

Hold and Releases

The sixth phase includes teaching the basic lifesaving skills of holds and releases. Each and every skill is taught and demonstrated on land by testing officers. Candidates must then practice these skills with a partner on land. Then the skills are practiced in shallow water until they feel confident in their performance. Finally candidates are tested in a deep water setting with a testing officer as their active victim.

On Site Testing



Candidates learn how to escape from a rear-head hold.



Candidates practice in shallow water before being assessed in deep water.



Testing candidate tries to secure a cross-chest carry around an active victim.

Off Site Testing



Candidate is using the cross-chest carry to tow the victim to safety.



An exhausted candidate tries to tow victim to the side of the pool.



The holds and Releases phase of testing is underway.