

**OUTLINE SHEET 3.2
RELEASES AND ESCAPES**

ENABLING OBJECTIVES:

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

TOPIC OUTLINE:

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.

A. Releases/Escapes:

- 1. To allow rescuer to escape grasp of panicking survivor.
- 2. 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 survivor goes underwater.
- 3. 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.

B. Front Head Hold Release:

- 1. _____ - take a quick breath of air.
- 2. _____ – tuck chin down and to the side.
- 3. _____ - Rescue swimmer extends arms outward, palm up, moving them upward rapidly several times which produces downward movement, and submerges the survivor and swimmer.
- 4. If the survivor's head is on the right of 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.

NOTE

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

- 5. 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.

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6. 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. This is a pressing movement and it is continued until the survivor's back is to the rescuer.
7. The _____ hand continues to hold the arm until the right hand can be shifted from the survivor's face to the chest. The left hand releases the elbow and the survivor is brought into a controlled cross-chest carry.

NOTE

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

8. If survivor places a scissors lock on the rescue swimmer with the legs, the scissors lock is rarely 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.

C. Front Head Hold Escape:

1. Suck
2. Tuck
3. Duck
4. Without pause, the rescue swimmer places both hands on the front of survivor's _____ with the heels of the hands against the body, fingers extended and thumbs grasping the survivor's sides. 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.
5. By tucking the chin inward and hunching the shoulders, the rescue swimmer's head is freed. Survivor is then pushed away.
6. Rescue swimmer surfaces to reassess the situation.

D. Rear Head Hold Release:

1. Suck
2. Tuck
3. Duck
4. Rescue swimmer places both hands on survivor's _____, either top or bottom, and pulls toward rescue swimmer's hips, rotating the hand and sliding the other hand up to the survivor's elbow.
5. By twisting inward and down on the survivor'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 survivors fore-arm straight across survivor's back and survivor is in front of rescue swimmer.

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6. 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.

E. Rear Head Hold Escape:

1. Suck
2. Tuck
3. Duck

4. Rescue swimmer brings the hands up to underside of each of the survivor's _____. While keeping chin tucked in and hunching the shoulders, Rescue Swimmer pushes forcefully upward freeing the head.

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

6. Rescue swimmer swims well _____ of survivor, surfaces, and decides which rescue procedures to use.

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