
	8560.03.01	8560.03.02	8560.03.03	8560.04.01
	8560.04.02	8560.05.01	8560.05.02	8560.05.03
	8560.06.01	8560.06.02	8560.06.03	8561.01.01
	8561.01.02	8561.01.03	8563.02.01	8563.02.02
	8563.02.03	8563.02.04	8563.02.05	8563.03.02
	8563.03.03	8563.03.04	8563.03.06	8563.03.08
	8563.04.01	8564.02.01	8564.02.02	8564.02.03
	8564.03.01	8564.03.02	8564.03.04	8564.03.05
	8564.03.06	8564.03.07	8564.03.08	8564.04.02
MCSATG, Marine Corps Systems Approach to Training Guide	8563.03.01	8564.03.01	8564.03.03	8564.03.05
	8564.03.10			
NAVSPECWARINST 1500.3 (SERIES), Aquatic Confidence Training	8561.01.04			
USNDM, United States Navy Dive Manual	8561.01.02	8564.03.03		

Appendix A to
ENCLOSURE (5)

REFERENCES

TASK NUMBERS

Appendix A to
ENCLOSURE (5)

TRAINING MATERIEL

1. General. Training materiel includes all training devices, simulators, aids, equipment, and materials [except ammunition, distance learning (DL) products, and performance support tools (PST)] required or recommended to properly train the task under the specified conditions and to the specified standard.

2. Format. The columns are as follows:

a. MATERIEL. This column summarizes all training materiel used in support of at least one ITS task in this OccFld.

b. TASK NUMBERS. A listing of all ITS tasks supported by the corresponding training support item in the Materiel column. An asterisk (*) precedes any task for which the training support item is mandatory for execution of the task.

<u>MATERIEL</u>	<u>TASK NUMBERS</u>				
782	*8561.01.03				
782P	*8561.01.01				
782PR	*8560.03.02 *8564.03.03	*8560.03.03	*8560.04.02	*8560.06.02	*8563.03.03
782R	*8560.04.01				
ARC training materials (manikins, AED trainer, O2 administration system, skill cards and ARC videos)	*8563.01.01	*8564.01.01	*8564.02.04		
Answer key	8563.03.10	*8564.03.10			
Answer sheets	*8563.03.10	*8564.03.10			
Appropriate swim attire	*8561.01.04				
C	*8560.02.01 *8560.06.03	*8560.02.02	*8560.05.01	*8560.05.02	*8560.05.03
CB	*8560.03.01	*8560.06.01			
Curriculum Materials	*8563.03.01 *8563.04.01 *8564.03.09	*8563.03.03 *8564.03.01 *8564.03.10	*8563.03.05 *8564.03.03 *8564.04.01	*8563.03.09 *8564.03.04 *8564.04.02	*8563.03.10 *8564.03.05
NAVMC 11209	*8563.03.03 8564.03.10	*8563.03.09	*8563.03.10	*8564.03.03	*8564.03.09
Necessary rescue equipment	*8561.01.03	8563.03.03			

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<u>MATERIEL</u>	<u>TASK NUMBERS</u>		
ORM Matrix	*8563.03.02	*8563.03.03	*8564.03.02
Theraband (Red-Medium resistance)	*8561.01.04	8563.03.03	
Training Tank	8563.03.03		
Waterproofing equipment	*8561.01.01		
Writing materials	*8563.03.10	*8564.03.10	

Appendix B to
ENCLOSURE (5)

AMMUNITION, EXPLOSIVES, AND PYROTECHNICS

DOES NOT APPLY TO THIS ORDER.

DISTANCE LEARNING PRODUCTS

1. General. This appendix includes a list of all currently available or planned distance learning (DL) products, including Marine Corps Institute (MCI) publications, designed to provide training related to any task in this OccFld.

2. Format. The columns are as follows:

a. DISTANCE LEARNING PRODUCTS. This column summarizes all DL products assigned to at least one ITS task in this OccFld.

b. TASK NUMBERS. A listing of all ITS tasks associated with the corresponding DL product.

<u>DISTANCE LEARNING PRODUCTS</u>	<u>TASK NUMBERS</u>
MCI 33.16, Basic Nutrition	8563.03.06 8563.03.08 8564.03.06 8564.03.08

PERFORMANCE SUPPORT TOOLS

DOES NOT APPLY TO THIS ORDER.

INDIVIDUAL TRAINING STANDARDS

1. General. This enclosure contains all of the ITSS for this OccFld, grouped by MOS. Each MOS is contained in a separate Appendix to Enclosure (6).

2. Format. For each ITS, the following elements of information are provided:

a. TASK. The task describes a specific and necessary behavior expected of a Marine in a particular MOS or billet. It is a clearly stated, performance-oriented action requiring a learned skill. Skills that "make" a Marine or qualify that Marine for the appropriate MOS are designated as "Core." Those advanced skills that are mission, grade, or billet specific are designated as "Core Plus."

b. CONDITION(S). This portion of the ITS describes the equipment, manuals, assistance/supervision, special physical demands, environmental conditions, and location affecting a Marine's performance of the task under real-world circumstances.

c. STANDARD(S). This portion of the ITS describes the level of proficiency to which the individual must perform the task.

d. PERFORMANCE STEPS. Collectively, the performance steps represent the logical sequence of actions required of the Marine to perform the task to standard. These actions are typically detailed in the references.

e. INITIAL TRAINING SETTING. All ITSS are assigned an initial training setting that includes a specific location for initial instruction [Functional Learning Center (FLC) or Managed On-The-Job Training (MOJT)], a sustainment factor (number of months between evaluation or retraining to maintain the proficiency required by the standard), and a "Required By" grade (the lowest grade at which task proficiency is required).

f. REFERENCE(S). References are doctrinal publications, technical manuals, and other publications upon which the ITS and its performance steps are based. They should be readily available and provide detail to the procedures that are only summarized in the performance steps.

g. TRAINING MATERIEL (Optional). Training materiel includes all training devices, simulators, aids, equipment, and materials [except ammunition, distance learning (DL) products, and performance support tools (PST)] required or recommended to properly train the task under the specified conditions and to the specified standard. Mandatory items are preceded by an asterisk(*).

h. AMMUNITION (Optional). This table, if present, depicts the ammunition, explosives, and/or pyrotechnics required for proper training of the ITS.

i. DISTANCE LEARNING PRODUCT(S) (Optional). This section includes a list of any currently available or planned DL products designed to provide training related to this task.

j. PERFORMANCE SUPPORT TOOL(S) (Optional). This section includes a list of any currently available or planned PSTs designed to provide training related to this task.

k. ADMINISTRATIVE INSTRUCTIONS (Optional). Administrative instructions provide the trainer/instructor with special required or recommended circumstances, including safety

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precautions, relating to the training or execution of the task. These instructions may also clarify the meaning of the task.

