JOB SHEET
RESCUE SWIMMERS EQUIPMENT

TRAINEE NAME/RATE _____ SSN_____
INSTRUCTOR/EVALUATOR _____ DATE_____

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either SAT, MRSAT, or UNSAT.

"*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0

Minimum average score for passing is????

If an item is not applicable line out that item and do not add it to the overall average

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Demonstrate procedures for donning mask fins and snorkel	Q	CQ	UQ _____
Demonstrate one of the following procedures for clearing the mask	Q	CQ	UQ _____

Method A

Press the top of the mask against the forehead with and exhale slowly through nose.

Method B

Place hands on side of mask, lift bottom of mask slightly away from face and exhale slowly through nose.

(In Shallow end, In 6ft, In the Deep End of the Pool)

Demonstrate one of the following procedures for clearing snorkel	Q	CQ	UQ _____

Exhalation method

Expansion method

Perform crawl stroke while wearing mask, fins, and snorkel	Q	CQ	UQ _____
Perform sidestroke while wearing mask, fins, and snorkel	Q	CQ	UQ _____

4.0 X number of SAT's =_____
2.0 X number of MRSAT's =_____
4.0's + 2.0's = total grade _____

Total grade_____ divided by _____(number of items tested) = _____