

JOB SHEET 3-2  
RELEASES AND ESCAPES

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 HEAD HOLD ESCAPE	SCORE	POINTS
Suck, tuck and duck	Q      CQ	UQ _____
Inhaled a breath of air Turned chin down to shoulder Go far enough underwater that survivor is submerged		
Hand placement	Q      CQ	UQ _____
Hands on survivors hips Thumbs grasping survivor's hips		
Perform escape	Q      CQ	UQ _____
Thrust forcefully away with arms Hunch shoulders and drop head		
Surfacing	Q      CQ	UQ _____
Surface far enough away that survivor can't grab hold of swimmer		

FRONT HEAD HOLD RELEASE

Suck, tuck and duck	Q      CQ	UQ _____
Inhaled a breath of air Turned chin down to shoulder Go far enough underwater that survivor is submerged		

Hand placement	Q	CQ	UQ _____
Correct hands on survivors face and elbow Utilizing proper pressure points			

Perform release	Q	CQ	UQ _____
Free head from grasp Turn survivor around			

Proper Carry	Q	CQ	UQ _____
Place and maintain survivor in a controlled cross-chest carry			

REAR HEAD HOLD ESCAPE

Suck, tuck and duck	Q	CQ	UQ _____
Inhaled a breath of air Turned chin down to shoulder Go far enough underwater that survivor is submerged			

Hand placement	Q	CQ	UQ _____
Hands on survivors elbows Thumbs grasping survivors pressure points			

Perform escape	Q	CQ	UQ _____
Thrust away with arms in the direction swimmer is looking Free head from grasp			

Surfacing	Q	CQ	UQ _____
Surface far enough away that survivor can't grab hold of swimmer			

REAR HEAD HOLD RELEASE

Suck, tuck and duck Q            CQ            UQ \_\_\_\_\_

Inhaled a breath of air  
 Turned chin down to shoulder  
 Go far enough underwater that  
 survivor is submerged

Hand placement Q            CQ            UQ \_\_\_\_\_

Both swimmer's hands on one of  
 survivor's wrists thumbs grasping  
 survivors pressure point

Perform release Q            CQ            UQ \_\_\_\_\_

Break survivors grip  
 Swimmer spins hand on survivor's  
 wrist  
 Swimmer slides hand up to elbow  
 pressure point  
 Swimmer gains position behind survivors  
 Release elbow vice wrist

Proper Carry Q            CQ            UQ \_\_\_\_\_

Place and maintain survivor in a  
 controlled cross-chest carry

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) = \_\_\_\_\_