

# Lucia-Riverbend Volunteer Fire Department Inc.

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## **Evaluation Parameters**

There are five exercises that evaluate stamina and comfort in the water.

The diver must successfully complete all stations to pass the test.

The test should be completed with not more than 15 minutes between exercises.

### **Exercise 1: 500 Yard Swim**

The diver 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 this exercise will constitute a failure of this evaluation station.

### **Exercise 2: 15 Minute Tread**

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

### **Exercise 3: 800 Yard Snorkel Swim**

Using a dive mask, fins, snorkel, and a swimsuit (no BCD or other flotation aid) and swimming the entire time with the face in the water, the diver must swim nonstop for 800 yards. The diver must not use arms to swim at any time.

### **Exercise 4: 100 Yard Inert Rescue Tow**

The swimmer must push or tow an inert victim wearing appropriate PPE on the surface 100 yards nonstop and without assistance.

### **Exercise 5: Free Dive to a depth of nine feet and retrieve an object**