Crew Training

• We Will Cover:
  – Section A: Crew Efficiency Factors, Risk Factors and Team Coordination Training
    • BCM-01-01-AUX through BCM-01-04-AUX
  – Section B: Physical Fitness, First Aid and Survival
    • BCM-02-01-AUX through BCM-02-14-AUX
Crew Training

- References:
  - COMDTINST M16794.51A, Auxiliary Boat Crew Qualification Guide
  - COMDTINST M16114.5C, Boat Crew Seamanship Manual
  - COMDTINST M16798.3E, Auxiliary Operations Policy Manual
• Symptoms
  – Inability to focus, concentrate, narrowed attention span
  – Mental confusion or judgment error
  – Increased irritability
  – Decreased performance
  – Decreased concern for safety
• Prevention
  – Adequate crew rest
  – Dress appropriately for weather
  – Rotate crew duties
  – Provide food and refreshments suitable for conditions
  – Observe other crew members for crew fatigue (TCT)
  – GAR
• Each crew member must be mentally and physically capable of carrying out any and all functions included in the Boat Crew Guide.
Elements of TCT

- Effective Leadership
- Effective Mission Analysis
- Adaptability and Flexibility
- Situational Awareness
- Decision Making
- Effective Communication
- Assertiveness
• Your responsibility towards TCT
  – Communicate with team, parrot commands
  – Inform crew/coxswain if you don’t understand
  – Let crew/coxswain know if you think there’s danger
  – Watch for abnormal behavior from team members
• Your responsibility towards TCT (cont’d)
  – Help keep everyone aware of what’s happening or changing
  – Constantly access risks of team’s actions
  – Assist with the briefing and debriefing
  – Ensure higher authority is fully aware of facts to assist you in decision making
Complete the Incident Command System (ICS) Courses

• Required for Crew:
  – ICS 100: Introduction to ICS
  – ICS 700: National Incident Management System

• Required for Coxswain:
  – ICS 200: ICS for Single Resources and Initial Action Incidents
  – ICS 800: National Response Framework
  – ICS 210: Initial Incident Command

• ICS classes located at:
  – http://training.fema.gov/IS/crslist.asp
• Provide first aid commensurate with the level of training and certification you’ve received.
• Prevention for sun related illnesses
  – Stay in the shade
  – Rotate duties
  – Drink plenty of fluids
  – Use sunscreen
  – Wear protective clothing
  – Wear sunglasses
• Sunburn
  – Symptoms: redness, pain, swelling, blisters
  – Treatment: cool off, apply aloe, cover with clean cloth, don’t pop blisters, OTC pain meds if req’d

• Dehydration
  – Symptoms: dry mouth, dizzy, headache, difficulty breathing, tingling in arms/legs, incoherent speech, uncoordinated walking, cramping in legs/stomach
  – Treatment: cool down, hydrate, shade, electrolytes, treat for shock, contact medical
BCM-02-02 AUX
Sun and Head Related Factors

- Heat Cramps
  - Symptoms: cramps/pain, legs drawn up, excessive sweating
  - Treatment: rest, cool down, drink water/Gatorade, place IV if bad, contact medical if it gets worse

- Heat Rash
  - Symptoms: pink/red lesions, skin irritation, frequent severe itching
  - Treatment: get out of the environment, wash with soap & water, pat dry, ventilate clothing, apply ice packs, apply cortisone as req’d
Sun and Head Related Factors

- **Heat Exhaustion**
  - Symptoms: may collapse, pounding heart, profuse sweating, nausea, pale skin, restless
  - Treatment: cool down immediately, drink water/Gatorade, get in A/C or shower, loosen clothing, treat for shock, get medical attention

- **Heat Stroke**
  - Symptoms: red hot dry skin, headache, weak rapid pulse, confusion, no coordination
  - Treatment: cool down immediately, drink water/Gatorade, get in A/C or shower, loosen clothing, treat for shock, 911 immediately
Symptoms and Treatment for Shock

• **Symptoms:**
  - Fast heart rate, confused, tired, chest pain, nauseous/diarrhea, clammy pale skin

