

## STUDENT CRITIQUE OF HIGH-RISK TRAINING

You will be given the opportunity to answer the following questions at the conclusion of each high-risk training session. Please provide an explanation for each item marked 1, 2, or NO on the back of this form. NO

Course: BOOTCAMP Date: AUG 14 P.M. CIN: A-950-001

Unit: RTC Division: WATER SURVIVAL

Instructor(s): N/A

Write N/A if the item does not apply. Use the following scale where indicated: (1-Strongly Disagree, 2-Disagree, 3-Neither Agree nor Disagree, 4-Agree, or 5-Strongly Agree).

I. Using a 1 to 5 rating scale answer the following;

5 A. I felt my safety was always a primary concern of the instructor.

5 B. I felt that the training environment was both safe and non-hazardous.

2. Using a YES/NO rating, evaluate whether the items listed were adequately explained to you prior to the beginning of each high-risk training situation.

YES A. Training Time Out procedures.

YES B. Emergency Action Plan.

YES C. Tasks to be performed.

YES D. Methods used to determine successful performance.

3. Using a YES/NO rating, answer the following questions as they relate to safety during the high-risk training situation.

YES A. Safety precautions were reemphasized immediately prior to job performance.

YES B. The instructor evaluated my knowledge of precautions prior to job performance.

YES C. Laboratory/equipment was safe for use.

4. Using a YES/NO ratings answer the following questions concerning the instructor.

YES A. Encouraged me to report unsafe or unhealthy conditions.

YES B. Encouraged me to do my best.

YES C. Provided a learning environment that was not threatening to me.

For high-risk training situations, no one will place pressure on you to sign this form. If you wish to sign it you may; however, you have the right to remain anonymous.

1. TRAINING:

- A. Did the classroom instruction prepare you for the Third Class Swim Test? If not, how can it be improved?

THE ARM AND HIP TECHNIQUES HELPED AND  
ESPECIALLY THE SHOULDER POSTURE EXERCISE

- B. Were the swim videos and instructor demonstrations helpful in passing the swim test? If not, how can they be improved?

YES. I THINK THEY WERE HELPFUL SINCE I COULDN'T  
SEE EVERYTHING UNDER THE WATER IN PERSON

2. FACILITIES:

- A. Were there any health or safety issues in the classroom, locker rooms or on the pool deck?

NO. THE LOCKERS WERE CLEAN.

- B. What recommendations do you have on how to improve the swim facilities?

3. INSTRUCTORS:

- A. Were the instructors professional? If not, how were they unprofessional?

YES.

- B. Were the instructions presented in a clear and effective manner? If not, describe below.

YES. THEY TOLD ME WHAT I NEEDED TO DO

DURING MY SWIM. THEY TOLD ME WHAT I NEEDED TO FIX.

4. RECRUIT FEEDBACK:

- A. What can Water Survival Division do better to motivate recruits to succeed in passing their Third Class Swim Test?

I THINK EMPHASIZING THE HEAD AND ARMS

WILL HELP FOR RECRUITS.