Training: Lifeguard Escapes

# Front Head Hold Escape

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

Scan QR code for a video demonstration.



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 of the drowning person’s arms up and out forcefully to break the grip.
4. Clap your hands above your head 3 times to submerge yourself.
   1. Very similar to a feet first surface dive.
5. Surface, rotate, and place the rescue tube between you and the victim.
6. Resume the rescue with control.

# 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)

Scan QR code for a video demonstration.



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 submerge yourself 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.

# Wrist Grab Escape

Used when a victim grabs one or both of the lifeguard’s wrists.

1. 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 towards the thumbs to break the grip.
5. Reposition yourself and resume the rescue.

# Double Arm Grab from the Front

Used when the victim grabs both arms 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. Reposition yourself with the rescue tube and resume the rescue.

# When teaching escapes...

* Make sure that the lifeguard performing the escape is talking to the panicking drowning person. Have them introduce themselves and ask questions. It will help calm the panicking person down and increase the efficiency of the rescue.
* If the guard has performed the escape and the drowning person is still panicking, they can ask for assistance from another guard by double whistling.