



ADMIRAL FARRAGUT ACADEMY

SWIMMING AND WATER SAFETY QUALIFICATION RECORD

Each cadet at this academy is required to complete the prescribed water safety and swimmer qualification course prior to entering any boat, for any reason, while under academy control.

Must demonstrate the following within a single 45 minute time limit:

1. Swim the academy pool, using the following strokes:

- A. Breast Stroke = 1 length of the pool
- B. Side Stroke = 1 length of the pool
- C. Back Stroke = 1 length of the pool

2. Swim the entire length of the pool underwater.

- A. Authorized to surface as many times as necessary, but forward movement can only be done underwater.

3. Tread water, using the following guidelines with no artificial support:

- A. Deep end of the pool
- B. 5 minutes, dead man float or back float

Cadet name: _____ Date: _____

Swim instructor signature: _____