### Front Head Hold Escape → [Rescue a Victim (WSA): Front Head Hold Escape (#3 - option 1)](https://youtu.be/L0Ym1h_VsmE?si=LVHLjIDfoFrXigbR)

This is used when the victim grabs the lifeguard from the front around the head or shoulders.

1. Tuck your chin to protect your airway.
2. Take a deep breath and submerge underwater quickly.
3. Push both arms up and out forcefully to break the grip.
4. Clap your hands above your head approx 3 times to submerge yourself. (Similar feet first surface dive)
5. Surface, rotate, and place the rescue tube between you and the victim.
6. Resume the rescue with control.

### 2. Rear Head Hold Escape (Similar to the Front Head Hold, just in the opposite direction) → [Rescue a Victim (WSA): Rear Head Hold Escape (#3 - option 2)](https://youtu.be/BWrs8w4WKAk?si=qLWl76zan4WNQIRg)

This is used when the victim grabs the lifeguard from behind around the head or neck

1. Tuck your chin and pull it down toward your chest to protect your airway.
2. Take a deep breath and duck underwater quickly.
3. Rotate your body while pulling and it will force the victim to loosen the grip.
4. Kick away and surface behind the victim.
5. Retrieve your tube and complete the rescue.

### 3. Wrist Grab Escape

This is used when a victim grabs one or both of the lifeguard’s wrists.

1. Stay calm and keep the rescue tube between you and the victim if possible.
2. For one wrist: rotate your arm toward the thumb of the victim’s hand. (This is the weakest part of their grip)
3. Use your free hand to assist if needed by peeling their fingers off or pulling against their grip.
4. For both wrists: submerge and twist both hands outward to break the grip.
5. Immediately reposition and place the tube between you and the victim.

### 4. Double Arm Grab from the Front

This is used when the victim grabs both arms or shoulders from the front.

1. Push your rescue tube out in front of you quickly (in a sweeping motion) to break the grip.
2. Kick hard backward to move away.
3. Come up behind the victim and reposition with the rescue tube.