# 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

---

| | | | |
|---|---|---|---|
| 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<br>Press the top of the mask against the forehead with and exhale slowly through nose. | | | |
| Method B<br>Place hands on side of mask, lift bottom of mask slightly away from face and exhale slowly through nose. | | | |
| 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) = _____