

JOB SHEET 3-1
APPROACHES AND CARRIES

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 Q, CQ, UQ.
A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0
Minimum score should be 3.6 however this job sheet alone shall not be the deciding factor in determining pass or fail of a student. It shall be used as a tool by the evaluating instructor who will be responsible for making the final determination of pass or fail. If an item is not applicable line out that item and do not add it to the overall average.

FRONT SURFACE APPROACH	ACTION		SCORE	POINTS
	Approach survivor Utilizing modified crawl or breast stroke Head out of the water eyes on the survivor	Q	CQ	UQ _____
	Execute quick reverse Arms length away from survivor	Q	CQ	UQ _____
	Attempt to establish communication	Q	CQ	UQ _____
	Hand placement Right hand grasping right wrist or left hand on left wrist Begin flutter kicking and plane survivor out Pull and twist survivor's wrist and successfully turn survivor	Q	CQ	UQ _____
	Attain and maintain a cross-chest carry	Q	CQ	UQ _____
REAR SURFACE APPROACH				
	Approach survivor Utilizing modified crawl or breast stroke Head out of the water eyes on the survivor	Q	CQ	UQ _____
	Execute quick reverse 6 to 8 feet distance separating survivor and swimmer	Q	CQ	UQ _____
	Attempt to establish communication Instruct survivor to turn around	Q	CQ	UQ _____

with back facing swimmer

Grasp center of survivors back Begin flutter kicking and plane survivor out Place and maintain cross-chest carry with free arm	Q	CQ	UQ _____
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UNDERWATER APPROACH

Approach survivor Utilizing modified crawl or breast stroke Head out of the water eyes on the survivor Attempt communication Try and calm survivor	Q	CQ	UQ _____
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Surface dive Keep eyes on survivor No premature contact with survivor	Q	CQ	UQ _____
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Surface behind survivor Close enough to immediately achieve a cross-chest carry	Q	CQ	UQ _____
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Place survivor in a controlled cross-chest carry Plane survivor out Maintain control of survivor	Q	CQ	UQ _____
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4.0 X number of Q = _____

2.0 X number of CQ = _____

4.0's + 2.0's = Total grade

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