



SPECIAL CIRCUMSTANCE UNIT TRAINING REQUEST CHECK LIST

1. Contact Aquatics Office for availability, and verify if training is within "Special Circumstance" guide lines.
 - Aquatics Office Hours at Ironworks Gym: M-F 0800-1700.
Phone 253-4966
2. Review information on "Special Circumstance Unit Training Request Requirement".
3. Fill out "Aquatics Unit Training Request Form" normally used for the Indoor Pool Reservation Requests.
4. Fill out "Deliberate Risk Assessment Form" (DRAW).
5. Submit both "Aquatics Unit Training Request Form" and "Deliberate Risk Assessment Form" to Aquatics Office.
 - Aquatics staff will review all forms and submit DRAW to Station Safety for approval.
 - Upon approval of the DRAW, Aquatics will contact requesting activity of approval of reservation request.



SPECIAL CIRCUMSTANCE UNIT TRAINING REQUEST REQUIREMENT

Effective 28 October 2019, WaterWorks has been authorized to open on a limited basis to support Unit Physical Readiness Training. WaterWorks Outdoor Pool will remain closed unless an approved reservation has been scheduled. Reservations are available Monday - Friday from 0600-1400.

Due to weather conditions during off season months, the following provides instruction on additional documentation required to be completed before a reservation can be authorized:

A Deliberate Risk Assessment Worksheet (DRAW) must be completed by the requestor and submitted to MCCS before a Reservation Request can be approved. At a minimum the following hazards must be addressed in the DRAW:

1. Hypothermia: The risk for hypothermia varies dependent on several conditions. Contributing factors related to hypothermia for Outdoor Pool use are water temperature, ambient air temperature and the presence of a breeze/air flow.
2. Water Temperature: Waterworks Outdoor Pool is not heated, and water temperatures are unpredictable during off season. Activities in the water will be restricted to 25 minutes per hour for temperatures 70 degrees or lower. For those in wet suits who are active in the water 50 to 60 degrees should be restricted to one hour maximum of in water training. If temperature is above 60 but below 70 allows an additional hour of in water activity. Dry suits in 50 to 60 degree water can be allotted four hours of in water training. Once the time limit has been reached, all are required to remove themselves from the water for 45 minutes. It is highly encouraged that they move to a location to adequately rewarm their body temperatures safely to avoid unintentional hypothermia. The only enclosures at the Outdoor Pool are the restrooms, and they are not heated. NAVMED P-5010-3 Chapter 3, 3-15. Cold Water Immersion.
3. MCCS Staffing Support: MCCS Iwakuni Aquatics Staff are certified through the American Red Cross (ARC) Lifeguard standard. Some military training requirements (plated vests, helmets, parachutes, etc.) are out of the Lifeguards scope of training and certification. Civilian staff have never trained to perform their duties in temperatures lower than 67 degrees. Their ability to properly save and treat a victim could be affected by equipment worn by participants, frigid water, cold ambient air and possible lack of body control due to hypothermia.

One copy to Unit official; one copy for pool files
REF: MARINE CORPS ORDER 1500.52D, 10 NOV 2010



MCAS IWAKUNI

AQUATICS UNIT TRAINING REQUEST FORM

Normal Unit Training Hours: Monday-Friday 0500-1700*

Training requests during normal unit training hours must be submitted **48 hours** prior to the requested date of the scheduled activity.

**IronWorks Indoor Pool closed for cleaning and maintenance Tuesdays/Thursdays 1300-1500.*

Outside Normal Unit Training Hours:*

Training requests outside of normal unit training hours or requiring pool closure must have written justification attached and signed by the unit S-3 training officer. This request must be turned into the pool a minimum of **10 business days** prior to the date requested. Approval for pool closures will be routed through the MCCS Semper Fit Athletic Director by the Aquatics Program Manager.

FACILITY: _____ #of LANES: _____ or ALL POOL: _____

DATE(S) : _____ TIME(S) : _____

TYPE OF UNIT TRAINING (Unit PT/AMP-IT/PFT/USMC Swim Qualification):

UNIT: _____ # OF PERSONNEL: _____

POC NAME/RANK: _____

POC PHONE: _____ POC E-MAIL: _____

RESERVATION MADE BY (Phone/Email/In-Person): _____

RESERVATION TAKEN BY (Pool Staff Name/Date): _____

RESERVATION CONFIRMATION:

UNIT REPRESENTATIVE: _____
(Print Name & Rank) (Signature) (Date)

POOL OFFICIAL: _____
(Print Name) (Signature) (Date)

One copy to Unit official; one copy for pool files
REF: MARINE CORPS ORDER 1500.52D, 10 NOV 2010



SAFETY RULES ACKNOWLEDGEMENT FOR UNIT PHYSICAL TRAINING

In an effort to accommodate physical training requests and keep safety the priority the following must be abided by at all times:

1. USMC training sessions can only occur when a currently certified Marine Combat Instructor of Water Survival (MCIWS or equivalent) is present for the entire training. Instructors are responsible for the safety of all personnel while in/around the facility.
2. A ratio of one MCIWS per every ten students must be maintained at all times. No more than 10 people will participate in any given activity. For larger groups, trainees in groups of ten may be cycled through multiple training stations in intervals.
3. The rules of the pool are to be followed at all times. Violations of pool rules may result in loss of privilege to use the pool for unit training. Any questions regarding rules may be brought to the Aquatics Manager at 253-7465 or OMBIwakuni.Aquatics@usmc-mccs.org.
4. The following are strictly prohibited: hyperventilating, prolonged underwater breath holding, use of diving brick or any other weighted object, use of the slides, repetitive diving/submerging, excessive out of the water exercises (Examples: push-ups, sit ups, burpees or any types of jumps). MCCS staff has the authority to stop unit training when there is a safety violation.
5. Non-swimmers/weak swimmers are not permitted in the deep end. Deep water is anything past the blue/white buoys. Lifejackets are not permitted in deep end.
6. Marine Corps Combat Utility Uniform (MCCUU) can only be worn on the lanes closest to the wall unless a MCIWS is on deck.
7. Units are required to clean the facility (e.g. clean locker rooms, pool deck, etc.) and replace lane lines 10mins before the pool opens to the public.

By signing this, I acknowledge that I understand the rules above. I further acknowledge that I will ensure that the Service Members and I shall abide by these rules, and those rules posted or instructed by Lifeguards.

UNIT REPRESENTATIVE: _____
(Print Name & Rank) (Signature) (Date)

POOL OFFICIAL: _____
(Print Name) (Signature) (Date)