



Dolphin Quest Internship Swim Test

Dolphin Quest makes safety a top priority for our interns. Our swim test ensures that those who will be interacting with our animals and immersed in their ocean environment have the skills to effectively do so safely. The outline of the swim test is online and available in advance, so all applicants have an opportunity to practice each skill prior to the interview and arriving on island. The swim test will be required for all interns to complete at the beginning of the internship. We highly recommend that you practice in advance to ensure you can pass.

Test Rules:

- Swim suit and/or Wet suit only
- Mask or goggles optional per segment. If mask falls off when dive in, no re-do
- All interns are required to pass this test including cross training individuals.
- Interns must pass all segments consecutively, during the same test time in order to gain a complete pass.
- Each individual gets two opportunities to pass.

Test Components:

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

Exiting Water

Part 3: Exit water onto dock

Criteria:

- Exit from water
 - One or two hand pull up onto dock
 - Pull up so full body is out of the water and onto the dock

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

End of Swim Test