

LONG BEACH FIRE DEPARTMENT
Marine Safety Division

TRAINING ACTION PLAN

A-Shift Obstacle Course Dive



Operational Period

Date From: 04/15/2024
Time From: 0930 Hours

Date To: 04/15/2024
Time To: 1300 Hours

Approved By Incident Commander:

Rank, First Initial, Last Name

INCIDENT OBJECTIVES (ICS 202)

1. Incident Name:	2. Operational Period: Date From: _____ Date To: _____ Time From: _____ Time To: _____																
3. Objective(s):																	
4. Operational Period Command Emphasis:																	
General Situational Awareness																	
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): <table style="width: 100%; border: none;"><tr><td style="width: 33%;">☐ ICS 203</td><td style="width: 33%;">☐ ICS 207</td><td style="width: 34%;"><u>Other Attachments:</u></td></tr><tr><td>☐ ICS 204</td><td>☐ ICS 208</td><td>☐ _____</td></tr><tr><td>☐ ICS 205</td><td>☐ Map/Chart</td><td>☐ _____</td></tr><tr><td>☐ ICS 205A</td><td>☐ Weather Forecast/Tides/Currents</td><td>☐ _____</td></tr><tr><td>☐ ICS 206</td><td></td><td>☐ _____</td></tr></table>			☐ ICS 203	☐ ICS 207	<u>Other Attachments:</u>	☐ ICS 204	☐ ICS 208	☐ _____	☐ ICS 205	☐ Map/Chart	☐ _____	☐ ICS 205A	☐ Weather Forecast/Tides/Currents	☐ _____	☐ ICS 206		☐ _____
☐ ICS 203	☐ ICS 207	<u>Other Attachments:</u>															
☐ ICS 204	☐ ICS 208	☐ _____															
☐ ICS 205	☐ Map/Chart	☐ _____															
☐ ICS 205A	☐ Weather Forecast/Tides/Currents	☐ _____															
☐ ICS 206		☐ _____															
7. Prepared by: Name: _____ Position/Title: _____ Signature: _____																	
8. Approved by Incident Commander: Name: _____ Signature: _____																	
ICS 202	IAP Page _____	Date/Time: _____															

1. Incident Name:			2. Date/Time Prepared: Date: Time:					3. Operational Period: Date From: Date To: Time From: Time To:		
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
5. Special Instructions:										
6. Prepared by (Communications Unit Leader) Name: _____ Signature: _____										
ICS 205		IAP Page _____			Date/Time: _____					

MEDICAL PLAN (ICS 206)

1. Incident Name:		2. Operational Period: Date From: _____ Time From: _____		Date To: _____ Time To: _____			
3. Medical Aid Stations:							
Name	Location	Contact Number(s)/Frequency	Paramedics on Site?				
			☐ 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				
			☐ 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			
					☐ Yes Level: _____	☐ Yes ☐ No	☐ Yes ☐ No
					☐ 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:							
☐ Check box if aviation assets are utilized for rescue. If assets are used, coordinate with Air Operations.							
7. Prepared by (Medical Unit Leader): Name: _____ Signature: _____							
8. Approved by (Safety Officer): Name: _____ Signature: _____							
ICS 206		IAP Page _____		Date/Time: _____			

SAFETY MESSAGE/PLAN (ICS 208)

1. Incident Name:	2. Operational Period: Date From: _____ Date To: _____ Time From: _____ Time To: _____	
3. Safety Message/Expanded Safety Message, Safety Plan, Site Safety Plan:		
4. Site Safety Plan Required? Yes ☐ No ☐ Approved Site Safety Plan(s) Located At:		
5. Prepared by: Name: _____ Position/Title: _____ Signature: _____		
ICS 208	IAP Page _____	Date/Time: _____



Long Beach Fire Department Dive Team Dive Plan

Date: 04-15-2024

Location: Station 33/ Boat Ops

Dive Supervisor: Wawrzynski

Depth: 15'-20'	Visibility: 3-5 ft.	Temp: 54 Deg
Equipment: ☐ Wet ☒ Dry ☐ RDU	☒ SCUBA	☒ Surface Comms
Dive Type: Obstacle Course		
Hazards: ☒ Entanglement ☒ Overhead Environment ☐ Pollution ☐ Strong Current	☐ Other:	

Dive 1 Time:0930

Divers:	Reinheimer, Gonzales	
RIC:	Mathison	
Start P.G.:	A	
Depth:	20 Ft.	
Bottom Time:	20 Min.	
Safety Stop:	N/A	
End P.G.:	B	
Surface Interval:		
Coverage:	RB3	Bay
	LG-7	Beach

Dive 2 Time:1130

Divers:	Bradley, Farnell, Jimenez	
RIC:	Mathison	
Start P.G.:	A	
Depth:	20 Ft.	
Bottom Time:	20 Min.	
Safety Stop:	N/A	
End P.G.:	B	
Surface Interval:		
Coverage:	RB1/ RB3	DTM/Bay
	LG-6	Beach

Dive 3 Time:

Divers:		
RIC:		
Start P.G.:	A	
Depth:	20 Ft.	
Bottom Time:	20 Min.	
Safety Stop:	N/A	
End P.G.:	B	
Surface Interval:		
Coverage:		

Notifications: ☐ USCG (310) 521-3815

☐ Catalina Hyperbaric Chamber (310) 510-4020

Dive Description/Sketch: Full Scuba Obstacle Course

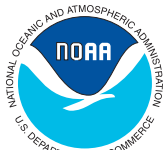
Objectives:

- Don PPE and Full Scuba,
- Enter water from the rescue boat
- Descend down direction line to PLS
- Complete tasks at all 4 PLS stations
- Ascend when last task is completed
- Reset course

Coverage / Assignments:

0930- RB-1 (Reinheimer), RB-3, and LG-6 (Gonzales) meet at Station 33. LG-7, cover the beach

1130- RB-2 (Bradley, Farnell), LG-7 (Jimenez) meet at Station 33. RB-1 cover DTM, LG-6 cover the beach



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.

