LONG BEACH FIRE DEPARTMENT
Marine Safety Division

TRAINING ACTION PLAN

Watermanship pool skills

Operational Period

Date From: 01/09/2025 Date To: 01/09/2025

Time From: 0800 Hours Time To: 1300 Hours

Approved By Incident Commander:

_____

Rank, First Initial, Last Name

INCIDENT OBJECTIVES (ICS 202)

1. Incident Name: Watermanship pool skill	2. Operational Period: Date From: 01-09-2025 Date To: 01-09-2025 Time From: 0800 Time To: 1300

3. Objective(s):

-Watermanship skills:
500 M Swim Under 10 Min.
14 Ft. Breath Hold Object Retrieval
800 M Snorkel Swim/Kick under 15 Min.
Treading Water 15 Min./ Last 2 Min. Hands Out
- Timed Equeipment Assembly & Donning (Dry Suit)
- Bail Out
- Bottom Checks
- Dry-suit Skills
- ESA
- Guardian Safety Drill
- Deep Water Exit

4. Operational Period Command Emphasis:

- Participants must attend the the Safety briefing
- If an accident should occur the IC shall be notified immediately. Use "EMERGENCY RADIO TRAFFIC" as necessary
- Breathing Compressed air is dehydrating, hydrate pre and post diveUtilize safe practices in carrying out the mission
- Employ clear communication
- Facilitate networking between agencies

General Situational Awareness

- Expected depth of 14 feet.
- Expected good visibility

5. Site Safety Plan Required? Yes ☐ No ☒

Approved Site Safety Plan(s) Located at:

6. Incident Action Plan (the items checked below are included in this Incident Action Plan)**:**

☐	ICS 203	☐	ICS 207	Other Attachments:
☐	ICS 204	☒	ICS 208	☒ Long Beach Dive Team Dive Plan
☒	ICS 205	☐	Map/Chart	☒ LBFD Training Roster
☐	ICS 205A	☐	Weather Forecast/Tides/Currents	☒ Noaa Dive Table
☒	ICS 206			☒ LBFD Repetitive Dive Log

7. Prepared by: Name: J. Williams Position/Title: RBC / Dive Sup. Signature: _____

8. Approved by Incident Commander: Name: _____ Signature: _____

ICS 202	IAP Page 1	Date/Time: 12-12-2024

INCIDENT RADIO COMMUNICATIONS PLAN (ICS 205)

1. Incident Name:	2. Date/Time Prepared:	3. Operational Period:
Waternanship Pool Skills	Date: 12-12-2024 1600 Hrs Time:	Date From: 01-09-2025 Date To: 01-09-2025 Time From: 0800 Time To: 1300

4. Basic Radio Channel Use:

Zone Grp.	Ch #	Function	Channel Name/Trunked Radio System Talkgroup	Assignment	RX Freq N or W	RX Tone/NAC	TX Freq N or W	TX Tone/NAC	Mode (A, D, or M)	Remarks
	4	Command	Fire 4	Dive Group						
	1	Emergency	Fire 1	Medical Group						
	A	Tactical		Divers						Through water coms.
	16/22	USCG		Resource Group						

5. Special Instructions:

- Surface OPS. on FIRE 4
- Through water coms. for diver to diver and diver to surface ban A.
- Emergency resources FIRE 1
- VHF 16/22 for USCG

6. Prepared by (Communications Unit Leader) Name: J Williams Signature: _____

ICS 205 | **IAP Page** _____ | Date/Time: 12-12-2024

MEDICAL PLAN (ICS 206)

1. Incident Name:	2. Operational Period:
Watermanship Pool skills	Date From: 01-09-2025 Date To: 01-09-2025 Time From: 0800 Time To: 1300

3. Medical Aid Stations:

Name	Location	Contact Number(s)/Frequency	Paramedics on Site?
Lifeguard Vehicle	On Scene	LOB V-4 / LOB V-1	☐ Yes ☒ No
			☐ Yes ☐ No
			☐ Yes ☐ No
			☐ Yes ☐ No
			☐ Yes ☐ No
			☐ Yes ☐ No

4. Transportation (indicate air or ground)**:**

Ambulance Service	Location	Contact Number(s)/Frequency	Level of Service
LBFD	Silverado pool	LBFD V-1	☒ ALS ☐ BLS
			☐ ALS ☐ BLS
			☐ ALS ☐ BLS
			☐ ALS ☐ BLS

