

SWIM INTRODUCTION
BMSS TEST (Basic Military Swim Standard)

Reference: Fit Vol. A-PD-050-015/PT-001

Appendix 1, Annex G, Chapter 5

INTRODUCTION

- Meet course at entrance to pool.
- Seat members in ranks facing the deep end of the pool. Have them relax so they pay attention to the class.
- Ensure member have appropriate dress.
- No drill is performed during this class.
- PSP Instructors must think safety at all times.

BASIC MILITARY SWIM STANDARD TEST

Explain pool regulations and safety:

- o No talking in pool echo is too loud, no running etc...
- o At no time will you the student try to perform a rescue
- o Ask for non-swimmers, tell them they will perform part two of the test, as they will have a lifejacket on. Ensure they go first, in lane #1 (close to the wall of the pool)

Explain purpose for BMSS: The purpose of this test is to ensure that all CF personnel possess elementary swimming skills and related water safety knowledge so that they can respond effectively to emergency situations that may arise when working in, on, under or around water.

- Demo and explain the Abandon Ship Drill (item 2) and the Rudimentary Swimming Skills (item 3) since you have all of their attention at the deep end.

A. Item#1 WATER SAFETY KNOWLEDGE

- Then start with (item 1) Water Safety Knowledge (explain & demo):
 - o Be aware of the hazards in, on, under and around water and should know how to reach when in trouble.
 - o Be aware of safe rescue measures and be able to perform reaching assists and rescue breathing – direct method of artificial respiration.
 - o Candidates must be able to demonstrate proper methods of reaching assist and rescue breathing
- Have the members practice these methods in partners. When you (lifeguard) are satisfied with their performance they can move to the next item.

B. Item#2 ABANDON SHIP DRILL

- Dressed in coveralls and wearing a lifejacket, jump, feet first into the deep end of the pool off the 3meter diving board. If the facility does not have a 3meter diving board, use the 1meter diving board. If the facility does not have any diving boards, use the starting blocks. If the facility does not have starting blocks, use the edge of the pool.
- Hold lifejacket firmly and securely by crossing the arms.

- As you surface, hand must be above the head and give the thumbs up to the instructor as a sign you are OK.
- Swim, using any style of propulsion, a distance no less than 50 meters (no time limit)
- Upon completion take off lifejacket, pass it to the next person in line without one.
- Keep the coveralls on and have a seat back where you started and wait for further direction.

B. Item#3 RUDIMENTARY SWIMMING SKILLS

- Dressed in coveralls execute a forward roll entry into the deep end of the pool. Hands on both sides of the head, elbows to knees, and roll forward into the water.
- Surface, and remain afloat for at least 2 (two) minutes using any combination of floatation skills such as treading water, motionless float, swimming in place etc... as long as the members head stays above water.
- Then, swim a distance of at least 20 (twenty) metres using any style of propulsion
- After reaching this distance, exit the pool and take off your coveralls
- Wring dry your coveralls and hang them over the railing and have a seat where you started. Wait for further direction

SAFETY PROCEDURE

- While the member is treading water PSP instructors are to be standing by with a reaching assist, one assistant will also follow recruits to the shallow end after the signal to go is given.
- After successful completion the recruit goes back to their starting point
- If at any time during the test a recruit does not meet the standard, separate them from the main group so their names can be taken.

INSTRUCTOR TEACHING POINTS

- Explain each test item and then have assistant demonstrate
- Show students how to wear their coveralls and lifejacket
- Absolutely no drill in the pool
- Ask for questions after each demonstration
- Ensure pool is cleaned up after class i.e. all equip is put back where you got it from
- Remember non-swimmers **do not** have to attempt Item#3 of the test unless they believe they can achieve it. Instructor must ensure complete supervision of these individuals.
- Explain why we have done this test (do your research)
- Organize dismissal quickly and quietly