



# LFPD MODIFIED I.A.D.R.S. WATERMANSHIP TEST



International Association  
of Dive Rescue Specialists

This test is a modified version of the I.A.D.R.S. Annual Watermanship Test. Though a well prepared - both physically and mentally - Swiftwater Rescue Specialist should be able to complete the evaluation parameters of the unmodified test, the test is not required to complete the Dive Rescue International In-Water SW1&2 courses. But Swiftwater Rescue is inherently dangerous and as such, the LFPD Swiftwater Policy requires that all In-Water students undergo a prerequisite physical test to ensure their capabilities during in-water scenarios. As the I.A.D.R.S. test is geared toward Dive Rescue Specialists, some of the requirements are not entirely applicable for swift water rescue, so the Lyons Fire Protection District has modified the test to be more representative of class and real-life requirements. Questions concerning this test may be directed to Evan Patronik at [swiftwater@lyonsfire.org](mailto:swiftwater@lyonsfire.org).

## Evaluation Parameters

There are three exercises that evaluate stamina and comfort in the water, each rated by points. The swimmer must successfully complete all stations and score a minimum of 7 points to pass the test. The test should be completed with not more than 15 minutes between exercises.

### Exercise 1: 200 Yard Swim

The swimmer must swim 200 yards without stopping using a forward stroke and without any swim aids such as a dive mask, fins, snorkel, or flotation device, though swim goggles may be worn. Stopping or standing up at any point during this exercise will constitute a failure of this evaluation station.

<u>Time to Complete</u>	<u>Points Awarded</u>
Under 4 minutes	5
4 - 7 minutes	3
More than 7 minutes	1
Stopped or incomplete	Incomplete

### Exercise 2: 10 Minute Tread

Using no swim aids and wearing only a swimsuit the swimmer will stay afloat by treading water, drown proofing, bobbing or floating for 10 minutes with hands only out of the water for the last 2 minutes.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Performed satisfactorily	5
Stayed afloat, hands not out of water for 2 minutes	3
Used side or bottom for support at any time	1
Used side or bottom for support >twice	Incomplete

### Exercise 4: 50 Yard Inert Rescue Tow

The swimmer - wearing a PFD and fins - must push or tow an inert victim - wearing a PFD - on the surface 50 yards non stop (other than a turn-around after a pool length) and without assistance.

<u>Performance Criteria</u>	<u>Points Awarded</u>
Under 1 minutes	5
1 - 2.5 minutes	3
More than 2.5 minutes	1
Stopped at any time	Incomplete