ENCLOSURE (6)

MOS 8560, WATER SURVIVAL MARINE

DUTY AREA 01 - FUNDAMENTALS OF WATER SURVIVAL

Tasks in this area provide the Marine basic knowledge of water survival techniques.

TASK: 8560.01.01 (CORE) EXPLAIN THE FUNDAMENTALS OF COMBAT WATER SURVIVAL

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the Acronym S.A.F.E.
2. Explain the definition of the term hyperventilation.
3. Explain the danger of hyperventilation.
4. Define the term hypothermia.
5. Explain the danger of hypothermia.
6. Explain how to prevent hypothermia in an aquatic environment.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. MCO 1500.52_, Marine Combat Water Survival Training
3. MCRP 3-02C, Marine Combat Water Survival

TASK: 8560.01.02 (CORE) EXPLAIN PERSONAL FLOTATION TECHNIQUES

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the types of life preservers commonly used by the USN/USMC.
2. Explain how to float with an inflated blouse.
3. Explain how to float with an inflated pair of trousers.
4. Explain how to waterproof personal equipment.

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5. Explain how to float with a combat pack.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCRP 3-02C, Marine Combat Water Survival

Appendix A to
ENCLOSURE (6)

DUTY AREA 02 - COMBAT WATER SURVIVAL 4TH CLASS (CWS-4)

The emphasis in this area is on personal water survival without combat gear.

TASK: 8560.02.01 (CORE) PERFORM A SHALLOW WATER SWIM

CONDITION(S): Given C and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water at a minimum depth of 1 meter.
2. Swim 25 meters in shallow water using either the beginner swimmer stroke (front or back), or demonstrating a survival stroke, or any combination thereof.
3. Exit the water.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * C

ADMINISTRATIVE INSTRUCTIONS:

1. Touching the bottom or side of the pool during Step #2 will disqualify the Marine.
2. Medical support must be available in training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.

TASK: 8560.02.02 (CORE) PERFORM PERSONAL WATER SURVIVAL TECHNIQUES

CONDITION(S): Given C and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water from a minimum height of 8 feet (maximum of 15 feet), using the abandon ship technique.
2. Move to the side of the pool without exiting the water.
3. Perform personal water survival skills for a total of four minutes, while in deep water.
4. Move to the side of the pool without exiting the water.
5. Travel 25 meters using either the beginner's swimming stroke (back or front) or demonstrate working ability of any survival stroke or combination thereof.
6. Exit the water.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. MCO 1500.52_, Marine Combat Water Survival Training
3. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * C

ADMINISTRATIVE INSTRUCTIONS:

1. For Step #3, Marine may use one, or a combination of, water survival techniques (i.e., drownproofing, treading water, and/or trouser or blouse inflation).
2. Touching the bottom or the side of the pool during Steps #3 or #5 will disqualify the Marine.
3. Medical support must be available in training area when performing this task.
4. Ensure all safety precautions are adhered to when performing this task.
5. Steps #1, #3, and #5 will be demonstrated distinctly and separately from one another. Steps #2, #4, and #6 will serve as pauses to the demonstration of the preceding step.

DUTY AREA 03 - COMBAT WATER SURVIVAL 3RD CLASS (CWS-3)

Emphasis in this duty area is on personal water survival under combat conditions and while on maneuvers in full combat gear.

TASK: 8560.03.01 (CORE PLUS) PERFORM THE ABANDON SHIP TECHNIQUE/SWIM

CONDITION(S): Given CB and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water.
2. Travel 25 M utilizing any combination of survival strokes or beginner swimmer strokes.
3. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 24 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * CB

ADMINISTRATIVE INSTRUCTIONS:

1. For Step #1, use the abandon ship technique, from minimum height of 8 feet (maximum of 15 feet).
2. Purposefully touching the bottom or side of the pool during Step #2 will disqualify the Marine.
3. For Step #2, beginner swimmer strokes may be executed front or back.
4. Medical support must be available in training area when performing this task.
5. Ensure all safety precautions are adhered to when performing this task.

TASK: 8560.03.02 (CORE PLUS) PERFORM PERSONAL MOVEMENT IN THE WATER

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CONDITION(S): Given 782PR and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter shallow water (minimum 1m depth) with rubberized training rifle at port arms.
2. Walk 20 meters in shallow water (minimum 1m depth/waist deep).
3. Walk 20 meters in chest high water.
4. Travel for 20 meters in chest deep water using a modified breast stroke arm movement and modified combat travel stroke leg movement (bicycle kick).
5. Travel for 40 meters in deep water using a modified breast stroke arm movement and modified combat travel stroke leg movement (bicycle kick).
6. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 24 Req By: Pvt

REFERENCE(S):

1. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
2. MCO 1500.52_, Marine Combat Water Survival Training
3. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782PR

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.
3. Weapon will be at port arms during Step #2 of this task.
4. Weapon will be slung around neck, muzzle down during Steps #3, #4, and #5 of this task.
5. Touching the side of the pool in Steps #4 and #5 of this task will disqualify the Marine.

TASK: 8560.03.03 (CORE PLUS) PERFORM LOW TOWER MODIFIED ABANDON SHIP TECHNIQUE/SWIM

CONDITION(S): Given 782PR and without the aid of references.

Appendix A to
ENCLOSURE (6)

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter deep water, place weapon around head with muzzle down, travel 10 meters.
2. Remove pack.
3. Travel 15m transporting both pack and weapon.
4. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 24 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782PR

ADMINISTRATIVE INSTRUCTIONS:

1. For Step #1, use the modified abandon ship technique and from a minimum height of 5 feet (maximum of 8 feet). The modified abandon ship technique consists of placing one hand on the helmet and the other hand on the weapon (either on the sling or the handguard).
2. Touching the side or the bottom of the pool during this task will disqualify the Marine.
3. Failure to maintain control of the helmet and weapon will disqualify the Marine.
4. Medical support must be available in training area when performing this task.
5. Ensure all safety precautions are adhered to when performing this task.

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DUTY AREA 04 - COMBAT WATER SURVIVAL 2D CLASS (CWS-2)

Emphasis in this duty area is on assisting an exhausted/wounded Marine to safety while wearing full combat gear.

