Aviation Rescue Swimmer School

Releases and Escapes

LT 3.2

Enabling Objectives

- List procedural steps for rescue swimmer head hold releases and escapes in accordance with NWP 3-50.1 series.
- Demonstrate rescue swimmer head hold releases and escapes in a simulated rescue situation in accordance with NWP 3-50.1 series.

Releases and Escapes

NOTE

If caution is used and approaches are done correctly, these procedures should not have to be used. Releases and escapes are taught as a precaution.

Releases and Escapes

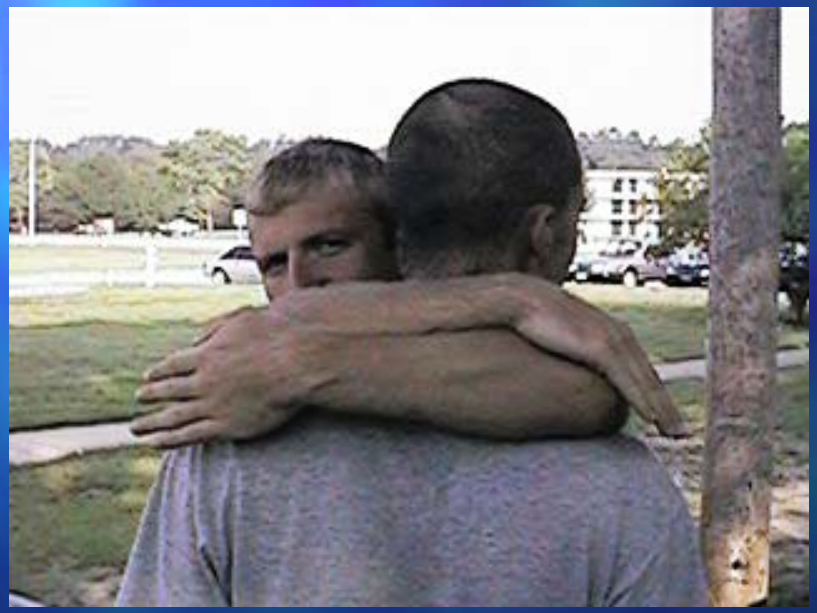
- To allow rescuer to escape grasp of panicking survivor.
- Remember that a panicking survivor will do anything to ensure he keeps his head above water. The key to these techniques is that the rescuer submerges deeply enough that the survivor goes underwater.

Releases and Escapes

- A properly performed escape will simply free the rescuer from the grasp of the survivor and require a re-approach; a properly executed release will result in the release of the survivor's grasp while the rescuer remains in control.

Front Head Hold Release

- Suck- take a quick breath of air.



Front Head Hold Release

- Tuck- tuck chin down and to the side.

Front Head Hold Release

- Duck- Rescue Swimmer extends arms outward, palms up, moving them upward rapidly several times which produces downward movement, and submerges the survivor and swimmer.

Front Head Hold Release

- If the survivor's head is on the right of the Rescue Swimmer's head, Rescue Swimmer brings right arm up and over encircling arm and places hand securely against survivor's right cheek, the little finger against the side of survivor's nose and thumb hooked under the jaw.

Front Head Hold Release

NOTE

If survivor's head is at the rescuer's left side, the method is reversed.

Front Head Hold Release

- The remaining hand is brought up beneath the survivor's other arm seizing it in a grip with the thumb just above the elbow on the pressure point.

Front Head Hold Release

- In one continuous motion, the survivor's head is pressed out and around with the right hand while the left hand is lifting the survivor's arm over the Rescue swimmer's head and sweeping it across the far side.

Front Head Hold Release

- This is a pressing movement and it is continued until the survivor's back is to the rescuer.

Front Head Hold Release

- The left hand continues to hold the arm until the right hand can be shifted from the survivor's face to the chest and brought into a controlled cross-chest carry.

Front Head Hold Release

NOTE

If survivor's head is at the rescuer's left side, the method is reversed.

Front Head Hold Release

- If survivor places a scissors lock on the Rescue Swimmer with the legs, the scissors rarely is held after the head hold is released. However, if it is not released the Rescue Swimmer uses one hand between the ankles to unlock the crossed feet.

Front Head Hold Escape

SUCK

TUCK

DUCK

Front Head Hold Escape

- Without pause, the Rescue Swimmer places both hands on the front of survivor's hips with the heels of the hands against the body, fingers extended and thumbs grasping the survivor's sides.

Front Head Hold Escape

- By forcefully pressing and extending the arms, the Rescue Swimmer pushes the survivor's body back and up toward the horizontal position. This leverage will loosen the survivor's grasp.

Front Head Hold Escape

- By tucking the chin inward and hunching the shoulders, the Rescue Swimmer's head is freed. Survivor is then pushed away.
- Rescue Swimmer surfaces to reassess the situation.

Rear Head Hold Release

SUCK

TUCK

DUCK

Rear Head Hold Release

Rescue swimmer places both hands on survivor's wrist either top or bottom, and ...

Rear Head Hold Release

pulls toward rescue swimmers hips, ...

Rear Head Hold Release

...rotating the hand and sliding the other hand up to the survivor's elbow.

Rear Head Hold Release

- By twisting inward and down on the suvivor's wrist and pushing the survivor's elbow upward, the grip is released. Rescuer slides survivor over his/her head until the survivor is in front of the rescuer with the survivor's fore arm straight across survivor's back and survivor is in front of Rescue Swimmer.

Rear Head Hold Release

- From this position behind survivor, Rescue Swimmer shall release grip on the elbow while maintaining control of the wrist, reaching over the survivor with the free hand and then place survivor in controlled cross-chest carry.

Rear Head Hold Escape

SUCK

TUCK

DUCK

Rear Head Hold Escape

- Rescue swimmer brings hands up to under side of each of the survivor's elbows.

Rear Head Hold Escape

While keeping chin tucked in and hunching the shoulders, Rescue swimmer pushes forcefully upward freeing the head.

Rear Head Hold Escape

- Survivor is then pushed back away. Swimmer turns to face survivor, prepared to prevent subsequent grasp.

Rear Head Hold Escape

- Rescue Swimmer swims well out of reach of survivor, surfaces, and decides which rescue procedures to use.

Summary

- Why do rescue swimmers need to know releases and escapes?
- ***To allow rescuer to escape grasp of panicking survivors***.
- What is the first thing a rescue swimmer should do in the event a survivor grabs him/ her?
- ***Suck, Tuck, and Duck***

Summary

- After a rear head hold escape or a front head hold escape, what should the rescue swimmer do?
- ***Reassess the situation***
- Why should the rescue swimmer utilize a control cross-chest carry?
- ***So that the rescue swimmer remains in control. The survivor is active.***

Summary

- Why is hand placement necessary during releases and escapes?
- ***So that the use of pressure points are utilized.***