The Aviation Rescue Swimmer (AIRR) Program provides opportunities for recruits and fleet personnel to become career enlisted aircrew. The AIRR Program is a 6-year obligation advanced technical field that guarantees class “A” school, as well as follow-on advanced schools (AWR or AWS) for recruits.

Aviation Rescue Swimmers must first meet ALL of the program requirements for AIRC in addition to those listed below. Upon completion of NACCS, Rescue Swimmer Candidates will then begin training at Aviation Rescue Swimmer School (ARSS).

In accordance with MILPERSMAN 1220-010, all AIRC and AIRR candidates must sign the Aircrew Statement of Understanding found in COMNAVCURITCOMINST 1130.8 as part of their enlistment.

WHAT THEY DO
To see the duties performed by each Navy Aircrewmen Rating, click on the following links:
https://www.cool.navy.mil/usn/enlisted/awr.htm

CAREER PATH AFTER RECRUIT TRAINING
AIRR candidates undergo almost two years of training in advanced swimming/lifesaving techniques, helicopter mission equipment and crew served weapons systems before reporting to their first squadron.

Assignment to class "A" school for a rating within the program will be made while assigned to Naval Aircrew Candidate School (NACCS) and will be based on the applicant's test scores, personal desires, needs of the Navy, and continued eligibility for the aircrew program.

SOURCE RATINGS
Men and women interested in the Aircrew program may be assigned to one of the following source ratings:
- Naval Aircrewmen (Tactical Helicopter) (AWR)
- Naval Aircrewman (Helicopter) (AWS)

GRADUATION
To graduate from Aviation Rescue Swimmer School, applicants must:
- Be comfortable in a water and underwater environment;
- Quickly adapt to the use of mask, fins and snorkel;
- Be comfortable and proficient in administering medical and lifesaving procedures;
- Complete the Rescue Swimmer Fitness out Test:
  - 4 pull-ups in a flight suit and boots within 2 minutes,
  - Carry two 50-pound dumbbells,
  - Perform 42 push-ups in 2 minutes,
  - Perform 50 sit-ups in 2 minutes,
  - Swim a 400-meter buddy tow in 18 minutes;
- Complete all in-course testable evolutions:
  - 90 minutes of extensive calisthenics and 30 to 35 minute runs daily,
  - Swim 800 meters within 20 minutes,
  - Swim 1500 meters within 35 minutes,
  - Swim 2000 meters within 55 minutes,
  - Swim 400 meters buddy tow within 16 minutes,
  - Swim 800 meters buddy tow within 35 minutes.

Applicants must understand the details and benefits of volunteering for training as a rescue swimmer. If they voluntarily terminate training as a rescue swimmer or otherwise fail to meet the requirements of the program, they will not be eligible for automatic advancement to E4 and may become ineligible to continue in the Aircrew Program. Follow-on training will be determined by needs of the Navy, performance at ARSS, qualifications for training, and the applicant's personal desires.

WORKING ENVIRONMENT
Aviation Rescue Swimmers may be assigned to
- Helicopter Sea Combat Squadrons (HSC),
- Helicopter Anti-submarine Squadrons (HS),
- Helicopter Anti-submarine Squadron Light (HSL), or
- Helicopter Mine Squadron (HM) sea or shore duty in any part of the world.

They work in hangars, shipboard hangars and flight decks, and administrative and operations departments. Aviation Rescue Swimmers often work on flight lines at air stations, usually around a high level of noise. The Aircrew program, particularly rescue swimmer training, is physically demanding and requires strong swimmer skills. The degree of success applicants will have depends upon their own physical preconditioning program they establish prior to reporting.
### ADVANCEMENT

Accelerated advancement to paygrade E-4 is authorized only after successful completion of Aviation Rescue Swimmer School and "A" school. Applicants must understand that the 24 month extension cannot be cancelled once accelerated advancement has been executed. Qualified recruits who volunteer for rescue swimmer training are advanced to paygrade E-2 (apprentice) after successful completion of recruit training.

### QUALIFICATIONS & INTERESTS

The applicant is volunteering for training as an aviation rescue swimmer, a part of the Aircrew guarantee program. Instruction is geared toward advanced swimming and life saving techniques to include advanced first aid.

Applicants understand they must be able to complete the following prior to reporting for rescue swimmer training:

- Swim 400 meters in 11 minutes or less using sidestroke, breaststroke, or American crawl;
- Run 1.5 miles in 12 minutes or less;
- Perform 42 push-ups in 2 minutes;
- Perform 50 sit-ups in 2 minutes (Proper Navy form is stressed);
- Perform 2 pull-ups.

Applicants must also understand that rescue swimmers may be required to risk their lives during a rescue over-land or at-sea. They will be required to enter the open ocean from a hovering helicopter and swim to the survivor. Upon reaching the survivor, the swimmer utilizes appropriate rescue techniques and prepares for hook-up to the rescue hoist.

A survivor in a state of panic may force the swimmer underwater, but training and techniques taught to swimmers will allow them to overcome this situation. Once the swimmer and the survivor are in the aircraft, the swimmer provides advanced first aid until medical assistance is available.

The Aircrew program, particularly rescue swimmer training, is physically demanding and requires strong swimmer skills. The degree of success applicants will have depends upon their own physical pre-conditioning program they establish prior to reporting.
MANAGE A NAVY CAREER WITH NAVY LADR
See the Navy LaDR (Learning and Development Roadmap) for this rating:


EARN COLLEGE CREDIT
The American Council on Education recommends that semester hour credits be awarded in the vocational certificate and lower-division bachelor’s / associate’s degree categories for courses taken in this rating on word processing or data entry applications and office management procedures. See the college credits available via a Joint Services Transcript for this rating:


EARN DEPARTMENT OF LABOR (DOL) NATIONALLY RECOGNIZED APPRENTICESHIPS
The United Services Military Apprenticeship Program (USMAP) is a formal military training program that provides active duty and Full Time Support (FTS) Service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while they are on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized “Certificate of Completion” upon program completion. Visit United Services Military Apprenticeship Program (USMAP) for apprenticeships:

https://usmap.netc.navy.mil/usmapss/static/navyRates.htm

EARN INDUSTRY RECOGNIZED CREDENTIALS
Navy COOL catalogs and defines comprehensive information on occupational credentials - including certifications, licenses, and apprenticeships - correlating with every Navy rating and some collateral duties. It provides "how to" instructions for pursuing these credentials, links to credentialing organizations, and cross-references to programs that help Sailors pay for credentialing fees. Shortly following the initial rating technical training (Class "A" technical school), Sailors may be able to take advantage of earning civilian/industry certifications & licenses (credentials), funded through Navy COOL.

EARN SKILL SETS TOWARDS CIVILIAN RELATED OCCUPATIONS
The skill sets for this rating crosswalk to civilian related occupations listed by the U.S. Department of Labor. See Related Civilian, Federal and Military Sealift Command Occupations for this rating on Navy COOL.

Visit the Navy COOL website:
AWR  https://www.cool.navy.mil/usn/enlisted/awr.htm

DOWNLOAD THE NAVY COOL APP
Navy COOL App (iOS):

Navy COOL App (Android):

Note: Since Navy programs and courses are revised at times, the information contained on this card is subject to change.
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