TASK: 8560.04.01 (CORE) PERFORM SURVIVAL STROKE SWIM

CONDITION(S): Given 782R and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter water from the side of the pool, and using one or a combination of survival strokes, travel 50 meters in deep water.
2. Exit the water.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: W01

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782R

ADMINISTRATIVE INSTRUCTIONS:

1. Weapon will be slung across back (muzzle down).
2. Medical support must be available in training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. Touching the side of the pool or pushing off the bottom of the pool will disqualify the Marine; inadvertent touches or kicks off the bottom or side of the pool will not disqualify the Marine.

TASK: 8560.04.02 (CORE) PERFORM COLLAR-TOW

CONDITION(S): Given 782PR, a simulated casualty dressed similarly, and without the aid of references.

STANDARD(S): In accordance with the references.

Appendix A to
ENCLOSURE (6)

PERFORMANCE STEPS:

1. Enter deep water and perform a 25 meter collar-tow on wounded "victim", while the "victim" simultaneously tows two packs (one under each arm).
2. Exit the water.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: W01

REFERENCE(S):

1. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
2. MCO 1500.52_, Marine Combat Water Survival Training
3. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782PR

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.
3. Weapons will be slung across the back (muzzle down).
4. Victim will hold on to the two packs and will not assist in propulsion.

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DUTY AREA 05 - COMBAT WATER SURVIVAL 1ST CLASS (CWS-1)

Emphasis in this duty area is on the ability to rescue oneself, assist a wounded Marine to safety and survive under adverse conditions.

TASK: 8560.05.01 (CORE PLUS) PERFORM SURVIVAL STROKES

CONDITION(S): Given C and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter water from the side of the pool.
2. Perform breaststroke for 25 meters.
3. Perform sidestroke for 25 meters.
4. Perform elementary backstroke for 25 meters.
5. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 48 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * C

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.
3. Marines may exit water or move to the side of the pool in between stroke demonstration.

TASK: 8560.05.02 (CORE PLUS) PERFORM RESCUES

Appendix A to
ENCLOSURE (6)

CONDITION(S): Given C, a simulated casualty dressed identically, and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water using an ease in entry.
2. Perform a breaststroke approach stroke.
3. Assume a ready position six to eight feet from the simulated victim.
4. Perform a front head hold escape.
5. Perform front surface approach and a wrist tow.
6. Exit the water.
7. Enter the water using an ease in entry.
8. Perform a breaststroke approach stroke.
9. Assume a ready position six to eight feet from the victim.
10. Perform a rear head hold escape.
11. Perform rear approach, double armpit level off.
12. Perform a double armpit tow, then transition to a cross-chest carry.
13. Exit the water.
14. Enter the water using an ease in entry.
15. Perform a breaststroke approach stroke.
16. Assume a ready position six to eight feet from the "victim".
17. Perform a double wrist grip escape.
18. Performs a swimmer's assist on a simulated distressed swimmer.
19. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 48 Req By: Pvt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992

3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * C

ADMINISTRATIVE INSTRUCTIONS:

1. Students must demonstrate each rescue for qualification, utilizing an appropriate entry technique with a "victim" 10 meters away.
2. Rescuers must tow "victim" 20 meters.
3. Victims (either other students or instructors) are passive during the carry or tow process and may not assist in propulsion with the exception of Step #11.
4. Students must complete a dry land drill, a water demonstration, and be afforded adequate practice time for all three rescues prior to evaluation.
5. During Step #11, "victims" will assume a simulated active drowning victim's posture (vertical).
6. Medical support must be available in training area when performing this task.
7. Ensure all safety precautions are adhered to when performing this task.
8. For Step #4 the "Victim" puts rescuer in a front head hold.
9. For Step #10 the "Victim" puts rescuer in a rear head hold.
10. For Step #11 the "Victim's" back will be toward the rescuer.
11. For Step #17 the "Victim" puts rescuer in a double wrist grip.

TASK: 8560.05.03 (CORE PLUS) PERFORM DISTANCE SWIM

CONDITION(S): Given C, and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water.
2. Swim 250m using any survival stroke or combination thereof.
3. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 48 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * C

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 06 - WATER SURVIVAL QUALIFIED (WSQ)

Tasks in this area include advanced personal water survival techniques.

TASK: 8560.06.01 (CORE PLUS) PERFORM SURFACE SPLASH RECOVERY TECHNIQUE

CONDITION(S): Given CB and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water using the abandon ship technique from a height of greater than 8 feet and less than 15 feet.
2. Travel 10 meters underwater without surfacing.
3. Surface using splash technique.
4. Travel 40 meters using modified splashing technique and remaining on the surface.
5. Exit water.

INITIAL TRAINING SETTING: MOJT Sustainment: 72 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * CB

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.
3. Marines may push off side of the pool, but not the bottom of the pool during this task.
4. Splashing should be 12" above the water line and at least 3 feet to the front and sides of the Marine.

TASK: 8560.06.02 (CORE PLUS) PERFORM TREADING WATER/SURVIVAL SWIM

CONDITION(S): Given 782PR and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water using the modified abandon ship technique from a height of greater than 8 feet and less than 15 feet.
2. Surface, release pack from shoulders, place rifle on top of pack at the ready, scanning from side to side, travel 50 meters to the edge of the pool.
3. Exit water and stage pack and gear at the end of the pool.
4. Re-enter water at the deep end of pool.
5. Tread water for 5 minutes.
6. Remove boots and retain on body and tread water or drown proof for 20 minutes without artificial flotation.
7. Replace boots, continue to tread water for a total of 30 minutes and, without exiting the water, swim 500 meters using one or any combination of the three survival strokes.
8. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 72 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782PR

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.
3. Failure to maintain control of weapon, helmet, pack, or boots during this task will disqualify the Marine.

4. Grabbing the side of the pool or pushing off the bottom of the pool will disqualify the Marine. The Marine may push off the side of the pool but may not push off the bottom of the pool during this task.

TASK: 8560.06.03 (CORE PLUS) PERFORM TROUSER FLOTATION

CONDITION(S): Given C and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Enter the water from the side of the pool into deep water, begin treading water.
2. Remove trousers.
3. Perform trouser floatation.
4. Remain motionless for one minute.
5. Put trousers back on.
6. Swim to the edge of the pool.
7. Exit the water.

