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.

Time to Complete	Points Awarded
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.

Performance Criteria	Points Awarded
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.

Performance Criteria	Points Awarded
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.

Performance Criteria	Points Awarded
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

Performance Criteria	Points Awarded
Performed satisfactorily	Pass
Stopped or incomplete	Incomplete