

Job Sheet 4.4 Checklist

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

- |       |   |                   |                   |           |
|-------|---|-------------------|-------------------|-----------|
| 4.4-1 | Complete 500 Meter Swim within 11:30 minutes, and 400 Meter Buddy Tow within 17:30 minutes. There shall be a 5 minute break between Swim and Buddy Tow. | TIME 500<br>===== | TIME 400<br>_____ | PASS/FAIL |
| 4.4-2 | Complete 500 Meter Swim within 11 minutes, and 400 Meter Buddy Tow within 17 minutes. There shall be a 3 minute break between Swim and Buddy Tow.       | TIME 500<br>===== | TIME 400<br>_____ | PASS/FAIL |
| 4.4-3 | Complete 500 Meter Swim and 400 Meter Buddy Tow within 27 minutes. Swim will be immediately followed by Buddy Tow.                                      | TIME<br>=====     |                   | PASS/FAIL |