



DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
121 BLAKE ROAD
ANNAPOLIS, MARYLAND 21402-5000

COMDTMIDNINST 1531.19

20 FEB 1998

COMDTMIDN INSTRUCTION 1531.19

From: Commandant of Midshipmen

Subj: MIDSHIPMEN LIFEGUARD CERTIFICATION TRAINING PLAN

Ref: (a) BUMED P5010.1

Encl: (1) Sample Watchbill
(2) American Red Cross Lifeguard Skills Checklist
(3) Sample Letter of Designation

1. Purpose. To establish the Midshipmen Lifeguard Program (MLP) and expand Naval Academy swimming pool hours for midshipman-only usage. Expanded hours for midshipman will be facilitated by using certified midshipman lifeguards. Safety training and certification procedures for midshipmen lifeguards is provided herein.

2. Discussion. In accordance with the Bureau of Medicine and Surgery's safety policies regarding naval aquatic facilities, one certified lifeguard is required per every fifty swimmers. USNA has complied by using contract lifeguards. But fiscal constraints have limited lifeguard hours and denied midshipmen the minimum needed opportunities for recreational swimming and extra-curricular training. The MLP significantly increases pool availability using certified midshipman lifeguards to meet BUMED requirements. Under the MLP pool use during service by midshipman lifeguards is restricted to midshipmen only.

3. Pool Hours

a. Midshipman Lifeguard Program new hours are:

Monday-Friday	0530-0700	(Mid lifeguards/Mid swimming only)
	1145-1345	(Contract lifeguards/Button-holder Mid swimming)
	1545-1830	(Mid lifeguards/Mid swimming only)
	1830-2100	(Contract lifeguards/Button-holder Mid swimming)
Saturday	0600-1000	(Mid lifeguards/Mid swimming only)
	1300-1730	(Contract lifeguards/Button-holder Mid swimming)
Sunday	1300-1730	(Contract lifeguards/Button-holder Mid swimming)

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b. Pools will be secured during:

- (1) all military drill periods
- (2) all holiday and leave periods (specific closures will be promulgated by the physical education department)
- (3) academic exam periods (morning swim hours only)

c. Forty-one midshipmen lifeguard watch sections are scheduled per week in enclosure (1). Each section will be 1-2 hours in length.

3. Lifeguard Requirements. To be eligible, midshipmen must have been previously certified as a Red Cross qualified lifeguard. All midshipmen will be re-certified as outlined in enclosure (2) prior to assignment to the midshipman lifeguard watchbill. They will earn watchbill credit equivalent to a main office watchstander, a Brigade Roving Patrol, or Company CDO for the month in which lifeguard duty is stood.

4. Duties and Responsibilities

a. **Certified Midshipmen:** are responsible for standing an alert watch as lifeguard in accordance with Red Cross and midshipman lifeguard certification training guidelines. Watchstanders will be specifically tested in the procedures of rescuing drowning victims and performing basic life support as prescribed in enclosure (2). Midshipman lifeguards shall enforce all pool rules, ensure the pool is opened and secured at the appropriate time, and ensure "midshipmen only" rules are followed during MLP hours.

b. **Lifeguard Certification Team (LCT):**

(1) The Lifeguard Certification Team will consist of certified lifeguard instructors and will be supervised by the Executive Officer of the Physical Education Department. The Physical Education Department will forward midshipmen lifeguard re-certification designations to the Deputy Commandant of Midshipmen for approval prior to each semester or whenever otherwise necessary. Recommendations should be in the format of enclosure (3).

(2) The Deputy Commandant will approve lifeguard designations. Signed designation letters will be maintained in the midshipman's performance jacket.

c. **Brigade Adjutant:** The Brigade Adjutant is responsible for the monthly MLP watchbill. All change of duty requests must be made in

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accordance with established procedures, in writing, via the chain of command to the Brigade Adjutant as least one week in advance.

(1) Midshipmen Lifeguard Eligibility Criteria:

(a) Midshipmen lifeguards must maintain a 2.0 SQPR and CQPR to be certified and put on the watchbill.

(b) Midshipmen lifeguards will not have major conduct or honor action pending at re-certification.

(c) Upperclass and 4/c midshipmen (second semester only) meeting above criteria are authorized to be re-certified.

(d) Midshipmen lifeguards will not be on restriction or serving extra-duty/tours.


G. ROUGHEAD

Distribution:
C-1

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SAMPLE WEEKDAY WATCHBILL

<u>DATE / DAY</u>	<u>TIME</u>	<u>MIDSHIPMAN LIFEGUARD</u>
26 Jan / Monday	0530 - 0700	_____ _____ _____ (chow relief)
	1545 - 1645	_____ _____
	1645 - 1800	_____ _____
27 Jan / Tuesday	0530 - 0700	_____ _____ _____ (chow relief)
	1545 - 1645	_____ _____
	1645 - 1800	_____ _____
28 Jan / Wednesday	0530 - 0700	_____ _____ _____ (chow relief)
	1545 - 1645	_____ _____
	1645 - 1800	_____ _____
29 Jan / Thursday	0530 - 0700	_____ _____ _____ (chow relief)
	1545 - 1645	_____ _____
	1645 - 1800	_____ _____
30 Jan / Friday	0530 - 0700	_____ _____ _____ (chow relief)
	1545 - 1645	_____ _____
	1645 - 1800	_____ _____

SAMPLE WEEKEND WATCHBILL

DATE / DAY

TIME

MIDSHIPMAN LIFEGUARD

31 Jan / Saturday

0530 - 0630

0630 - 0730

0730 - 0930

Enclosure (1)

American Red Cross Lifeguarding Skills Checklist

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Names

		Names									
Entries	Stride Jump With Rescue Tube										
	Compact Jump With Rescue Tube										
	Enter the Water										
Approaches	Front Crawl Approach With Rescue Tube										
	Breaststroke Approach With Rescue Tube										
	Feet-First Surface Dive										
	Approach the Victim										
Rescues	Extension Assist From the Deck										
	Swimming Extension Rescue										
	Passive-Victim Rear Rescue										
	Active-Victim Rear Rescue										
	Multiple Victim Rescue										
	Submerged-Victim Rescue										
Lifts	One-Person Lift										
	Two-Person Lift										
Spinal Injury Management	Head & Chin Support (Including deep-water faceup)										
	Head & Chin Support — Submerged Victim										
	Head Splint (shallow water)										
	Head Splint (deep water)										
	Shallow-Water Backboarding										
	Deep-Water Backboarding										
First Aid	Controlling Bleeding										
	Immobilizing Muscle, Bone & Joint Injury										
Final Skills Scenarios	Scenario 1 — Active Victim										
	Scenario 2 — Submerged Passive Victim										

Unshaded Areas = Specific Skills

Shaded Areas = Critical Skills

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From: Deputy Commandant of Midshipmen
To: Midshipman W.T. Door
Subj: DESIGNATION AS MIDSHIPMAN LIFEGUARD
Ref: (a) COMDTMIDNINST 1531.19 Series

1. Congratulations on your certification as a Midshipman Lifeguard under the provisions of reference (a). You have met all of the requirements contained therein and are designated a Midshipman Lifeguard, eligible to stand duty, as directed over the USNA aquatic facilities, Macdonough Hall.

2. In the performance of your duties, you are to familiarize yourself with reference (a), aquatic facility procedures, and the Lifeguard Notebook.

Copy to:
Service Jacket
Appointee

Encl (3)