



**Swim Test** – Swim suit and/or Wet suit only – mask or goggles optional per segment. If mask falls off when dive in, no re-do.

### **Distance Swim**

**Part 1:** Feet first entry and swim from dock edge, turn and come back – 150 feet total

Criteria:

- Entry
  - Head/eyes remain above the surface of the water
- Swim
  - Demonstrates proficient swimming ability
  - Must be freestyle
  - Strokes look comfortable
- Turn
  - Turn under water without touching the bottom
- Time Limit
  - 1:15

### **Tread Water**

**Part 2:** 5 minute tread water – hands at shoulders

Criteria:

- Treading without lifejacket
  - Any kick
- Hands
  - All 10 fingers must remain above the surface of the water for the full time limit
- Able to comfortably engage in conversation as requested

**Part 3:** Exit water onto dock

Criteria:

- Exit from water
  - One or two hand pull up onto dock
  - Pull up to a sit position on dock
  - One fluid motion out of the water

### **Distance breath hold**

**Part 4:** Dive and swim underwater from dock to designated distance spot – 75 feet

Criteria:

- Entry
  - Head first dive in
  - Calm entry
- Underwater Swim (majority of body underwater; no freestyle allowed)
  - Any stroke other than freestyle
- Finish
  - End point will be marked

**Transport and recovery****Part 5:** Surface dive to underwater transport and recovery (need to dive at least 11')

Criteria:

- Surface dive
  - Start in the water
- Underwater Transport
  - Pick up a bucket of sand
  - Move the bucket 10 feet to a marked location
- Underwater Recovery
  - Pick up a weight and place on dock

**All Crew Members working with dolphins are required to pass this test including cross training individuals.****Each individual gets two opportunities to pass. Crew Member must pass entire segment for a complete.**