

## **Marine Diving Technology Swim Evaluation MDT 101**

The diving program requires a strong commitment on your behalf both physically and academically. Be prepared to have your swimming skills evaluated during MDT 101. Students need to **PASS** all criteria of the swim test in order to enroll in the program.

The criteria for the swim evaluation will be:

- Swim underwater without fins for a distance of 25 meters without surfacing and no push off
- Swim underwater without fins for a distance of 50 meters, surfacing 3 times
- Swim 350 meters in less than 10 minutes without fins
- Demonstrate swimming with snorkel and fins with and without facemask
- Skin-dive to a depth of 3 meters and recover a 4.5 kilogram wt. (10 lbs.)
- Demonstrate the ability to rescue a swimmer and carry him/her 25 meters on the surface
- Demonstrate the ability to tread water for 10 minutes without swim aids:  
**5 minutes with use of hands, 3 minutes wrist out of water, and  
2 minutes with elbows out of water**

**\*Equipment needed for swim evaluation: fins and booties,  
snorkel, bathing suit, towel & sweatshirt**