

Job Sheet 2-2 Checklist

Timed Swims

TRAINEE NAME/RATE _____

SSN _____

CLASS _____

DATE _____

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/Fail/Complete/Incomplete.

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

TIMED SWIMS

3.2	Complete 800m swim within 20 minutes.	TIME	PASS/FAIL
3.2	Complete 400m Buddy Tow within 16 minutes.	TIME	PASS/FAIL
3.2	Complete 500m swim/400m B/T (27:00 min) (no break)	TIMES	PASS/FAIL
3.2	Complete 500m swim/400m B/T (27:00 min) (no break)	TIMES	PASS/FAIL
3.2	Complete 500m swim/400m B/T (27:00 min) (no break)	TIMES	PASS/FAIL
3.2	Complete 2000m/50 minute swim.	COMPLETE	INCOMPLETE