

**INTRODUCTION**

During a rescue, survivors may panic and often grab the rescue swimmer. To preclude injury or death, it is important to perform proper head hold releases and escapes.

**ENABLING OBJECTIVES:**

- 4.11 List procedural steps for the front/rear head hold release.
- 4.12 Demonstrate the front/rear head hold release while in a simulated rescue situation.
- 4.13 List procedural steps for the front/rear head hold escape.
- 4.14 Demonstrate the front/rear head hold escape while in a simulated rescue situation.

**TOPIC OUTLINE**

- A. Front Head Hold Release (Diagram Sheet 4.2-1)
  - 1. Suck - take a quick "bite" or breath of air.
  - 2. Tuck - tuck chin down and to the side.

**NOTE**

Head is turned away from survivor's face.

- 3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging 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.

OUTLINE SHEET 4.2-1

**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 arm seizing it in a grip with the thumb just above the elbow.
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 left hand continues to hold the arm until the right hand can be shifted from the survivor's face to the chest and 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 rarely is 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 cross feet.

**B. Front Head Hold Escape (Diagram Sheet 4.2-2)**

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.
4. Without pause, the Rescue Swimmer places both hands on the front of survivor's hips 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

OUTLINE SHEET 4.2-1

Rescue Swimmer pushes the survivor's body back and up towards 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.

C. Rear Head Hold Release (Diagram Sheet 4.2-3)

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.
4. Rescue Swimmer places both hands on survivor's wrist, 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. Survivor's fore arm is straight across survivor's back and survivor is in front of Rescue Swimmer.
6. From this position behind survivor, Rescue Swimmer shall place survivor in controlled cross-chest carry.

D. Rear Head Hold Escape (Diagram Sheet 4.2-2)

1. Suck - take a quick "bite" or breath of air.
2. Tuck - tuck chin down and to the side.
3. Duck - Rescue Swimmer extends arms outward, moving them upward rapidly several times which will produce downward movement, submerging the survivor and swimmer.

OUTLINE SHEET 4.2-1

4. Rescue Swimmer brings the hands up to underside of each of the survivor's elbows. 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 out of reach of survivor, surfaces, and decides which rescue procedures to use.