

# **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