5. Hospitals:

Hospital Name	Address, Latitude & Longitude if Helipad	Contact Number(s)/ Frequency	Travel Time		Trauma Center	Burn Center	Helipad
			Air	Ground			
Long Beach Memorial	2801 Atlantic Ave, Long Beach, CA 90807	(562) 933-2000	5	15	☒ Yes Level:_____	☐ Yes ☐ No	☒ Yes ☐ No
Catalina Chamber	1 Big Fisherman Cove Avalon	(310) 510-1053	10		☐ Yes Level:_____	☐ Yes ☒ No	☒ Yes ☐ No
					☐ Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No
					☐ Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No
					☐ Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No

6. Special Medical Emergency Procedures:

- All patients will be assesed for barotrauma, and transported to the chamber at Isthmus if required per medical direction.

☒ Check box if aviation assets are utilized for rescue. If assets are used, coordinate with Air Operations.

7. Prepared by (Medical Unit Leader)**:** Name: J. Williams Signature: _____

8. Approved by (Safety Officer)**:** Name: _____ Signature: _____

ICS 206	IAP Page _____	Date/Time: 12/12/2024

SAFETY MESSAGE/PLAN (ICS 208)

1. Incident Name:	2. Operational Period: Date From: 01-09-2025 Date To: 01-09-2025
Watermanship Pool Skills	Time From: 0800 Time To: 1300

3. Safety Message/Expanded Safety Message, Safety Plan, Site Safety Plan:

- Participants must attend the Safety briefing
- Any Participant my suspend the drill due to safety concerns; at the discretion of the Dive Officer the exercise may be terminated
- If an accident should occur notify the IC or Instructor immediately. Use "EMERGENCY RADIO TRAFFIC" as necessary
- Dive equipment / gear must be in excellent working condition in order to participate in exercise
- Divers shall inspect their buddy's equipment prior to entering the water
- Participants will act in a responsible manner at all times during this exercise
- Divers will maintain buddy disipline with NO EXCEPTIONS
- Never hold your breath while diving on compressed air
- Follow instructions from the dive SUP on deck
- Clear you ears early and often
- Participants on SCUBA will return to the surface with not less than 500 psi at the completion of the dive exercise
- Table profiles will be monitored pre and post dive
- Always maintain situational awareness, IF YOU SEE SOMETHING SAY SOMETHING! Our safety is everyones concern.
- If you get separated from your buddy search for no more than a minute, then safely surface.

4. Site Safety Plan Required? Yes ☐ No ☒

Approved Site Safety Plan(s) Located At:

5. Prepared by: Name: J. Williams Position/Title: RBC/ Dive Superviso Signature: _____

ICS 208	IAP Page _____	Date/Time: 12-12-2024

Long Beach Fire Department Dive Team

Dive Plan

Date: 1-09-2025 **Location:** Silverado Pool **Dive Supervisor:** Williams

Depth: 14'		**Visibility:** 80ft		**Temp:** 75 to 80 deg
Equipment:	☐ Wet	☒ Dry	☐ RDU	☒ SCUBA ☒ Surface Comms
Dive Type:	Watermanship Pool Skills			
Hazards:	☐ Entanglement	☐ Overhead Environment	☐ Pollution	☐ Strong Current
	☐ Other:			

Dive 1	**Time:** 0900		**Dive 2**	**Time:** 0900		**Dive 3**	**Time:**	
Divers:	Williams, Balsillie McColl, Farnell		Divers:	Morrison, Fletcher Morimoto, Trinkle		Divers:		
RIC:			RIC:			RIC:		
Start P.G.:	A		Start P.G.:	A		Start P.G.:		
Depth:	14 Ft.		Depth:	14 Ft.		Depth:		
Bottom Time:	60 Min.		Bottom Time:	60 Min.		Bottom Time:		
Safety Stop:	N/A		Safety Stop:	N/A		Safety Stop:		
End P.G.:	G		End P.G:	G		End P.G.:		
Surface Interval:			Surface Interval:			Surface Interval:		
Coverage:	RB-1	ABM	Coverage:	RB-1	ABM	Coverage:		
		Beach			Beach			

Notifications: ☐ USCG (310) 521-3815 ☐ Catalina Hyperbaric Chamber (310) 510-4020

