

# Aquatics Tests

All test results are confidential

## Test 1. Distance Swim

Swim 300 yds. continuously demonstrating breath control and rhythmic breathing. Candidates will swim a combination of the front crawl and breaststroke.

- 150 yds Freestyle
- 150 yds. Breaststroke

Completion time not to exceed 6:30 min.

## Test 2. Tread Water

Tread water for 2 minutes using only legs. Candidates' hands should be held above water.

## Test 3. Under Water Retrieval

- Starting in water, swim 20 yds.
- Feet or headfirst dive to depth of 7 to 10 feet to retrieve 10 Lb. object.
- Return to surface keeping face above water. Swim 20 yds. on the back with both hands holding the object.
- Exit the water without using the ladder/steps.

Completion time not to exceed 1:40 min.

## Test 4. Approaches

Candidates continuously swim demonstrating proper use of rescue tube.

- 25 yds. Freestyle
- 25 yds. Breaststroke

## Test 5. Entries

Candidates demonstrates proper pool entry.

- Slide-In Entry
- Stride Jump
- Compact Jump

## Test 6. Assists/Rescues

Candidates will perform appropriate save for the victim scenario.

- Distressed
- Active
- Passive

## Test 7. Ten Question Review of First Aid, CPR/AED