



DEPARTMENT OF THE NAVY

COMMANDANT OF MIDSHIPMEN
U.S. NAVAL ACADEMY
101 BUCHANAN ROAD
ANNAPOLIS, MARYLAND 21402-5100

COMDTMIDNST 1531.19A

PE

29 Dec 2010

COMMANDANT OF MIDSHIPMEN INSTRUCTION 1531.19A

Subj: MIDSHIPMEN LIFEGUARD CERTIFICATION TRAINING PLAN

Ref: (a) BUMED P5010.1

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

1. Purpose. To establish the Midshipmen Lifeguard Program (MLP) and expand Naval Academy swimming pool hours for Midshipmen in support of the physical mission. Expanded hours for Midshipmen will be facilitated by using certified Midshipmen lifeguards. Safety training and certification procedures for Midshipmen lifeguards are provided herein.

2. Discussion. In accordance with reference (a), one certified lifeguard is required per 50 swimmers. The MLP significantly increases pool availability using certified Midshipmen lifeguards to meet BUMED requirements.

3. Pool Hours. Midshipman Lifeguard Program hours are:

- a. Monday-Friday: 0530-0700 (Midshipmen Lifeguard)
1145-1345 (Contract Lifeguard)
1545-2000 (Midshipmen Lifeguard)
- b. Saturday: 0600-1800 (Midshipmen Lifeguard)
- c. Sunday: 1200-1800 (Midshipmen Lifeguard)

d. 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)

4. Lifeguard Requirements. All new Midshipmen lifeguards must be certified through the American Red Cross training program. All previously American Red Cross certified lifeguards will be

re-certified per the guidelines outlined in enclosure (1) and applicable American Red Cross training procedures.

5. Duties and Responsibilities

a. The Lifeguard Qualified Midshipmen staff shall stand an alert watch as a 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 (1). Midshipmen lifeguards shall enforce all pool rules, ensure the pool is opened and secured at the appropriate time. Lifeguard qualified Midshipmen will stand duty as part of the MLP and be accountable to the Brigade Assistant Adjutant and Lifeguard officer representative provided eligibility is maintained in accordance with paragraph 6.

b. The Lifeguard Certification Team (LCT) shall 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 (enclosure (2)) to the Deputy Commandant of Midshipmen for approval prior to each semester or whenever otherwise necessary.

c. The Brigade Adjutant shall be responsible for the monthly MLP watchbill. All change of duty requests must be made in accordance with established procedures, in writing, via the chain of command to the Brigade Adjutant at least one week in advance.

d. The Brigade Assistant Adjutant shall be responsible as the head of the Brigade Lifeguard Program for maintaining accountability, organization and re-certification of all Midshipmen lifeguards.

e. An officer representative from the Physical Education Department or Commandant's Staff shall be assigned to mentor and direct the Brigade Assistant Adjutant in the responsibilities and organization of the Midshipmen Lifeguard Program.

6. Midshipmen Lifeguard Program Eligibility Criteria

a. Midshipmen lifeguards must maintain a 2.0 SQR and CQPR to remain eligible as part of the MLP.

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

c. Midshipmen lifeguards will not be on restriction or serving extra-duty/tours.



B. P. O'DONNELL
By direction

Distribution:
Non-Mids (Electronically)

		Names									
Entries	Stride Jump with Rescue Tube										
	Compact Jump with Recue 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										

Shaded Areas = Critical Skills

Unshaded Areas = Specific Skills

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From: Deputy Commandant of Midshipmen
To: Midshipman W.T. Door

Subj: DESIGNATION AS MIDSHIPMAN LIFEGUARD

Ref: (a) COMDTMIDNINST 1531.19A

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
Midshipman Lifeguard Officer Representative

Enclosure (2)