

Marine Diving Technologies
Swim Evaluation
Frequently Asked Questions

The purpose of the swim evaluation is to determine if a diver candidate is mentally and physically prepared to safely begin training. Some of the assessments evaluate swimming skills, fitness, and the candidates' ability to conquer phobias and to evaluate your ability to follow instructions. These skills are all important for your safety, as well as the safety of your classmates and the instructors that are in the water with you.

Following are answers to questions that are often received and we hope that they help you in determining if you are prepared for instruction in the art and science marine diving technology.

How many of the assessments am I required to pass?

All of them, each is important to the success and safety of instruction

If I am unsuccessful in one or more assessments can I retest?

There is no retesting allowed, you may ask to have your application held until the next semester and retest at that time.

If I am unsuccessful in one or more assessments can I continue to see how I do?

Depending on the number of applicants we have on any given day, we may allow you to continue to give you and us an opportunity to gauge your abilities. However, if we have many students we may ask you to sit the remaining assessments out in the interest of logistics and safety.

May I push off the wall during the underwater swimming portion of the assessments?

You may NOT push off the wall for the 25 meter assessment

You MAY push off the wall for the 50 meter assessment

For the 50 meter underwater swimming assessment how many breaths can I take and how long can I remain on surface?

You are allowed the breath you take just prior to taking off and then you are allowed to surface three (3) more times for a breath. You are not allowed to linger on the surface, just come up take a good breath and go back down. As a note, you will be much more successful if you swim near the bottom, thrashing kicks in the air/water interface are very inefficient.

Are we allowed swim goggles during assessment?

NO, you are not allowed to wear swim goggles during the swim evaluation.

Tips and Tricks:

Consider not swimming with contact lenses in your eyes, if you chose to do so, make sure you either do not lose them or can still see well enough to know where you are in the pool if lost. This is very important for success.

When swimming underwater stay near the bottom and use efficient strokes that conserve energy and oxygen. Glide.

When swimming for distance use a free style stroke, I have only seen one person pass this assessment using something other than freestyle (crawl).

The water treading test is five (5) minutes where you are able to use your hands, three (3) minutes with your wrists out of the water and two (2) minutes with your elbows out of the water. Keep your head in the water, it weights a great deal and will weight you down.

Practice, Practice, Practice