

# Pacific Coast Water Rescue

## Annual Rescue Swimmer Qualifications Test



## Evaluation Parameters

There are six (6) exercises that evaluate stamina and comfort in the water, each rated by points. The swimmer must successfully complete all stations and score a minimum of 12 points to pass the test. The test should be completed with not more than 15 minutes between exercises. If the participant is unable to complete any portion of the “Watermanship Test” due to exercise intolerance, the participant should NOT retest until evaluated and cleared by a physician. See the Medical Guidelines for more information or contact the Operations Chief(s) to request medical evaluations forms and instructions.

### Exercise 1: 500 Yard Swim

The swimmer must swim 500 yards without stopping, using a forward stroke and without using any swim aids such as a dive mask, fins, snorkel, or flotation device. Stopping or standing up in the shallow end of the pool at any point during the exercise will constitute a failure of this evaluation station.

Performance Criteria (Minutes)	Points Awarded
Under 10	5
10-13	4
13-16	3
16-19	2
Over 19	1
Stopped or Incomplete	Incomplete

Evaluator Initials: \_\_\_\_\_

Updated 2018

## Exercise 2: 15 Minute Tread

Using no swim aids, wearing only a swimsuit the swimmer will stay afloat by treading water, drown proofing, bobbing or floating for 15 minutes with hands out of the water for the last 2 minutes.

Performance Criteria (Minutes)	Points Awarded
Performed Satisfactorily	5
Stayed afloat, hands not out of water last 2 minutes	3
Used side or bottom to support at any time	1
Used side or bottom for support . Twice	Incomplete

Evaluator Initials: \_\_\_\_\_

## Exercise 3: 800 Yard Snorkel Swim

Using a dive mask, fins, snorkel and swimsuit (no buoyancy control device or other flotation aid) and swimming the entire time with the face in the water, the swimmer must swim non-stop for 800 yards. The swimmer must not use arms to swim at any time.

Performance Criteria (Minutes)	Points Awarded
Under 15	5
15-17	4
17-19	3
19-21	2
Over 21	1
Stopped at any time	Incomplete

Evaluator Initials: \_\_\_\_\_

## Exercise 4: 100 Yard Inert Rescue Tow

The swimmer must push or tow an inert victim wearing appropriate PPE on the surface 100 yards non-stop and without propulsion assistance (fins, etc.) Use of Rescue Can or Rescue Tube is recommended.

Performance Criteria (Minutes)	Points Awarded
Under 2	5
2 - 3	4
3 - 4	3
4 - 5	2
More than 5	1
Stopped at any time Incomplete	Incomplete

Evaluator Initials: \_\_\_\_\_

## Exercise 5: Free-Dive to a Depth of 9ft and Retrieve an Object

Performance Criteria (Minutes)	Points Awarded
Performed Satisfactorily	Pass
Stopped or Incomplete	Incomplete

Evaluator Initials: \_\_\_\_\_

The signatures below indicate that the scores have been reviewed and accepted by the Chiefs as listed on the top of Page one (Pass or retest).

\_\_\_\_\_  
John Garza, Senior Chief of Operations

All PCWR Rescue Swimmers must complete all swim requirements and in addition, maintain at a minimum, current Emergency Medical Technician-1 Certification or Paramedic License within the State of California. Questions regarding credentialing should be directed to the Senior Chief of Operations.