

Navy Swim Qualifications

1. Naval activities in qualifying swimmers shall utilize the current edition of the American Red Cross Swimming and Water Safety Manual as the authoritative text for the swimming procedures, strokes, breaks, holds, etc., described in this article.

2. Qualifications for Swimmer, THIRD CLASS

- (A) Enter the water feet first from a minimum height of (5) feet.
- (B) Remain afloat for (5) minutes.
- (C) Swim (50) yards using any stroke or a combination of strokes.



3. Qualifications for Swimmer, SECOND CLASS

- (A) Complete Swimmer, Third Class.
- (B) Enter the water feet first from a minimum height of (10) feet.
- (C) Remain afloat for (10) minutes.
- (D) Swim (100) yards using the (3) basic survival strokes (side stroke, back stroke, and breast stroke).

4. Qualifications for Swimmer, FIRST CLASS

- (A) Complete Swimmer, Second Class.
- (B) Approach a person of approximately the same size while in the water, demonstrate (1) break or release, get the person in a carry position, and tow them (25) yards.
- (C) Enter water feet first and immediately swim under water for (25) yards. Swimmer is allowed to breath twice for this distance.
- (D) Remove trousers in water, inflate them and remain motionless for (1) minute.
- (E) Swim (220) yards using any survival stroke or a combination of the survival strokes.

Ref: NAVY MILITARY PERSONNEL MANUAL 6610140, 6610120 SWIMMER TRAINING AND QUALIFICATION

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