

## IADRS ANNUAL WATERMANSHIP TEST



**Evaluation Parameters:** Candidates complete test events in order, with not more than 15 minutes rest between each event. Swimsuits may not offer positive buoyancy or significant thermal protection. Authorized or required equipment for each event is listed within each section below. All events begin in water. A starting push-off from the wall and at every turn is authorized. Candidates must successfully complete all stations and score a minimum of 12 points to pass the test.

**Exercise 1: 500-Yard Swim** - Candidates use any forward stroke to swim 500 yards without stopping and are allowed swim goggles or a swim mask that does not occlude their nose. Stopping, standing up, or using any stroke other than a forward stroke constitutes failure of this station.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Under 10 minutes	5
10 – 13 minutes	4
13 – 16 minutes	3
16 – 19 minutes	2
More than 19 minutes	1
Stopped or incomplete	Incomplete

**Exercise 2: 15-Minute Tread** - Candidates must stay afloat by treading water, drownproofing, bobbing, or floating for 15 minutes. For the last two minutes candidates must keep their hands, from the wrist up, out of the water. Candidates are allowed swim goggles or swim mask that does not occlude their nose.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Performed Satisfactorily	5
Stayed afloat, hands not out of the water for 2 minutes	3
Used side or bottom for support at any time	1
Used side or bottom for support >2 times	Incomplete

**Exercise 3: 800-Yard Mask, Fins, and Snorkel Swim** - Wearing standard scuba mask, fins, and snorkel, and keeping their face in the water at all times, candidates swim continuously for 800 yards. Swimmers must not use their arms to swim at any time.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Under 15 minutes	5
15 – 17 minutes	4
17 – 19 minutes	3
19 – 21 minutes	2
More than 21 minutes	1
Stopped at any time	Incomplete

**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 assistance. Appropriate PPE includes mask, fins, snorkel and a PFD or BCD.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Under 2 minutes	5
2 – 3 minutes	4
3 – 4 minutes	3
4 – 5 minutes	2
More than 5 minutes	1
Stopped at any time	Incomplete

**Exercise 5: Free Dive to a Depth of Nine Feet and Retrieve an Object** - Candidates are allowed swim goggles or swim mask that does not occlude their nose.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Performed satisfactorily	Pass
Unable to complete	Incomplete