Quick Reference Pool Exercise Guide
Suggested Order

Task	Specific subjects	Instructor
Pool Briefing	JHA, safety plan, roles and responsibilities in an emergency	
PFD on the Deck	No front or back, how to put it on, low and tight, point out light How the CO2 operates – inspect, trouble shoot, hand out CO2, load one side How the manual inflate tube works, how to reach through, how to deflate (Collect PFDs if you're going to have them swim to them; leave 3" of webbing tail)	
Raft on the Deck	Have raft inflated prior Show how raft is stored, size of raft based on aircraft seats, lanyard location Raft deployment, CO2 bottle location, maintain control of lanyard when inflating, wind direction Flip over using righting handle Locate boarding station Enter the raft (pull and kick, boarding ladder) Assist others into the raft	
Carpet Demo	If not done in classroom, have the students get into the carpet	
Breathing Exercises	Controlled "Breathing" - 10 seconds, 20 seconds, then as long as they can Inform students they will need approx. 10 seconds to exit Dunker; just proved they can! Looking for comfort in the water, "nose pluggers" etc.	
Swim	End-to-end swim Group dynamics; better to swim alone or swim as a group? Other things they might need to think about: are others hurt? In shock? Weak Swimmers? Swimming with clothes, shoes, waders, etc.	
PFD Pool	Swim down as deep as possible, CO2 inflate PFD, manually inflate second chamber, into HELP (Option: have students retrieve PFD floating in center of pool, then do steps) Swim down to the bottom with PFD inflated? What about helping others? Survival kit? HUDDLE: arms around waist, warmer in center; injured/ no PFD where? Other join where? CARPET: injured/no PFD? Bigger, brighter, different Group "centipede" swim; importance of a vocal leader	
RAFT Pool	Righting handle Locate boarding station, enter/exit raft Assist another in raft: boarding station, foot location, lean back All in raft: how long would this work? Bail? Some outside?	
Visualization	Dry runs: sitting on pool side, illustrating and say out loud each step, as many as necessary Into the water: when all comfortable, into pool prior to step 4, as many as necessary out loud and silent	
Dunker Briefing	Roles of Deck instructor, Pool Instructor Hand signals: slashing throat – no go thumbs/fingers up – "UP, UP, UP" divers OK – all went good Roles of in-pool student assistants: how receive dunker, how to lift onto deck Roles of on-deck student assistants: seat belts, plugs, getting dunker into pool Dunkees: how to get in, seat belts, helmets, dry runs Push empty dunker in as example, then how to lift it out, how to deal with trapped student Tighten straps	
Dunker Simulations	Dry Runs until comfortable Live Dunks: need 3 error free, procedurally correct Possible order: upright, face down, then upside down	
After Action Review	What was good, bad about class? Where are they now on the "Comfort Continuum"	