

MLML Swimming Evaluation
(Done before dive course and sent to DSO or before check-out dives)

Name _____ Date: _____

Evaluation: PASS or FAIL

- Swim underwater without swim aids for a distance of 25 yards without surfacing.

Pass _____ Fail _____

- Swim 400 yards in < than 12 minutes without swim aids.

Pass _____ Fail _____

- Treadwater for 10 minutes, or 2 minutes without hands, without swim aids.

Pass _____ Fail _____

- Without the use of swim aids, transport another person of equal size a distance of 25 yards.

Pass _____ Fail _____

Evaluator Signature:

_____ Date: _____

DSO Approval Signature:

_____ Date: _____