

PFBC WATER RESCUE PROGRAM SWIM STANDARDS

Candidates taking basic and instructor level water rescue courses must meet the minimum swim level of competency listed below. Swimming is an essential water rescue skill. The first letter of the PFBC SAFE RESCUE is “S” and identifies that self-rescue skills must be mastered. Swimming is required to negotiate and maneuver in rapids, to avoid and/or position self to aggressively swim over a strainer, make direct contact rescues using a swiftwater rescue vest, tow victims, and manage combative victims.

The PFBC highly recommends that all pool sessions have a life guard on duty while training is conducted. This allows instructors to focus attention on skills, instruction, and assessments while the lifeguard provides safety oversight for the entire pool. During pool sessions, have participants remove knives from personal floatation devices to mitigate injuries and adhere to weapon policy standards of some public organizations (i.e. school).

BASIC LEVEL SWIM TEST STANDARDS

Water Rescue & Emergency Response (NFPA 1670 Operations Level)

- a. 100 yards fully clothed (long pants, T-shirt) and PFD and helmet – 8 minutes or less
- 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 (long pants, T-shirt) and PFD and helmet – 8 minutes or less
- 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 PFD in 12 minutes or less using the following strokes:
 - ✓ 100 yards American Crawl or Free Style (aggressive swimming position)
 - ✓ 50 yards Breast Stroke
 - ✓ 50 yards Side Stroke
- b. Once swim is complete, all students don PFD

Emergency Boat Operations and Rescue (NFPA 1670 Technician Level)

- a. No pool session required for this course

INSTRUCTOR LEVEL SWIM TEST STANDARDS

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 (long pants, T-shirt) and PFD and helmet – 8 minutes or less
- 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 (long pants, T-shirt) and PFD and helmet – 8 minutes or less
- 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:
 - ✓ 100 yards American Crawl or Free Style (aggressive swimming position)
 - ✓ 50 yards Breast Stroke
 - ✓ 50 yards Side Stroke
- b. Tread water – 10 minutes

Emergency Boat Operations and Rescue (NFPA 1670 Technician Level)

- a. No pool session required for this course

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