

# I.A.D.R.S. ANNUAL WATERMANSHIP TEST



## Evaluation Parameters

There are five exercises that evaluate stamina and comfort in the water, each rated by points. The diver must successfully complete all stations and score a minimum of 12 points to pass the test. The test should be completed with not more than 15 minutes between exercises.

### Exercise 1: 500 Yard Swim

The diver must swim 500 yards without stopping using a forward stroke and without using any swim aids such as a dive mask, fins, snorkel, or flotation device. Stopping or standing up in the shallow end of the pool at any point during this exercise will constitute a failure of this evaluation station.

<u>Time to Complete</u>	<u>Points Awarded</u>
Under 10 minutes	5
10-13 minutes	4
13-16 minutes	3
16-19 minutes	2
More than 19 minutes	1
Stopped or incomplete	Incomplete

### Exercise 2: 15 Minute Tread

Using no swim aids and wearing only a swimsuit the diver will stay afloat by treading water, drown proofing, bobbing or floating for 15 minutes with hands only out of the water for the last 2 minutes.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Performed satisfactorily	5
Stayed afloat, hands not out of water for 2 minutes	3
Used side or bottom for support at any time	1
Used side or bottom for support >twice	Incomplete

### Exercise 3: 800 Yard Snorkel Swim

Using a dive mask, fins, snorkel, and a swimsuit (no BCD or other flotation aid) and swimming the entire time with the face in the water, the diver must swim non stop for 800 yards. The diver must not use arms to swim at any time.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Under 15 minutes	5
15-17 minutes	4
17-19 minutes	3
19-21 minutes	2
More than 21 minutes	1
Stopped at any time	Incomplete

### Exercise 4: 100 Yard Inert Rescue Tow

The swimmer must push or tow an inert victim wearing appropriate PPE on the surface 100 yards non stop and without assistance.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Under 2 minutes	5
2-3 minutes	4
3-4 minutes	3
4-5 minutes	2
More than 5 minutes	1
Stopped at any time	Incomplete

### Exercise 5: Free Dive to a depth of nine feet and retrieve an object

<u>Performance Criteria</u>	<u>Points Awarded</u>
Performed satisfactorily	Pass
Stopped or incomplete	Incomplete

# I.A.D.R.S. Annual Basic Scuba Skills Evaluation



Diver's Name: \_\_\_\_\_ Department: \_\_\_\_\_

Air Consumption: Start \_\_\_\_\_ psi / Finish \_\_\_\_\_ psi Time: Start \_\_\_\_\_ / Finish \_\_\_\_\_ / Total \_\_\_\_\_

Water Depth: \_\_\_\_\_ Pool / Open Water (circle one) Examiner: \_\_\_\_\_

Task grading: S = Satisfactory N = Needs Improvement (specify) N/A = Not Applicable (use for equipment only)

## Equipment Handling and Set-Up

- \_\_\_\_\_ - properly assembles equipment (basic gear / specialty gear)
- \_\_\_\_\_ - shows familiarity and comfort with equipment
- \_\_\_\_\_ - properly protects equipment (i.e. tank valve / regulator)
- \_\_\_\_\_ - review (line & hand signals / air consumption rates / buddy awareness / emergencies / diver log)

## Watermanship Skills

- \_\_\_\_\_ - 500 yard continuous forward stroke swim - no swim aids for time (refer to grading criteria)
- \_\_\_\_\_ - 15 minute tread / last 2 minutes with hands out of water (refer to grading criteria)
- \_\_\_\_\_ - 800 yard snorkel swim (refer to grading criteria)
- \_\_\_\_\_ - 100 yard inert diver rescue tow (refer to grading criteria)

## Skin Diving Skills

- \_\_\_\_\_ - mask clearing
- \_\_\_\_\_ - snorkel clearing (popping & expansion)
- \_\_\_\_\_ - snorkel without mask (led by partner, 1 lap)
- \_\_\_\_\_ - fin kicks (flutter / dolphin) one length each, using mask and snorkel
- \_\_\_\_\_ - in water surface dives (head first / feet first)

## SCUBA Diving Skills

- \_\_\_\_\_ - entries (giant stride / seated or controlled entry)
- \_\_\_\_\_ - neutral buoyancy control (oral / power) inflation
- \_\_\_\_\_ - dry suit buoyancy control and emergency procedures (i.e. hose disconnect or flooding)
- \_\_\_\_\_ - regulator clearing (blowing / purging) and retrieval
- \_\_\_\_\_ - regulator without mask (led by partner, 1 lap)
- \_\_\_\_\_ - full face mask (removal / switch to regulator / clearing full face mask / replace full face mask)
- \_\_\_\_\_ - descent procedures (signal / check time & air / raise inflator hose / feet first descent / clear ears)
- \_\_\_\_\_ - ascent procedures (signal / check time & depth / + buoyancy / raise inflator hose / ascend @ 20ft/min)
- \_\_\_\_\_ - air sharing at depth and during ascent
- \_\_\_\_\_ - buddy breathing at depth and during ascent
- \_\_\_\_\_ - emergency swimming ascent procedures (simulate out of air / signals / ascends / continuous exhaling / surfaces / inflates BC orally using bobbing technique)
- \_\_\_\_\_ - emergency buoyant ascent procedures (simulate out of air / signals / drops weights / ascends / continuous exhaling / surfaces / inflates BC orally using bobbing technique)
- \_\_\_\_\_ - weight belt (removal / replacement) on surface and bottom
- \_\_\_\_\_ - buoyancy control device (removal / replacement) on surface and bottom
- \_\_\_\_\_ - OPTIONS: Blackout Mask / Night Dive / Navigation / Confidence Obstacle Course

## Performance

Comments: \_\_\_\_\_  
\_\_\_\_\_

## Equipment Care and Storage

- \_\_\_\_\_ - properly disassembles equipment
- \_\_\_\_\_ - cleans and restores equipment properly