

SWIM TEST EVALUATION

DIVING CANDIDATE LAST NAME	FIRST NAME	MIDDLE INITIAL	DATE OF TEST
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INSTRUCTIONS: Rate the diving candidate's performance of the NOAA swim test as per NOAA Administrative Order (NAO) 209-123. Watermanship of the diving candidate, which shows a noticeable degree of confidence, must be verified prior to arrival at the NOAA Diving Center (NDC) for upcoming training or as part of review for certification requirements. Personnel attending training are required to successfully perform this test during the first day of pool work.

Watermanship Criteria

1. UNINTERRUPTED SURFACE SWIM – The diving candidate must swim a distance of 550 yards (500 meters) without stopping, using the front crawl, side stroke, or breast stroke in less than 15 minutes.

Time (minutes) required to complete the 550 yard swim:	
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2. UNDERWATER SWIM – The diving candidate must swim a distance of 25 yards (22 meters) without surfacing and without the use of fins.

25 yard underwater swim completed successfully:	
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3. THIRTY (30) MINUTE FLOAT – The diving candidate must tread water for 30 minutes without the use of any flotation aids.

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

The above candidate has satisfactorily completed the required swimming evaluation criteria.

The diving candidate's swimming ability is:	<input type="radio"/> Poor	<input type="radio"/> Satisfactory	<input type="radio"/> Excellent
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UNIT DIVE SUPERVISOR / DIVEMASTER NAME	ORGANIZATION / DIVE UNIT	
UNIT DIVE SUPERVISOR / DIVEMASTER SIGNATURE	PHONE NUMBER	DATE

Return the evaluation to NDC upon completion of the test or include this form with certification packet.

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