

MOST STRAITJACKET ESCAPES

The following act as a guide to the specific considerations and undertakings, in addition to the general requirements, for any potential attempt on most straitjacket escapes record. They should be read and understood by all concerned – organisers, participants and witnesses – prior to the event.

RULES

This record is for the most escapes from a straitjacket in a set time. There are two categories:-

- the most in 24 hours (24 hours means a complete 24-hour cycle including rest breaks. For example, if the event starts at 12 noon on Monday, it must finish at 12 noon on Tuesday.)
 - the most in 8 hours (a working day) (8 hours means a complete 8-hour cycle including rest breaks. For example, if the event starts at 12 noon on Monday, it must finish at 8pm the same day.)
1. Participants can take as many breaks as they wish.
 2. For the attempt a standard straitjacket must be used which has not been altered in any way.
 3. Prior to the record attempt an independent witness should inspect the straitjacket to ensure that all straps are in place and no alterations have been made.
 4. An experienced timekeeper should be present for the event.
 5. Qualified medical staff should also be present throughout the record attempt.
 6. Each time the participant is in the fastened straitjacket, it should be inspected by an independent witness to confirm that the jacket has been fastened correctly.
 7. The attempt begins after a pre-arranged countdown.
 8. An escape ends as soon as the participant is free and drops the straitjacket on the floor.
 9. Only competed escapes count towards the total.