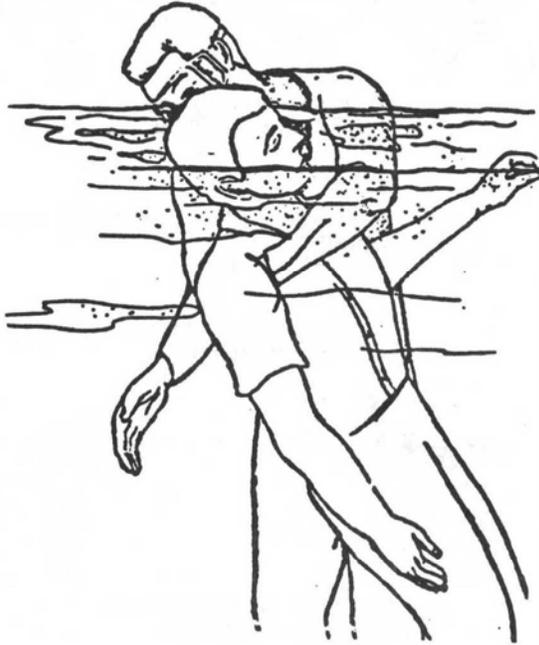


**DIAGRAM SHEET 3.1-2  
CROSS-CHEST TO CONTROLLED  
CROSS-CHEST CARRY**

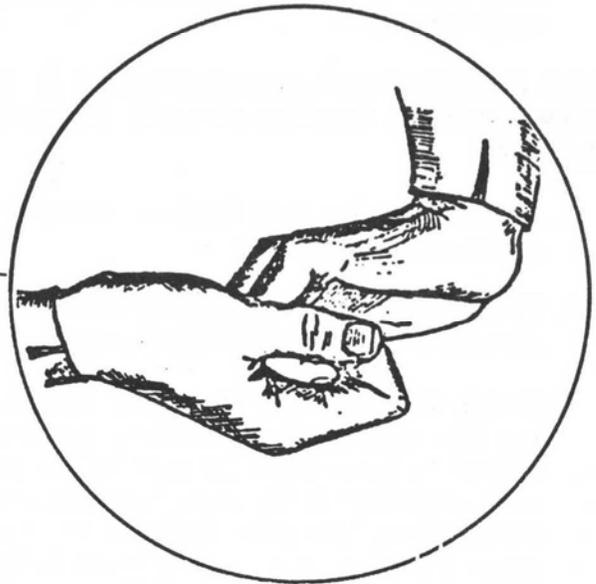
A.



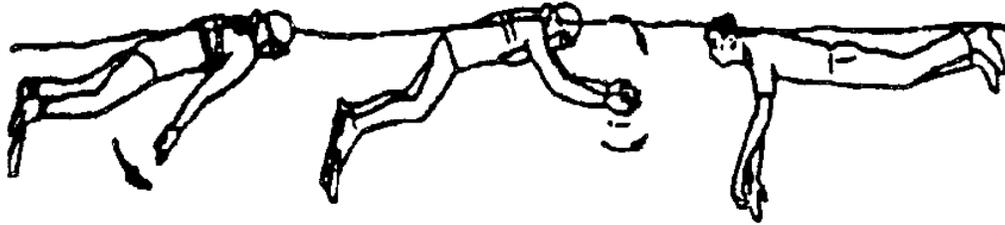
B.



C.



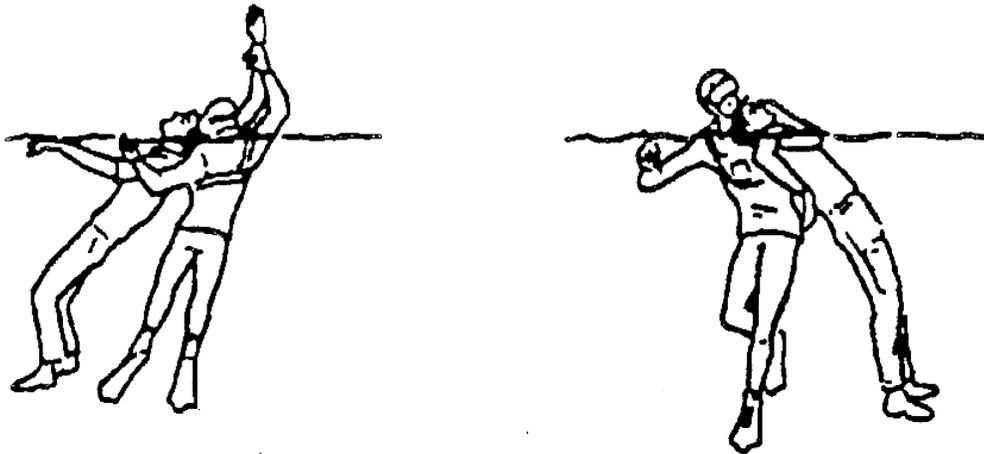
**DIAGRAM SHEET 3.1-3  
FRONT SURFACE APPROACH**



**A. SWIMMER EXECUTES QUICK REVERSE**



**B. TIMING MOVEMENT BY SWIMMER**

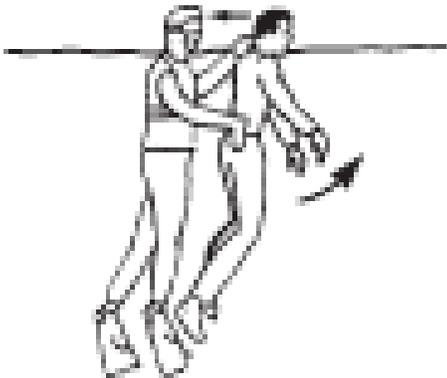


**C. PLACES SURVIVOR IN A CROSS-CHEST CARRY**

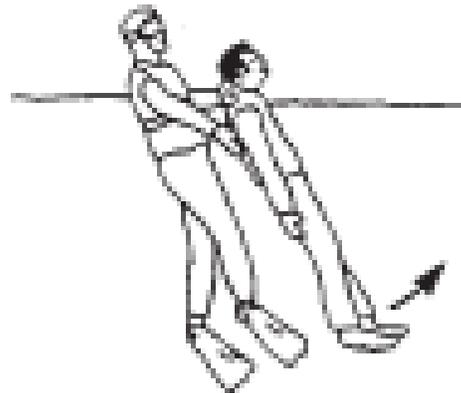
**DIAGRAM SHEET 3.1-4  
REAR SURFACE APPROACH**



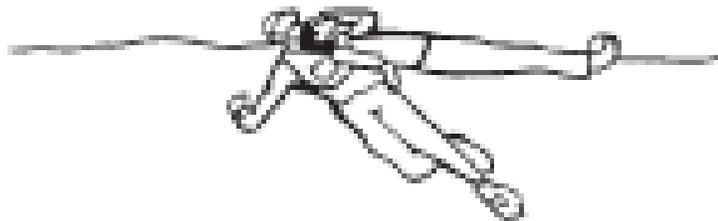
**A. SWIMMER EXECUTES  
QUICK REVERSE**



**B. ROTATE SURVIVOR**



**C. PLANE SURVIVOR OUT**



**D. CROSS CHEST CARRY**

**DIAGRAM SHEET 3.1-5  
UNDERWATER APPROACH**