Dive Description/Sketch: Waternamship Pool Skills

Objectives:
-Watermanship skills:
500 M Swim Under 10 Min.
14 Ft. Breath Hold Object Retrieval
800 M Snorkel Swim/Kick under 15 Min.
Treading Water 15 Min./ Last 2 Min. Hands Out
- Timed Equeipment Assembly & Donning (Dry Suit)
- Bail Out
- Bottom Checks
- Dry-suit Skills
- ESA
- Guardian Safety Drill
- Deep Water Exit

Schedule and Covrage:
Refer to Telestaff. RB1 cover the Bay,
0800 at Silverado Pool
BDU's

NOAA NO-DECOMPRESSION TABLE
MULTIPLE AIR DIVES

WARNING: EVEN STRICT COMPLIANCE WITH THESE CHARTS WILL NOT GUARANTEE AVOIDANCE OF DECOMPRESSION SICKNESS. CONSERVATIVE USAGE IS STRONGLY RECOMMENDED.

RNT RESIDUAL NITROGEN TIME
+ ABT ACTUAL BOTTOM TIME
ESDT EQUIVALENT SINGLE DIVE TIME

(USE ESDT TO DETERMINE END-OF-DIVE LETTER GROUP)

THESE CHARTS ARE BASED ON THE U.S. NAVY AIR DECOMPRESSION TABLES 7, 8, & 9 REV. 6

CHART 1 — DIVE TIMES WITH END-OF-DIVE GROUP LETTER

00 MAXIMUM NO-STOP TIME

DIVE TIME REQUIRING DECOMPRESSION STOP MINUTES REQUIRED AT 20 fsw (6.1 msw) — 00 / 00

DEPTH msw	DEPTH fsw	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
12.2	40	12	20	27	36	44	53	63	73	84	95	108	121	135	151	163	180 / 14
13.7	45	11	17	24	31	39	46	55	63	72	82	92	102	114	125	130 / 2	150 / 25
15.2	50	9	15	21	28	34	41	48	56	63	71	80	89	92	100 / 4	110 / 8	130 / 34
16.8	55	8	14	19	25	31	37	43	50	56	63	71	74	80 / 4	90 / 10	100 / 17	
18.3	60	7	12	17	22	28	33	39	45	51	57	60	65 / 2		80 / 14	90 / 23	
21.3	70	6	10	14	19	23	28	32	37	42	47	48	55 / 9	60 / 14	70 / 24		
24.4	80	5	9	12	16	20	24	28	32	36	39	45 / 10		50 / 17	60 / 30		
27.4	90	4	7	11	14	17	21	24	28	30	35 / 4		40 / 14	45 / 23			
30.5	100	4	6	9	12	15	18	21	25		30 / 3		35 / 15	40 / 26			
33.5	110	3	6	8	11	14	16	19	20	25 / 3		30 / 14		35 / 27			
36.6	120	3	5	7	10	12	15		20 / 2		25 / 8		30 / 24				
39.6	130	2	4	6	9	10		15 / 1		20 / 4		25 / 17					

CHART 3 — REPETITIVE DIVE TIME

REPETITIVE DIVES SHALLOWER THAN 40 FSW (12.2 MSW) ARE TO USE THE 40 FSW (12.2 MSW) REPETITIVE SCHEDULE

fsw / msw	40 / 12.2	45 / 13.7	50 / 15.2	55 / 16.8	60 / 18.3	70 / 21.3	80 / 24.4	90 / 27.4	100 / 30.5	110 / 33.5	120 / 36.6	130 / 39.6	GROUP LETTER
	13 / 150	12 / 113	11 / 81	10 / 64	9 / 51	8 / 40	7 / 32	6 / 24	5 / 20	5 / 15	5 / 10	4 / 6	A
	21 / 142	18 / 107	17 / 75	15 / 59	14 / 46	12 / 36	10 / 29	9 / 21	8 / 17	8 / 12	7 / 8	6 / 4	B
	29 / 134	25 / 100	23 / 69	20 / 54	19 / 41	16 / 32	14 / 25	12 / 18	11 / 14	10 / 10	9 / 6	9 / 1	C
	37 / 126	32 / 93	29 / 63	26 / 48	24 / 36	20 / 28	18 / 21	16 / 14	14 / 11	13 / 7	12 / 3		D
	45 / 118	40 / 85	35 / 57	32 / 42	29 / 31	25 / 23	22 / 17	19 / 11	17 / 8	16 / 4	14 / 1		E
	55 / 108	48 / 77	42 / 50	38 / 36	35 / 25	29 / 19	25 / 14	22 / 8	20 / 5	18 / 2			F
	64 / 99	56 / 69	49 / 43	44 / 30	40 / 20	34 / 14	29 / 10	26 / 4	23 / 2				G
	74 / 89	64 / 61	57 / 35	51 / 23	46 / 14	39 / 9	33 / 6	29 / 1					H
	85 / 78	73 / 52	65 / 27	58 / 16	52 / 8	44 / 4	38 / 1						I
	97 / 66	83 / 42	73 / 19	65 / 9	58 / 2								J
	109 / 54	93 / 32	81 / 11	72 / 2									K
	122 / 41	104 / 21	90 / 2										L
	136 / 27	115 / 10											M
	152 / 11												N
													O
													Z

