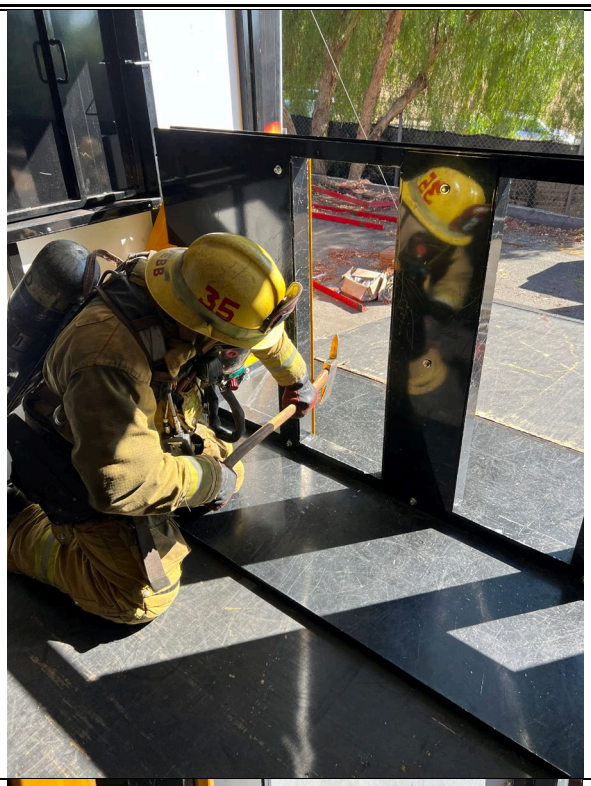
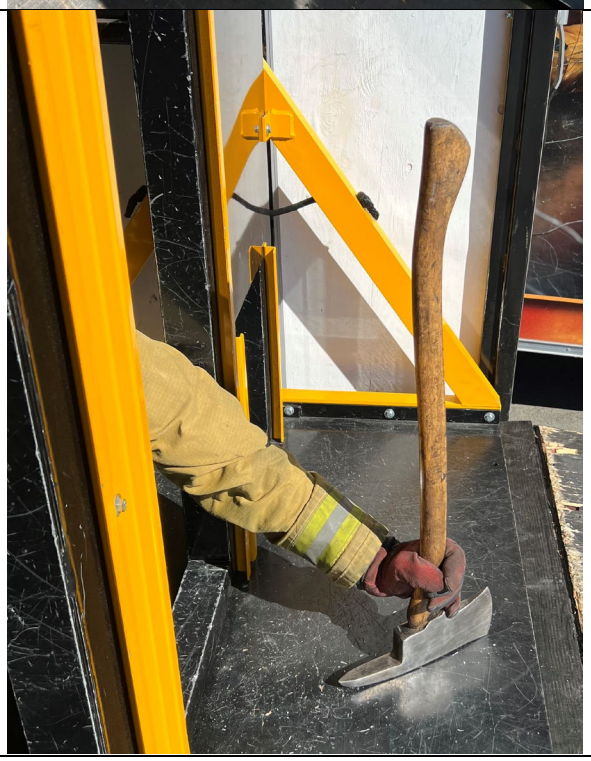
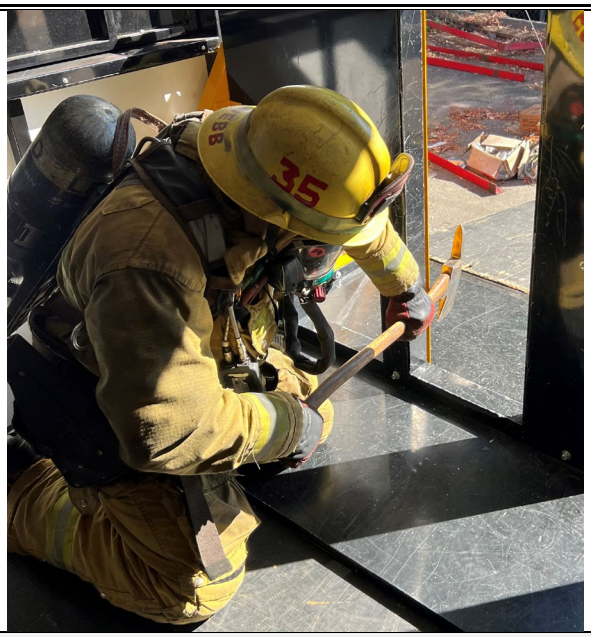
Drill Ground Activity 10: Wall Breach – Backwards Swim

Description	This skill station provides students with an opportunity to practice transitioning through a wall breach using the backwards swim technique.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 10 and 11)
Students	Groups of up to 10 students
Materials	• Appropriate prop to accomplish breech including simulated wall with studs • Full turn out PPE • SCBA • At least one hand tool (Halligan, axe, etc.)
Site Preparation	• Secure an open area with appropriate space per student. • Set up training structure or prop to simulate a realistic interior working environment. • Obscure student view with simulated smoke or equivalent.
Instructor Directions	1. Review operation of evolution and desired outcome with participants. 2. Review safety considerations with participants. 3. Show participants start and end points of course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution.

Student Directions	
Create Opening	
1. Locate the area to breach. 2. Close the door to the room to buy additional time (if possible).	

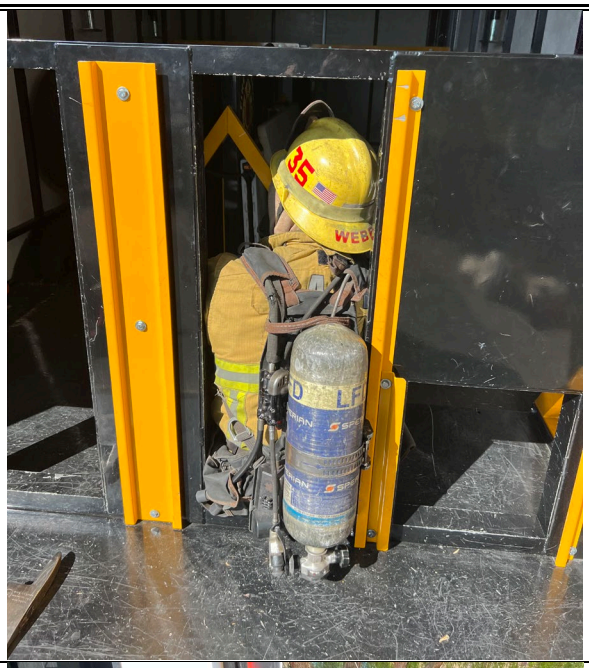
3. Identify the material to be breached. • Make a small opening and check environment.	
4. Send a tool through the identified material. 5. Check the new area environment for obstacles and floor integrity.	

6. Make the breach.
7. Ensure opening is large enough to exit quickly.
    - May need to knock stud at sole plate wider.
8. Sound floor on opposite side of opening.
    - Leave tool on opposite side to pick up after traveling through.



Backwards Swim Method to Travel Through

9. Sit with back and SCBA in the opening.
    - Make sure SCBA is in the opening, clear of baseboard or bottom plate (if necessary).
10. Position feet in front of you and lean back.
11. Lift buttock off ground.
12. Shift cylinder to right side of opening.

	
13. Rotate left arm over left shoulder through opening.	

14. Lean back as arm passes through. 15. Rotate hips and body. 16. Repeat action with right arm to “swim” through opening.	
17. Update the IC and exit the area.	