• **Treatment:**
  - Call 911, lay them down, keep them warm and comfortable, elevate legs, monitor Airway/Breathing/Circulation (ABCs), stay with them until help arrives
Symptoms and Treatment for Anaphylactic Shock (Allergic Reaction)

• Symptoms:
  – Flushed skin, itchy, hives, anxiety, irregular pulse, labored breathing, mouth/throat swelling

• Treatment:
  – Call 911, lay them down, give them epinephrine (Epi-Pen) if available, keep them warm and comfortable, elevate legs, monitor Airway/Breathing/Circulation (ABCs), stay with them until help arrives.
Steps in Controlling Bleeding

- Direct pressure on wound
  - Don’t remove dressing once applied
- Elevate body part above heart
- Use pressure points
  - Armpit, groin, behind knee, elbow, wrist, etc.
- Apply tourniquet (constricting band)
  - Only use as a last resort, 2”-4” from wound
  - 2”+ wide material, mark forehead with “T”
• **First Degree**
  - Symptoms: like sunburn, redness, painful, swelling
  - Treatment: cool water, cover with dry sterile cloth, aloe, OTC pain meds

• **Second Degree**
  - Symptoms: red, pain, swelling, blisters, shock
  - Treatment: cover with clean dry cloth, treat for shock, don’t pop blisters, monitor ABCs.

• **Third Degree**
  - Symptoms: charred white skin, little pain (nerves damaged)
  - Treatment: same as 2\textsuperscript{nd} degree, don’t remove stuck clothing, get medical attention immediately
State the Symptoms and Treatment for Hypothermia

- **Symptoms:**
  - Low body temperature, low blood pressure, slow weak pulse, possible unconsciousness, cold skin, shock conditions, confusion, slurring speech, shivering, slow labored breathing

- **Treatment:**
  - Handle gently, get warm dry blankets and clothes, move to better location, seek medical attention
Will be conducted at training event or Division/District conference.

Float for 5 to 10 minutes and swim 30ft.
Identify Boat Crew Survival Equipment

• In PFD (attached with lanyards)
  – Whistle
  – Personal Marker Light (PML) or strobe
  – Signal Mirror
  – Reflective Tape (affixed to outside of PFD)
  – Knife
  – Flares/Smoke/Combo if 3 miles from shore

• On facility
  – Flares/Smoke/Combination
  – EPIRB (Emergency Position Indicatory Radio Beacon)
Use the Emergency Signal Mirror

• Hold the mirror with dominant hand
• Make “peace sign” with other hand
• Align object to be signaled (person/boat/plane) between fingers two fingers
• Reflect sun using mirror onto those two fingers and move reflection back and forth
Describe the Use of Hand Held Distress Flares

- Follow operating instructions on flare
- Hold flare overboard on downwind side
- Don’t use near fuel tanks or vents
- Discard used flares overboard
- Only use when another boat/plane is in sight
- Identification: Daylight has smooth cap, Night time has bumps on cap
Describe the Use of Aerial Flares

- Follow operating instructions on flare
- Fire at 45 degree angle in downwind direction
- Don’t use near fuel tanks or vents
- Discard used flares overboard
- Only use when another boat/plane is in sight
- Fire two in quick succession
Operate the Personal Marker Light (PML) or Strobe Light

- **Personal Marker Light (PML):**
  - Chemical light, 1 mile visibility, lasts 8 hrs
  - Squeeze black handle to activate chemical
  - Remove PML from black sleeve
  - Attach visibly to PFD

- **Strobe Light:**
  - Turn light on according to directions
  - Attach visibly to PFD
State Survival Procedures in the Event the Boat Capsizes or Swamps

- Make every effort to escape
- Look for survival gear to bring
- Activate locator (EPIRB, PEPIRB)
- If you remove PFDs, tie a line to bring with you after escape
- Avoid stern area if engines are running
- Best swimmer 1st, weak 2nd, strong 3rd
- Get in life raft or on top of hull
Questions?