00 / 00 — RED NUMBERS (TOP) ARE RESIDUAL NITROGEN TIMES (RNT)
BLACK NUMBERS (BOTTOM) ARE ADJUSTED NO-STOP REPETITIVE DIVE TIMES
ACTUAL DIVE TIME SHOULD NOT EXCEED THIS NUMBER

CHART 2 — SURFACE INTERVAL TIME

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
2:20 / :10	3:36 / 1:17	4:31 / 2:12	5:23 / 3:04	6:15 / 3:56	7:08 / 4:49	8:00 / 5:41	8:52 / 6:33	9:44 / 7:25	10:36 / 8:17	11:29 / 9:10	12:21 / 10:02	13:13 / 10:54	14:05 / 11:46	14:58 / 12:38	15:50 / 13:31
	1:16 / :10	2:11 / :56	3:03 / 1:48	3:55 / 2:40	4:48 / 3:32	5:40 / 4:24	6:32 / 5:17	7:24 / 6:09	8:16 / 7:01	9:09 / 7:53	10:01 / 8:45	10:53 / 9:38	11:45 / 10:30	12:37 / 11:22	13:30 / 12:14
		:55 / :10	1:47 / :53	2:39 / 1:45	3:31 / 2:38	4:23 / 3:30	5:16 / 4:22	6:08 / 5:14	7:00 / 6:07	7:52 / 6:59	8:44 / 7:51	9:37 / 8:43	10:29 / 9:35	11:21 / 10:28	12:13 / 11:20
			:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14	6:58 / 6:07	7:50 / 6:59	8:42 / 7:51	9:34 / 8:43	10:27 / 9:35	11:19 / 10:28
				:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14	6:58 / 6:07	7:50 / 6:59	8:42 / 7:51	9:34 / 8:43	10:27 / 9:35
					:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14	6:58 / 6:07	7:50 / 6:59	8:42 / 7:51	9:34 / 8:43
						:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14	6:58 / 6:07	7:50 / 6:59	8:42 / 7:51
							:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14	6:58 / 6:07	7:50 / 6:59
								:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14	6:58 / 6:07
									:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22	6:06 / 5:14
										:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30	5:13 / 4:22
											:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38	4:21 / 3:30
												:52 / :10	1:44 / :53	2:37 / 1:45	3:29 / 2:38
													:52 / :10	1:44 / :53	2:37 / 1:45
														:52 / :10	1:44 / :53
															:52 / :10

Time Ranges in hours: minutes
Enter Chart 2 from the top, move down to find surface interval time, move left to find the next repetitive group letter.

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PUBLIC SAFETY DIVE TEAM
REPETITIVE DIVE LOG

Date: January 09, 2025

Location: Silverado Pool

Dive Supervisor: Williams

Tables Used: Noaa

Dive Type: Training

Dive Description: Waternmanship Skills

Swim Time	Snorkel Swim/Kick	BEG. PG	STARTING PSI	TIME DOWN	MAX. DEPTH	TIME UP	SAFETY STOP	ENDING PSI	RES. NIT. TIME	TOTAL TIME	END PG
Williams											
Balsillie											
McColl											
Farnell											
Morrison											
Fletcher											
Morimoto											
Trinkle											

LONG BEACH FIRE DEPARTMENT
TRAINING DIVISION

ROSTER / SIGN-IN SHEET

Type of Training / Drill:	Location: Silverado Pool	Date:
Watermanship Pool Skills	Time: 0900-1300	01/09/2025
Coordinator: J. Williams		

#	Print Last Name, First Name	Agency	Station / Shift	Signature/Phone #