

LONG BEACH FIRE DEPARTMENT
Marine Safety Division

TRAINING ACTION PLAN

B-Shift Deep Dive Drill



Operational Period

Date From: 09/30/2026
Time From: 0800 Hours

Date To: 09/30/2026
Time To: 1300 Hours

Approved By Incident Commander:

Rank, First Initial, Last Name

INCIDENT OBJECTIVES (ICS 202)

1. Incident Name: B-Shift Deep Dive	2. Operational Period: Date From: 09/30/2026 Date To: 09/30/2026 Time From: 0800 Time To: 1300											
3. Objective(s): -This drill is to re-familiarize dive team members with the skills necessary to perform a safe "Deep Dive". -Dive Objectives: -Controlled descent down the anchor line to 50'. Check in with topside, ensure airspaces are clear. -Continue descent to 100'. -Tie Bowline on anchor chain, at the 5 minute mark: -Controlled ascent to 50', observe the area until the 18 minute mark. -Controlled ascent up to 20', safety stop for 3 minutes. -Controlled ascent to the surface. - Follow Directions of Rescue Boat Captain and Deckhand on and around the rescue boat - Controlled descent to planned depth - Conduct Search pattern as laid out in the briefing - Controlled Ascent with awareness of surroundings - Surface with 500 psi minimum												
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 Max depth of 100 feet. - Pay attention to the assigned Max depth, as this dive has a deeper bottom. - Potential for current												
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%;"> <tr> <td>☐ ICS 203</td> <td>☐ ICS 207</td> <td rowspan="5" style="vertical-align: top;"> Other Attachments: ☒ Long Beach Dive Team Dive Plan ☒ LBFD Training Roster ☒ Noaa Dive Table ☒ LBFD Repetitive Dive Log </td> </tr> <tr> <td>☐ ICS 204</td> <td>☒ ICS 208</td> </tr> <tr> <td>☒ ICS 205</td> <td>☐ Map/Chart</td> </tr> <tr> <td>☐ ICS 205A</td> <td>☐ Weather Forecast/Tides/Currents</td> </tr> <tr> <td>☒ ICS 206</td> <td></td> </tr> </table>		☐ ICS 203	☐ ICS 207	Other Attachments: ☒ Long Beach Dive Team Dive Plan ☒ LBFD Training Roster ☒ Noaa Dive Table ☒ LBFD Repetitive Dive Log	☐ ICS 204	☒ ICS 208	☒ ICS 205	☐ Map/Chart	☐ ICS 205A	☐ Weather Forecast/Tides/Currents	☒ ICS 206	
☐ ICS 203	☐ ICS 207	Other Attachments: ☒ Long Beach Dive Team Dive Plan ☒ LBFD Training Roster ☒ Noaa Dive Table ☒ LBFD Repetitive Dive Log										
☐ ICS 204	☒ ICS 208											
☒ ICS 205	☐ Map/Chart											
☐ ICS 205A	☐ Weather Forecast/Tides/Currents											
☒ ICS 206												
7. Prepared by: Name: Morrison Position/Title: RBC / Dive Sup Signature: _____												
8. Approved by Incident Commander: Name: _____ Signature: _____												
ICS 202	IAP Page 1	Date/Time: 08-30-2026										

INCIDENT RADIO COMMUNICATIONS PLAN (ICS 205)

1. Incident Name: B-Shift Deep Dive				2. Date/Time Prepared: Date: 08-30-2026 Time:				3. Operational Period: Date From: 09/30/2026 Date To: 09/30/2026 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: <u>Morrison</u> Signature: _____											
ICS 205			IAP Page _____			Date/Time: <u>08-30-2026</u>					

MEDICAL PLAN (ICS 206)

