

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