

Cal Maritime Swim Assessment

Swim assessments are required of all cadets during Orientation Week. Keep in mind; the swim assessment should be considered a "challenge exam" that fulfills the prerequisite requirement for many of the classes offered at the Academy. It is also required of all students as a graduation requirement.

Swim assessments, completed during Orientation, indicate which of our new cadets may participate in Marine Safety and Survival Programs and let us know which members of the incoming class require remedial instruction before they can begin more intensive training.

A make-up Swim Assessment will also be offered during the same orientation week for students who failed their initial assessment or were not able to attend their scheduled assessment.

Goggles are not permitted unless you are wearing contact lenses.

The following is a list of requirements to pass the Swim Assessment based on the American Red Cross Standards for LEVEL 4:

1. Each cadet must demonstrate the ability to swim, without stopping, 4 lengths of a 25-yard pool along with treading water and floating. The four lengths are not timed.
2. The first station will require each cadet to swim the 4 lengths and within that distance, each cadet must swim, in order, the following:
 - Breast Stroke – Beginning from in the pool, push off one body length completely submerged underwater. Upon surfacing you will complete the 1st length performing Breast Stroke.
 - Back stroke is the 2nd length – You may perform regular Back Stroke, Elementary Back Stroke, Finning or Sculling all the while remaining on your back.
 - Side Stroke is the 3rd length – You must remain on your side the entire lap.
 - The 4th and final length – You can perform one of the above-mentioned strokes or may be instructed to repeat a stroke you were weak in.
3. After swimming the four lengths you will be sent to another station in which you will be required to do the following:
 - 1 minute of Treading Water
 - 1 minute of Back Floating
 - 1 Minute of the Survival Float

In case you are not familiar with some the swim strokes that are required for the assessment, please consult the various swim sites on the Internet, You Tube, and on this site.

Upon completion of the swim assessment a grade of CR (Credit) will be given when you check out or you will be given instructions on how to enroll in the make-up or the Beginning/Intermediate Swim Class which is offered in both the Fall and Spring Semesters.

[Breast Stroke](#)

[Back Stroke](#)

[Side Stroke](#)