1. Incident Name: B-Shift Deep Dive		2. Operational Period: Date From: 09/30/2026 Date To: 09/30/2026 Time From: 0800 Time To: 1300					
3. Medical Aid Stations:							
Name	Location	Contact Number(s)/Frequency	Paramedics on Site?				
Rescue Boat 3	On Scene	LOB V-4 / VHF -16	☐ Yes ☒ No				
Rescue Boat 1	Alamitos Bay	LOB V-4 / VHF -16	☒ 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	Ballast Point	LBFD V-1	☒ ALS ☐ BLS				
LACO Sheriff Air Rescue 5			☒ ALS ☐ BLS				
USCG, Air Ops		(650) 784-8904	☐ 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 assessed 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: <u>Morrison</u> Signature: _____							
8. Approved by (Safety Officer): Name: _____ Signature: _____							
ICS 206		IAP Page _____		Date/Time: <u>08-30-2026</u>			

SAFETY MESSAGE/PLAN (ICS 208)

1. Incident Name: B-Shift Deep Dive	2. Operational Period: Date From: 09/30/2026 Date To: 09/30/2026 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 may 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 discipline with NO EXCEPTIONS - Never hold your breath while diving on compressed air - Always make eye contact with the deckhand when approaching the Rescue Boat - Follow instructions from the deckhand when embarking / disembarking the swim step - Divers will execute a 3 minute safety stop at 20 feet prior to surfacing - Clear your 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 everyone's 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: <u>Morrison</u> Position/Title: <u>RBC / Dive Sup.</u> Signature: _____	
ICS 208	IAP Page _____ Date/Time: <u>08-30-2026</u>



Long Beach Fire Department Dive Team Dive Plan

Date: 09-30-2026

Location: Catalina

Dive Supervisor: Morrison

Depth: 100'	Visibility: 30+ FT.	Temp: 55 deg
Equipment: ☐ Wet ☒ Dry ☐ RDU	☒ SCUBA	☒ Surface Comms
Dive Type: Deep Dive		
Hazards: ☐ Entanglement ☐ Overhead Environment ☐ Pollution ☐ Strong Current		
☐ Other:		

Dive 1 Time:0930

Divers: Fletcher, Beebe		
RIC: Jimenez, Oca		
Start P.G.:	A	
Depth:	100 Ft.	
Bottom Time:	18 Min.	
Safety Stop:	3 Min.	
End P.G.:	G	
Surface Interval:	5 Min.	
Coverage:	RB-1	ABM

Dive 2 Time:1015

Divers: Morimoto, Johnson		
RIC: Jimenez, Oca		
Start P.G.:	A	
Depth:	100 Ft.	
Bottom Time:	18 Min.	
Safety Stop:	3 Min.	
End P.G.:	G	
Surface Interval:	5 Min	
Coverage:	RB1	ABM

Dive 3 Time: 0000

Divers:		
RIC:		
Start P.G.:	A	
Depth:	100 Ft.	
Bottom Time:	18 Min.	
Safety Stop:	3 Min.	
End P.G.:	G	
Surface Interval:		
Coverage:	RB1	ABM

Notifications: ☐ USCG (310) 521-3815

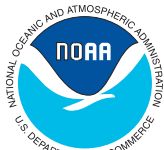
☒ Catalina Hyperbaric Chamber (310) 510-4020

Dive Description/Sketch:

- Controlled descent down the anchor line to 50'. Check in with topside, ensure airspaces are clear.
- Continue descent to 100'.
- Tie Bowline on Anchor Chain, at the 5 minute mark:
- Controlled ascent to 50' observe the area until the 18 minute mark.
- Controlled ascent up to 20', safety stop for 3 minutes.
- Controlled ascent to the surface.

Coverage:

- RB1 Cover the ABM



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	
		NO-STOP TIME																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	65
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
	85	73	65	58	52	44	38							◀Q
	78	52	27	16	8	4	1							◀R
	97	83	73	65	58									◀S
	66	42	19	9	2									◀T
	109	93	81	72										◀U
	54	32	11	2										◀V
	122	104	90											◀W
	41	21	2											◀X
	136	115												◀Y
	27	10												◀Z
	152	11												◀Z

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: September 30, 2026

Location: Catalina

Dive Supervisor: Morrison

Tables Used: Noaa

Dive Type: Drill

Dive Description: Deep Dive

[illegible]

Type of Training / Drill B-Shift Deep Dive	Location: Catalina	Date: 09-30-2026
	Time: 0800 - 1300	
Coordinator: Wawrzynski		