

PFBC WATER RESCUE PROGRAM SWIM STANDARDS

SWIM TEST STANDARDS

Instructor Level Courses:

-Water Rescue & Emergency Response (NFPA 1670 Operations Level)

- a. 200 yards unaided swim – any strokes (should demonstrate all four strokes) (American crawl/freestyle, breast, side, and back)– 12 minutes or less
- b. 100 yards fully clothed and PFD and helmet – 8 minutes or less
 - i. Long pants and T-shirt
 - ii. Note – remove knife prior to pool session and dye markers (no weapons policy)
- c. Tread water – 10 minutes

-Ice Rescue & Emergency Response (NFPA 1670 Technician Level)

- a. 100 yards unaided swim – any strokes (should demonstrate all four strokes) (American crawl/freestyle, breast, side, and back)– 6 minutes or less
- b. 100 yards fully clothed and PFD and helmet – 8 minutes or less
 - i. Long pants and T-shirt
 - ii. Note – remove knife prior to pool session and dye markers (no weapons policy)
- c. Tread water – 10 minutes

-Advanced Line Systems Rescue (NFPA 1670 Technician Level)

- a. Swim 200 yards without a PFD in 12 minutes or less using the following strokes:
 - i. 100 yards American Crawl or Free Style (aggressive swimming position)
 - ii. 50 yards Breast Stroke
 - iii. 50 yards Side Stroke
- b. Tread water – 10 minutes

Basic Level Courses:

-Water Rescue & Emergency Response (NFPA 1670 Operations Level)

- a. 100 yards fully clothed and PFD and helmet (should demonstrate all four strokes) (American crawl/freestyle, breast, side, and back) – 8 minutes
 - i. Long pants and T-shirt
 - ii. Note – remove knife prior to pool session and dye markers (no weapons policy)
- b. No tread for Basic Level Course – However, it is a ProBoard Requirement

-Ice Rescue & Emergency Response (NFPA 1670 Technician Level)

- a. 100 yards fully clothed and PFD and helmet (should demonstrate all four strokes) (American crawl/freestyle, breast, side, and back) – 8 minutes
 - i. Long pants and T-shirt
 - ii. Note – remove knife prior to pool session and dye markers (no weapons policy)
- b. No tread for Basic Level Course – However, it is a ProBoard Requirement

-Advanced Line Systems Rescue (NFPA 1670 Technician Level)

- a. Swim 200 yards without a personal floating device in 12 minutes or less.
 - i. 100 yards American Crawl or Free Style (aggressive swimming position)
 - ii. 50 yards Breast Stroke
 - iii. 50 yards Side Stroke
- Once swim is complete, all students don PFD

