

INITIAL SWIM TEST EVALUATION

DIVING CANDIDATE LAST NAME	FIRST NAME	MIDDLE INITIAL	DATE OF TEST
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INSTRUCTIONS

The Unit Diving Supervisor (UDS), or UDS designee should proctor the candidate's NOAA Diver initial swim test as per the NOAA Diving Standards and Safety Manual (NDSSM). Personnel attending the NOAA Diving Center training course are also required to successfully perform this test during the first day of the course, or they will be sent home.

All skills must be successfully demonstrated during a single pool session. It is suggested that the underwater be completed first, followed by the uninterrupted surface swim, and then the 30 minute water tread. A 10-15 minute rest period is recommended between each element.

WATERMANSHIP CRITERIA

UNDERWATER SWIM

The candidate must swim a distance of 25 yards (22 meters) underwater without surfacing and without the use of fins.

Was the 25 yard underwater swim completed successfully?

Yes

No

UNINTERRUPTED SURFACE SWIM

Using the front crawl, side stroke, or breast stroke, the candidate must swim a distance of 550 yards (500 meters) without stopping, in less than 15 minutes.

Time (mm:ss) required to complete the 550 yard swim:

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THIRTY (30) MINUTE TREAD

The candidate must tread water and keep their head above the surface for 30 minutes, without the use of any flotation aids.

Was the 30 minute water tread completed successfully?

Yes

No

PROCTOR RATING

Is the candidate's swimming ability satisfactory, according to the requirements in the NDSSM?

Yes

No

PROCTOR COMMENTS (OPTIONAL)

AUTHORIZATION

I certify that the candidate named above has satisfactorily demonstrated all the watermanship skills above in a single pool session as required by the NOAA Diving Program.

PROCTOR NAME	ORGANIZATION / DIVING UNIT	
PROCTOR SIGNATURE	TELEPHONE NUMBER	DATE

SUBMISSION

Please proctor the test, fill out the form, and then submit this completed form via email to support.ndc@noaa.gov.