

JOB SHEET 2.2-1

TIMED SWIMS AND BUDDY TOWS

TRAINEE NAME/RATE

SSN _____ CLASS _____.

Evaluation Instructions Critical Steps: Observe trainee performing each event. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by writing in the time and circling either Pass or Fail.

SAFETY - Failure to adhere to all safety requirements will result in automatic failure of the performance tests.

TIMED SWIMS

3.2	Complete 800 meter swim within 20 minutes.	TIME	PASS/FAIL
3.2	Complete 400 meter Buddy Tow within 16minutes.	TIME	PASS/FAIL
3.2	Complete 500 meter swim (13 min)/ 400 meter B/T (19 min) (5 min break).	TIME	PASS/FAIL
3.2	Complete 500 meter swim (11:30 min) / 400 meter B/T (17:30 min) (2 min break).	TIME	PASS/FAIL
3.2	Complete 500 meter swim/ 400 meter B/T within 27 minutes (NO Break).	TIME	PASS/FAIL
3.2	Complete 2000 meter / 50 minutes swim.	COMPLETE	INCOMPLETE

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