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

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

DEPTH		DIVE TIME REQUIRING DECOMPRESSION STOP																00	
		MINUTES REQUIRED AT 20 fsw (6.1 msw)																00	
msw	fsw	12.2	13.7	15.2	16.8	18.3	21.3	24.4	27.4	30.5	33.5	36.6	39.6	40	45	50	55	60	63
12.2	40	12	20	27	36	44	53	63	73	84	95	108	121	135	151	163	180	14	14
13.7	45	11	17	24	31	39	46	55	63	72	82	92	102	114	125	130	150	2	25
15.2	50	9	15	21	28	34	41	48	56	63	71	80	89	92	100	110	130	4	34
16.8	55	8	14	19	25	31	37	43	50	56	63	71	74	80	90	100			
18.3	60	7	12	17	22	28	33	39	45	51	57	60	65	74	80	90	100	4	17
21.3	70	6	10	14	19	23	28	32	37	42	47	48	55	60	70				
24.4	80	5	9	12	16	20	24	28	32	36	39	45	48	50	60				
27.4	90	4	7	11	14	17	21	24	28	30	35	40	45	48	50				
30.5	100	4	6	9	12	15	18	21	25	28	33	38	43	48	50				
33.5	110	3	6	8	11	14	16	19	20	25	30	35	40	45	50				
36.6	120	3	5	7	10	12	15	18	20	25	30	35	40	45	50				
39.6	130	2	4	6	9	10	15	18	20	25	30	35	40	45	50				

fsw		40	45	50	55	60	70	80	90	100	110	120	130	GROUP LETTER
msw		12.2	13.7	15.2	16.8	18.3	21.3	24.4	27.4	30.5	33.5	36.6	39.6	
REPETITIVE DIVES SHALLOWER THAN 40 FSW (12.2 MSW) ARE TO USE THE 40 FSW (12.2 MSW) REPETITIVE SCHEDULE	13	12	11	10	9	8	7	6	5	5	5	4	4	◀A
	150	113	81	64	51	40	32	24	20	15	10	6	6	◀B
	21	18	17	15	14	12	10	9	8	8	7	6	6	◀C
	142	107	75	59	46	36	29	21	17	12	8	4	4	◀D
	29	25	23	20	19	16	14	12	11	10	9	9	9	◀E
	134	100	69	54	41	32	25	18	14	10	6	1	1	◀F
	37	32	29	26	24	20	18	16	14	13	12			◀G
	126	93	63	48	36	28	21	14	11	7	3			◀H
	45	40	35	32	29	25	22	19	17	16	14			◀I
	118	85	57	42	31	23	17	11	8	4	1			◀J
	55	48	42	38	35	29	25	22	20	18				◀K
	108	77	50	36	25	19	14	8	5	2				◀L
	64	56	49	44	40	34	29	26	23					◀M
	99	69	43	30	20	14	10	4	2					◀N
	74	64	57	51	46	39	33	29						◀O
	89	61	35	23	14	9	6	1						◀P

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
2:20 :10	3:36 :17	4:31 :12	5:23 :04	6:15 :56	7:08 :49	8:00 :41	8:52 :33	9:44 :25	10:36 :17	11:29 :10	12:21 :02	13:13 :54	14:05 :46	14:58 :38	15:50 :30
1:16 :10	2:11 :56	3:03 :48	3:55 :40	4:48 :32	5:40 :24	6:32 :17	7:24 :10	8:16 :02	9:09 :54	10:01 :46	10:53 :38	11:45 :30	12:37 :22	13:30 :14	14:22 :06
		55 :10	1:47 :53	2:39 :45	3:31 :37	4:23 :29	5:15 :21	6:08 :13	7:00 :05	7:52 :57	8:44 :49	9:37 :41	10:29 :33	11:21 :25	12:13 :17
			52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13	6:58 :05	7:50 :57	8:42 :49	9:34 :41	10:27 :33	11:19 :25
				52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13	6:58 :05	7:50 :57	8:42 :49	9:34 :41	10:27 :33
					52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13	6:58 :05	7:50 :57	8:42 :49	9:34 :41
						52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13	6:58 :05	7:50 :57	8:42 :49
							52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13	6:58 :05	7:50 :57
								52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13	6:58 :05
									52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21	6:06 :13
										52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29	5:13 :21
											52 :10	1:44 :53	2:37 :45	3:29 :37	4:21 :29
												52 :10	1:44 :53	2:37 :45	3:29 :37
													52 :10	1:44 :53	2:37 :45
														52 :10	1:44 :53

CHART 3 — REPETITIVE DIVE TIME

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

CHART 2 — SURFACE INTERVAL TIME

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.

PUBLIC SAFETY DIVE TEAM REPETITIVE DIVE LOG

Date: April 15, 2024

Location: Station 33

Dive Supervisor: Wawrzynski

Tables Used: Noaa

Dive Type: Drill

Dive Description: Obstacle Course

[illegible]

[illegible]