SWIM QUALIFICATIONS

The Swim Qualifications per Navy Standards are as follows:

Swim Skills Assessment:
• Shallow Water Swim – 15 yards in water chest deep
• Deep Water Swim – 15 yards in water over the head
• Tread Water for 1 minute
• Prone Float for 1 minute

Third Class Swimmer:
• Successful completion of Swim Skills Assessment
• Deep Water jump – from a minimum height of 5 feet
• 50 yard swim – demonstrating front crawl, breaststroke, backstroke, elementary backstroke
• 5 minute Prone Float
• Shirt and Trouser Inflation

Second Class Swimmer:
• Successful completion of Third Class Swimmer
• 5 minute Prone Float Back Float
• 100 yard swim
  - 25 yards front crawl
  - 25 yards breaststroke
  - 25 yards backstroke
  - 25 yards elementary backstroke

First Class Swimmer:
• Successful completion of Third and Second Class Swimmer Certification
• 100 yard swim – same as second class swimmer – grading criteria stricter than second class swimmer
• 5 minute Prone Float and Back Float
• 25 yard Underwater Swim – demonstrating Burning Oil Maneuver twice

APPENDIX (3)