INITIAL TRAINING SETTING: MOJT Sustainment: 72 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * C

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all personnel have the required undergarments before conducting training.
2. Medical support must be available in training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. Touching or pushing off the side/bottom of the pool will disqualify the Marine.

MOS 8561, COMBAT WATER SAFETY SWIMMER (CWSS)

DUTY AREA 01 - COMBAT WATER SAFETY SWIMMER (CWSS)

Tasks in this area include those skills needed to assist a MCIWS/MCITWS during a MCWST period of instruction and serve as a safety swimmer for pool or other aquatic training.

TASK: 8561.01.01 (CORE PLUS) APPLY THE FUNDAMENTALS OF PERSONAL FLOTATION/WATER SURVIVAL TECHNIQUES

CONDITION(S): Given personal equipment to be water proofed, and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Demonstrate how to float with an inflated blouse.
2. Demonstrate how to float with an inflated pair of trousers.
3. Demonstrate how to float with a combat pack.
4. Demonstrate how to waterproof personal equipment.

INITIAL TRAINING SETTING: MOJT Sustainment: 36 Req By: Pvt

REFERENCE(S):

1. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
2. MCO 1500.52_, Marine Combat Water Survival Training
3. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782P
2. * Waterproofing equipment

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8561.01.02 (CORE PLUS) EXPLAIN THE DANGERS OF AN AQUATIC ENVIRONMENT

CONDITION(S): Without the aid of references.

MCO 1510.125
30 DEC 02

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the dangers of a saltwater environment.
2. Explain the dangers of a freshwater environment.

INITIAL TRAINING SETTING: MOJT Sustainment: 36 Req By: Pvt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival
5. USNDM, United States Navy Dive Manual

TASK: 8561.01.03 (CORE PLUS) PERFORM SAFETY SWIMMING TECHNIQUES

CONDITION(S): Given 782, necessary rescue equipment and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Perform reaching rescues.
2. Perform equipment rescues.
3. Perform the ease in entry.
4. Perform the stride jump entry.
5. Perform crawl stroke approach strokes.
6. Perform breast stroke approach strokes.
7. Perform front surface approaches.
8. Perform rear surface approaches.
9. Perform the single armpit level off.
10. Perform the double armpit level off.
11. Perform the wrist tow.

Appendix B to
ENCLOSURE (6)

12. Perform the double armpit tow.
13. Perform the single armpit tow.
14. Perform the swimmers assists.
15. Perform the collar tow.
16. Perform the cross-chest carry.
17. Perform defensive techniques.
18. Perform multiple victim rescues.
19. Perform a recovery of a submerged victim.
20. Perform victim removals.
21. Perform underwater swimming techniques.
22. Perform a beach rescue.

INITIAL TRAINING SETTING: MOJT Sustainment: 36 Req By: Pvt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782
2. * Necessary rescue equipment

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8561.01.04 (CORE PLUS) PERFORM AQUATIC CONFIDENCE SKILLS

CONDITION(S): Given the requirement and without the aid of references.

STANDARD(S): In accordance with the references.

Appendix B to
ENCLOSURE (6)

PERFORMANCE STEPS:

1. Enter the water from the side of the pool using a modified ease-in entry with feet tied by Theraband material.
2. Perform 21 breath exchanges.
3. Perform a forward flip keeping feet tied together without breaking the surface.
4. Perform a backward flip keeping feet tied together without breaking the surface.
5. Retrieve a boot from deep water keeping feet tied together.
6. Swim 20 meters underwater without breaking the surface using arm action only.
7. Remove Theraband material.
8. Exit the water.
9. Enter the water from the side of the pool using a modified ease-in entry with hands tied by Theraband material.
10. Perform 21 breath exchanges.
11. Perform a forward flip keeping hands tied behind back without breaking the surface.
12. Perform a backward flip keeping hands tied behind back without breaking the surface.
13. Retrieve a boot from deep water keeping hands tied behind back.
14. Swim 20 meters underwater without breaking the surface using leg action only.
15. Remove Theraband material.
16. Exit water.

INITIAL TRAINING SETTING: MOJT Sustainment: 36 Req By: Pvt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BUD/S K-431-0024, Performance Evaluation Administrator's Guide for Drownproofing
3. MCO 3500.27_, Operational Risk Management
4. NAVSPECWARINST 1500.3 (SERIES), Aquatic Confidence Training

TRAINING MATERIEL:

1. * Appropriate swim attire

2. * Theraband (Red-Medium resistance)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is not designed to be evaluated.
2. Medical support must be available in the training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. Marines may not push off the bottom of the pool when doing breath exchanges.
5. Marines will be given sufficient rest in between Steps #8 and #9.
6. Marines may push off the side of the pool when doing the underwater swim portions of this task.
7. Marines may push off the bottom of the pool after doing the underwater flips in this task.
8. When students are performing this task, there will be one MCIWS/MCITWS or CWSS per student in the water at all times within one arms reach of the Marine executing the tasks.
9. Theraband (Red-Medium resistance) is the only material approved to tie hands or feet.
10. Safety swimmers will assist Marines in the removal of Theraband tying material during steps #7 and #15.
11. Tying of hands or feet will be tight enough to restrain movement but not so tight as to prevent a Marine from freeing themselves unassisted.

MOS 8563, MARINE COMBAT INSTRUCTOR OF WATER SURVIVAL (MCIWS)

DUTY AREA 01 - AMERICAN RED CROSS (ARC) LIFEGUARD CERTIFICATION COURSE

The emphasis in this duty area is on earning the ARC lifeguarding certification.

TASK: 8563.01.01 (CORE) COMPLETE AMERICAN RED CROSS (ARC) LIFEGUARDING CERTIFICATION COURSE

CONDITION(S): Given American Red Cross training materials and with the aid of references.

STANDARD(S): In accordance with American Red Cross standards.

PERFORMANCE STEPS:

1. Pass the written examination of the ARC Lifeguarding Certification course.
2. Pass the practical application portion of the ARC Lifeguarding Certification course.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992

TRAINING MATERIEL:

1. * ARC training materials (manikins, AED trainer, O2 administration system, skill cards and ARC videos)

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 02 - MARINE COMBAT INSTRUCTOR OF WATER SURVIVAL SWIMMING SKILLS

The emphasis of this duty area is on providing a Marine the skills necessary to teach stroke mechanics.

