

I.A.D.R.S. ANNUAL WATERMANSHIP TEST



Evaluation Parameters

There are five exercises that evaluate stamina and comfort in the water, each rated by points. The diver 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.

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.

| <u>Time to Complete</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

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.

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

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 non stop for 800 yards. The diver must not use 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.

| <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

| <u>Performance Criteria</u> | <u>Points Awarded</u> |
|-----------------------------|-----------------------|
| Performed satisfactorily | Pass |
| Stopped or incomplete | Incomplete |