MLML Swimming Evaluation
(Done before dive course and sent to DSO or before checkout 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: ______________