TASK: 8563.02.01 (CORE) EXPLAIN THE ELEMENTS OF A SWIMMING STROKE

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain body position for the crawl stroke, side stroke, elementary backstroke, and breaststroke.
2. Explain arm action for the crawl stroke, side stroke, elementary backstroke, and breaststroke.
3. Explain leg action for the crawl stroke, side stroke, elementary backstroke, and breaststroke.
4. Explain breathing for the crawl stroke, side stroke, elementary backstroke, and breaststroke.
5. Explain coordination for the crawl stroke, side stroke, elementary backstroke, and breaststroke.
6. Explain smoothness and relaxation for the crawl stroke, side stroke, elementary backstroke, and breaststroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

TASK: 8563.02.02 (CORE) PERFORM INSTRUCTOR-LEVEL CRAWL STROKE

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute body position for instructor-level crawl stroke.
2. Execute arm action for instructor-level crawl stroke.
3. Execute leg action for instructor-level crawl stroke.
4. Execute breathing for instructor-level crawl stroke.
5. Execute coordination for the instructor-level crawl stroke.
6. Execute smoothness and relaxation for instructor-level crawl stroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8563.02.03 (CORE) PERFORM INSTRUCTOR-LEVEL SIDE STROKE

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute body position for instructor-level side stroke.
2. Execute arm action for instructor-level side stroke.
3. Execute leg action for instructor-level side stroke.
4. Execute breathing for instructor-level side stroke.
5. Execute coordination for instructor-level side stroke.

6. Execute smoothness and relaxation for instructor-level side stroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8563.02.04 (CORE) PERFORM INSTRUCTOR-LEVEL ELEMENTARY BACK STROKE

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute body position for instructor-level elementary back stroke.
2. Execute arm action for instructor-level elementary back stroke.
3. Execute leg action for instructor-level elementary back stroke.
4. Execute breathing for instructor-level elementary back stroke.
5. Execute coordination for instructor-level elementary back stroke.
6. Execute smoothness and relaxation for instructor-level elementary back stroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996

3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8563.02.05 (CORE) PERFORM INSTRUCTOR-LEVEL BREAST STROKE

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute body position for instructor-level breast stroke.
2. Execute arm action for instructor-level breast stroke.
3. Execute leg action for instructor-level breast stroke.
4. Execute breathing for instructor-level breast stroke.
5. Execute coordination for instructor-level breast stroke.
6. Execute smoothness and relaxation for instructor-level breast stroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCRP 3-02C, Marine Combat Water Survival

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

MCO 1510.125
30 DEC 02

Appendix C to
ENCLOSURE (6)

DUTY AREA 03 - MARINE COMBAT INSTRUCTOR OF WATER SURVIVAL INSTRUCTIONAL SKILLS

The emphasis of this duty area is on providing the Marine the necessary skills to instruct and conduct swim qualifications up to CWSS.

TASK: 8563.03.01 (CORE) PREPARE FOR INSTRUCTION

CONDITION(S): Given an appropriate instructional setting, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Review lesson plan, media, student materials, and tests as required.
2. Rehearse the lesson.
3. Prepare instructional environment (i.e. ensure appropriate equipment, facilities, humanresources, funds, time, materials, and supplies are allocated and available).

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. FSIC, Instructional Management School, Formal School Instructor Curriculum
5. MCO 1500.52_, Marine Combat Water Survival Training
6. MCO 1553.1_, The Marine Corps Training and Education System
7. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * Curriculum Materials

TASK: 8563.03.02 (CORE) EMPLOY OPERATIONAL RISK MANAGEMENT (ORM)

CONDITION(S): Given a training event to be evaluated and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Review a completed ORM Matrix for a selected water survival period of instruction.
2. Update an Operational Risk Assessment (ORA) for a water survival period of instruction.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
4. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
5. BUD/S K-431-0024, Performance Evaluation Administrator's Guide for Drownproofing
6. MCO 1500.52_, Marine Combat Water Survival Training
7. MCO 1553.1_, The Marine Corps Training and Education System
8. MCO 3500.27_, Operational Risk Management
9. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * ORM Matrix

TASK: 8563.03.03 (CORE) CONDUCT MARINE COMBAT WATER SURVIVAL TRAINING (MCWST) QUALIFICATION TESTING

CONDITION(S): Given personnel to be trained, 782PR, training tank and necessary rescue equipment, curriculum materials, NAVMC 11209, ORM matrix, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Conduct CWS-4 Qualification testing.
2. Conduct CWS-3 Qualification testing.
3. Conduct CWS-2 Qualification testing.

Appendix C to
ENCLOSURE (6)

4. Conduct CWS-1 Qualification testing.
5. Conduct WSQ Qualification testing.
6. Conduct CWSS Qualification testing.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
4. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
5. MCO 1500.52_, Marine Combat Water Survival Training
6. MCO 3500.27_, Operational Risk Management
7. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * 782PR
2. * Curriculum Materials
3. * NAVMC 11209
4. Necessary rescue equipment
5. * ORM Matrix
6. Theraband (Red-Medium resistance)
7. Training Tank

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8563.03.04 (CORE) IDENTIFY THE STRUCTURE OF THE MARINE COMBAT WATER SURVIVAL TRAINING PROGRAM

CONDITION(S): Without the aid of the references.

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STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the history of MCWST.
2. Explain the qualification levels present MCWST.
3. Explain the purpose of MCWST.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCRP 3-02C, Marine Combat Water Survival

TASK: 8563.03.05 (CORE) CONDUCT A LESSON

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the reference.

PERFORMANCE STEPS:

1. Introduce the lesson.
2. Present the body of the lesson (to include appropriate media).
3. Employ classroom management techniques.
4. Provide summary and closure.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum

TRAINING MATERIEL:

1. * Curriculum Materials

TASK: 8563.03.06 (CORE) IDENTIFY THE PRINCIPLES OF CONDITIONING

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

Appendix C to
ENCLOSURE (6)

PERFORMANCE STEPS:

1. Explain the conditioning principle of Progression.
2. Explain the conditioning principle of Recovery.
3. Explain the conditioning principle of Overload.
4. Explain the conditioning principle of Variety.
5. Explain the conditioning principle of Regularity.
6. Explain the conditioning principle of Balance.
7. Explain the conditioning principle of Specificity.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
2. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
3. MCRP 3-02C, Marine Combat Water Survival

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition

TASK: 8563.03.07 (CORE) EXPLAIN THE BENEFITS OF SWIMMING AS A LIFELONG FITNESS ACTIVITY

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the benefits of swimming as lifelong fitness activity in relation to the musculoskeletal system.
2. Explain the benefits of swimming as a lifelong fitness activity in relation the cardiovascular system.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992

