

JOB SHEET 4-2  
RESCUE SWIMMERS EQUIPMENT

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.

		SCORE	POINTS
Demonstrate procedures for donning mask fins and snorkel	Q	CQ	UQ _____
Demonstrate one of the following procedures for clearing the mask	Q	CQ	UQ _____
Method A			
Press the top of the mask against the forehead with and exhale slowly through nose.			
Method B			
Place hands on side of mask, lift bottom of masks lightly away from face and exhale slowly through nose.			
Demonstrate one of the following procedures for clearing snorkel	Q	CQ	UQ _____
Exhalation method			
Expansion method			
Perform crawl stroke while wearing mask, fins, and snorkel	Q	CQ	UQ _____
Perform sidestroke while wearing mask, fins, and snorkel	Q	CQ	UQ _____

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