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2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)

TASK: 8563.03.08 (CORE) IDENTIFY THE COMPONENTS OF WELLNESS

CONDITION(S): Without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the meaning of cardiorespiratory fitness.
2. Explain the meaning of muscular strength and endurance.
3. Explain the meaning of flexibility.
4. Explain the meaning of body composition.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
4. MCRP 3-02C, Marine Combat Water Survival

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition

TASK: 8563.03.09 (CORE) MAINTAIN MCWST RECORDS

CONDITION(S): Given NAVMC 11209, a completed training event, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

Appendix C to
ENCLOSURE (6)

PERFORMANCE STEPS:

1. Maintain course materials.
2. Maintain student training logs.
3. Complete NAVMC 11209.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.52_, Marine Combat Water Survival Training

TRAINING MATERIEL:

1. * Curriculum Materials
 2. * NAVMC 11209
-

TASK: 8563.03.10 (CORE) ADMINISTER AN EXAMINATION

CONDITION(S): Given personnel to be tested, curriculum materials, test materials, answer key, NAVMC 11209, and with the aid of references.

STANDARD(S): In accordance with references.

PERFORMANCE STEPS:

1. Maintain security of test materials.
2. Proctor an examination.
3. Grade an examination.
4. Review a written examination with an individual or student group.
5. Conduct remediation procedures for test failures.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.52_, Marine Combat Water Survival Training

TRAINING MATERIEL:

1. Answer key

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2. * Answer sheets
3. * Curriculum Materials
4. * NAVMC 11209
5. * Writing materials

Appendix C to
ENCLOSURE (6)

DUTY AREA 04 - CONDUCT THE AQUATIC CONDITIONING PROGRAM

The emphasis in this duty area is on preparing the Marine to conduct a unit aquatic conditioning program.

TASK: 8563.04.01 (CORE) IMPLEMENT THE AQUATIC CONDITIONING PROGRAM

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Implement an aquatic speed drill.
2. Implement an aquatic endurance drill.
3. Implement an aquatic mobility drill.
4. Implement aquatic games that improve swimming skill and endurance.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCO 3500.27_, Operational Risk Management
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

MOS 8564, MARINE COMBAT INSTRUCTOR TRAINER OF WATER SURVIVAL (MCITWS)

DUTY AREA 01 - AMERICAN RED CROSS (ARC) LIFEGUARD INSTRUCTOR CERTIFICATION COURSE

The emphasis of this duty area is on the Marine passing the American Red Cross Lifeguard Instructor Certification course.

TASK: 8564.01.01 (CORE) COMPLETE THE AMERICAN RED CROSS (ARC) LIFEGUARD INSTRUCTOR CERTIFICATION COURSE

CONDITION(S): Given American Red Cross training materials and with the aid of references.

STANDARD(S): In accordance with American Red Cross standards.

PERFORMANCE STEPS:

1. Pass the practical application portion of the ARC LGI course.
2. Pass the written portion of the ARC LGI course.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC FIT, Fundamentals of Instructor Training, American National Red Cross, 2001
2. ARC LGI, Guide for Training Lifeguarding, American National Red Cross, 2001

TRAINING MATERIEL:

1. * ARC training materials (manikins, AED trainer, O2 administration system, skill cards and ARC videos)

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 02 - MARINE COMBAT INSTRUCTOR TRAINER OF WATER SURVIVAL SWIMMING SKILLS

The emphasis of this duty area is on preparing MCITWS' to teach MCIWS' the skills necessary to instruct stroke mechanics.

TASK: 8564.02.01 (CORE) INSTRUCT PERSONNEL TO EXPLAIN THE ELEMENTS OF A SWIMMING STROKE

CONDITION(S): Given personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to explain body position for the crawl stroke, side stroke, elementary backstroke, and breast stroke.
2. Instruct personnel to explain arm action for the crawl stroke, side stroke, elementary backstroke, and breast stroke.
3. Instruct personnel to explain leg action for the crawl stroke, side stroke, elementary backstroke, and breast stroke.
4. Instruct personnel to explain breathing for the crawl stroke, side stroke, elementary backstroke, and breast stroke.
5. Instruct personnel to explain coordination for the crawl stroke, side stroke, elementary backstroke, and breast stroke.
6. Instruct personnel to explain smoothness and relaxation for the crawl stroke, side stroke, elementary backstroke, and breast stroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. FSIC, Instructional Management School, Formal School Instructor Curriculum
5. MCO 1500.52_, Marine Combat Water Survival Training
6. MCRP 3-02C, Marine Combat Water Survival

TASK: 8564.02.02 (CORE) INSTRUCT PERSONNEL TO PERFORM INSTRUCTOR-LEVEL STROKES

CONDITION(S): Given personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to perform body position for instructor-level crawl stroke.
2. Instruct personnel to perform arm action for instructor-level crawl stroke.
3. Instruct personnel to perform leg action for instructor-level crawl stroke.
4. Instruct personnel to perform breathing for instructor-level crawl stroke.
5. Instruct personnel to perform coordination for instructor-level crawl stroke.
6. Instruct personnel to perform smoothness and relaxation for instructor-level crawl stroke.
7. Instruct personnel to perform body position for instructor-level side stroke.
8. Instruct personnel to perform arm action for instructor-level side stroke.
9. Instruct personnel to perform leg action for instructor-level side stroke.
10. Instruct personnel to perform coordination for instructor-level side stroke.
11. Instruct personnel to perform breathing for instructor-level side stroke.
12. Instruct personnel to perform smoothness and relaxation for instructor-level side stroke.
13. Instruct personnel to perform body position for instructor-level elementary back stroke.
14. Instruct personnel to perform arm action for instructor-level elementary back stroke.
15. Instruct personnel to perform leg action for instructor-level elementary back stroke.
16. Instruct personnel to perform breathing for instructor-level elementary back stroke.
17. Instruct personnel to perform coordination for instructor-level elementary back stroke.
18. Instruct personnel to perform smoothness and relaxation for instructor-level elementary back stroke.
19. Instruct personnel to perform body position for instructor-level breast stroke.
20. Instruct personnel to perform arm action for instructor-level breast stroke.
21. Instruct personnel to perform leg action for instructor-level breast stroke.
22. Instruct personnel to perform breathing for instructor-level breast stroke.
23. Instruct personnel to perform coordination for instructor-level breast stroke.

24. Instruct personnel to perform smoothness and relaxation for instructor-level breast stroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. FSIC, Instructional Management School, Formal School Instructor Curriculum
5. MCO 1500.52_, Marine Combat Water Survival Training
6. MCRP 3-02C, Marine Combat Water Survival

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in the training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8564.02.03 (CORE) EVALUATE INSTRUCTOR LEVEL STROKES

CONDITION(S): Given personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Evaluate body position for instructor-level crawl stroke, side stroke, elementary backstroke, and breaststroke.
2. Evaluate arm action for instructor-level crawl stroke, side stroke, elementary backstroke, and breaststroke.
3. Instruct personnel to evaluate leg action for instructor-level crawl stroke, side stroke, elementary backstroke, and breaststroke.
4. Instruct personnel to evaluate breathing for instructor-level crawl stroke, side stroke, elementary backstroke, and breaststroke.
5. Instruct personnel to evaluate coordination for instructor-level crawl stroke, side stroke, elementary backstroke, and breaststroke.
6. Instruct personnel to evaluate smoothness and relaxation for instructor-level crawl stroke, side stroke, elementary backstroke, and breaststroke.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. FSIC, Instructional Management School, Formal School Instructor Curriculum
5. MCO 1500.52_, Marine Combat Water Survival Training
6. MCRP 3-02C, Marine Combat Water Survival

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in the training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8564.02.04 (CORE) CONDUCT AMERICAN RED CROSS (ARC) LIFEGUARD CERTIFICATION TRAINING

CONDITION(S): Given American Red Cross training materials, personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel in the knowledge, skills, and abilities necessary to pass the written portion of the American Red Cross lifeguard certification test.
2. Instruct personnel in the knowledge, skills, and abilities necessary to pass the practical portion of the American Red Cross lifeguard certification test.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. MCO 1500.52_, Marine Combat Water Survival Training

MCO 1510.125
30 DEC 02

TRAINING MATERIEL:

1. * ARC training materials (manikins, AED trainer, O2 administration system, skill cards and ARC videos)

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in the training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 03 - MARINE COMBAT INSTRUCTOR TRAINER OF WATER SURVIVAL INSTRUCTIONAL SKILLS

The emphasis of this duty area is on preparing MCITWS' to teach MCIWS' the necessary skills to instruct and conduct swim qualifications.

TASK: 8564.03.01 (CORE) INSTRUCT PERSONNEL TO PREPARE FOR INSTRUCTION

CONDITION(S): Given personnel to be trained, curriculum materials, and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to review lesson plans, student materials, and tests as required.
2. Instruct personnel to rehearse the lesson.
3. Instruct personnel to prepare the instructional environment (i.e., ensure appropriate equipment, facilities, materials, and supplies are allocated and available).

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
4. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
5. FSIC, Instructional Management School, Formal School Instructor Curriculum
6. MCO 1500.52_, Marine Combat Water Survival Training
7. MCRP 3-02C, Marine Combat Water Survival
8. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * Curriculum Materials

TASK: 8564.03.02 (CORE) INSTRUCT PERSONNEL TO EMPLOY OPERATIONAL RISK MANAGEMENT (ORM)

MCO 1510.125
30 DEC 02

CONDITION(S): Given personnel to be trained, a training event to be evaluated, ORM Matrix, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to review a completed ORM Matrix for a selected water survival period of instruction.
2. Instruct personnel to update an Operational Risk Assessment (ORA) for a Water Survival period of instruction.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
4. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
5. FSIC, Instructional Management School, Formal School Instructor Curriculum
6. MCO 1500.52_, Marine Combat Water Survival Training
7. MCO 3500.27_, Operational Risk Management
8. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * ORM Matrix

TASK: 8564.03.03 (CORE) INSTRUCT PERSONNEL TO CONDUCT MARINE COMBAT WATER SURVIVAL TRAINING (MCWST) QUALIFICATION TESTING

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to conduct CWS-4 Qualification testing.
2. Instruct personnel to conduct CWS-3 Qualification testing.

Appendix D to
ENCLOSURE (6)

3. Instruct personnel to conduct CWS-2 Qualification testing.
4. Instruct personnel to conduct CWS-1 Qualification testing.
5. Instruct personnel to conduct Water Survival Qualification testing.
6. Instruct personnel to conduct Combat Water Safety Swimmer Qualification testing.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC LG, American Red Cross, Lifeguard Training, The American National Red Cross, 2001
2. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
3. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
4. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
5. FSIC, Instructional Management School, Formal School Instructor Curriculum
6. MCO 1500.52_, Marine Combat Water Survival Training
7. MCO 3500.27_, Operational Risk Management
8. MCSATG, Marine Corps Systems Approach to Training Guide
9. USNDM, United States Navy Dive Manual

TRAINING MATERIEL:

1. * 782PR
2. * Curriculum Materials
3. * NAVMC 11209

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8564.03.04 (CORE) INSTRUCT PERSONNEL TO IDENTIFY THE STRUCTURE OF MARINE COMBAT WATER SURVIVAL TRAINING (MCWST)

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to explain the history of MCWST.
2. Instruct personnel to explain the qualification levels present in MCWST.
3. Instruct personnel to explain the purpose of MCWST.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * Curriculum Materials
-

TASK: 8564.03.05 (CORE) INSTRUCT PERSONNEL TO CONDUCT A LESSON

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to introduce the lesson.
2. Instruct personnel to present the body of the lesson.
3. Instruct personnel to employ classroom management techniques.
4. Instruct personnel to provide summary and closure.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. FSIC, Instructional Management School, Formal School Instructor Curriculum
5. MCO 1500.52_, Marine Combat Water Survival Training
6. MCO 1553.1_, The Marine Corps Training and Education System

7. MCRP 3-02C, Marine Combat Water Survival
8. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * Curriculum Materials
-

TASK: 8564.03.06 (CORE) INSTRUCT PERSONNEL TO IDENTIFY THE PRINCIPLES OF CONDITIONING

CONDITION(S): Given personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to explain the conditioning principle of Progression.
2. Instruct personnel to explain the conditioning principle of Rest.
3. Instruct personnel to explain the conditioning principle of Overload.
4. Instruct personnel to explain the conditioning principle of Variety.
5. Instruct personnel to explain the conditioning principle of Regularity.
6. Instruct personnel to explain the conditioning principle of Balance.
7. Instruct personnel to explain the conditioning principle of Specificity.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. FSIC, Instructional Management School, Formal School Instructor Curriculum
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02C, Marine Combat Water Survival

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition
-

MCO 1510.125
30 DEC 02

TASK: 8564.03.07 (CORE) INSTRUCT PERSONNEL TO EXPLAIN THE BENEFITS OF SWIMMING AS A LIFELONG FITNESS ACTIVITY

CONDITION(S): Given personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to explain the benefits of swimming as a lifelong fitness activity in relation to the musculoskeletal system.
2. Instruct personnel to explain the benefits of swimming as a lifelong fitness activity in relation to the cardiovascular system.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. FSIC, Instructional Management School, Formal School Instructor Curriculum
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02C, Marine Combat Water Survival

TASK: 8564.03.08 (CORE) INSTRUCT PERSONNEL TO IDENTIFY THE COMPONENTS OF WELLNESS

CONDITION(S): Given personnel to be trained and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to explain the meaning of cardiorespiratory fitness.
2. Instruct personnel to explain the meaning of muscular strength and endurance.
3. Instruct personnel to explain the meaning of flexibility.
4. Instruct personnel to explain the meaning of body composition.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

Appendix D to
ENCLOSURE (6)

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. FSIC, Instructional Management School, Formal School Instructor Curriculum
4. MCO 1500.52_, Marine Combat Water Survival Training
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02C, Marine Combat Water Survival

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition
-

TASK: 8564.03.09 (CORE) INSTRUCT PERSONNEL TO MAINTAIN MCWST RECORDS

CONDITION(S): Given personnel to be trained, NAVMC 11209, curriculum materials, a simulated completed training event, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel how to maintain course materials.
2. Instruct personnel how to maintain student training logs.
3. Instruct personnel how to complete NAVMC 11209.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.52_, Marine Combat Water Survival Training

TRAINING MATERIEL:

1. * Curriculum Materials
 2. * NAVMC 11209
-

TASK: 8564.03.10 (CORE) INSTRUCT PERSONNEL TO ADMINISTER TESTS

MCO 1510.125
30 DEC 02

CONDITION(S): Given personnel to be trained, curriculum materials, test materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to gather test materials.
2. Instruct personnel to prepare the environment.
3. Instruct personnel to clarify directions.
4. Instruct personnel to provide opportunity for questions.
5. Instruct personnel to conduct testing.
6. Instruct personnel to score/grade tests.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.52_, Marine Combat Water Survival Training
3. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * Answer key
2. * Answer sheets
3. * Curriculum Materials
4. NAVMC 11209
5. * Writing materials

Appendix D to
ENCLOSURE (6)

DUTY AREA 04 - DEVELOP AN AQUATIC CONDITIONING PROGRAM

This duty area prepares a Marine to develop an aquatic conditioning program. Tasks in this area include the application of sound conditioning principles and supervisory skills.

TASK: 8564.04.01 (CORE) DEVELOP AN AQUATIC CONDITIONING PROGRAM

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Develop a unit aquatic conditioning program that includes the seven principles of conditioning.
2. Develop individual aquatic conditioning programs that include the seven principles of conditioning.
3. Develop unit aquatic programs that include the components of wellness.
4. Develop individual aquatic programs that include the components of wellness.
5. Develop aquatic speed drills.
6. Develop aquatic endurance drills.
7. Develop aquatic mobility drills.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
3. MCO 1500.52_, Marine Combat Water Survival Training
4. MCO 3500.27_, Operational Risk Management
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)

TRAINING MATERIEL:

1. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.

2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8564.04.02 (CORE) INSTRUCT PERSONNEL TO CONDUCT THE AQUATIC CONDITIONING PROGRAM

CONDITION(S): Given personnel to be trained, curriculum materials, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct personnel to conduct aquatic speed drills.
2. Instruct personnel to conduct aquatic endurance drills.
3. Instruct personnel to conduct aquatic mobility drills.
4. Instruct personnel to conduct aquatic games to improve swimming skills and endurance.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: SSgt

REFERENCE(S):

1. ARC SWIM/DIVE, American Red Cross Swimming and Diving, Mosby Lifeline, 1992
2. ARC WSI, Water Safety Instructor's Manual, American National Red Cross, 1996
3. BSWITC, Training Course Control Document A-012-1014, Basic Swimming and Water Survival Instructor Training Course, Naval Aviation Schools Command
4. FSIC, Instructional Management School, Formal School Instructor Curriculum
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02C, Marine Combat Water Survival

TRAINING MATERIEL:

1. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Medical support must be available in training area when performing this task.
2. Ensure all safety precautions are adhered to when performing this task.

SUMMARY/INDEX OF INDIVIDUAL TRAINING STANDARDS BY SPECIFIC CATEGORY (MOJT, DL, PST)

1. This enclosure summarizes the Individual Training Standards (ITS) according to three categories:

Appendix A: ITSs Trained via Managed On-The-Job Training (MOJT)

Appendix B: ITSs Supported by Distance Learning (DL) Products

Appendix C: ITSs Supported by Performance Support Tools (PST)

2. If no information is applicable to a category, the appendix will include a statement to that effect.

3. Format. The columns in each appendix are as follows:

a. SEQ. Sequence Number. This number dictates the order in which tasks for a given duty area are displayed.

b. TASK. ITS Designator. This is the permanent designator assigned to the task when it is created.

c. TITLE. ITS Task Title.

d. CORE. An "X" appears in this column when the task is designated as a "core" task required to "make" a Marine or qualify that Marine for the appropriate MOS. The absence of an "X" indicates that this is an advanced ("core plus") task that is mission, grade, or billet specific.

e. FLC. Functional Learning Center. An "X" appears in this column when the FLC is designated as the initial training setting. The absence of an "X" indicates that the initial training is accomplished through Managed On-The-Job Training (MOJT).

f. DL. Distance Learning (DL) Product. An "X" in this column indicates that at least one DL product is associated with this task. Consult enclosure (6) for details.

g. PST. Performance Support Tool (PST). An "X" in this column indicates that at least one PST is associated with this task. Consult enclosure (6) for details.

h. SUS. Sustainment Training Period. An entry in this column represents the number of months between evaluation or retraining by the unit to maintain the proficiency required by the standard, provided the task supports the unit's METL.

i. REQ BY. Required By. An entry in this column depicts the lowest grade required to demonstrate proficiency in this task.

j. PAGE. Page Number. This column lists the number of the page in enclosure (6) that contains detailed information concerning this task.

INDIVIDUAL TRAINING STANDARDS SUPPORTED BY PERFORMANCE SUPPORT TOOLS

There are no performance support tools assigned to any tasks in this order.