

## Long Distance Swim

For the second phase of the test, you must complete a 500 meter ocean swim in less than 10 minutes or less. You will transition to the inlet area of Ocean City for the onsite testing. The offsite testing is done in an Olympic size swimming pool. For the open water swim, you will be given instructions as to how to complete the course. All swimming must be done by incorporating the overhead crawl (freestyle) during the entire assessment. The training officer will teach you how to use an approach stroke so that you can check your location and be aware of where you are headed. He or she will also give you instruction as to how to summons help if the circumstances warrant it. To start the swim, you will be taken out by the jetty rocks to a location just beyond the foghorn tower. Once all participants have assembled out in the ocean, a signal to start will be given. You will swim from the jetty towards the pier. Once you reach the pier you will go around it and swim in toward the beach. Once you reach the beach you must run until you pass the testing officer who holds the stop watch. This is under the yellow building located on the pier. Your time will be recorded.

### On Site Testing 400 meter 10 minutes or less



### Off Site Testing 500 meter in 10 minutes or less



The distance swim directions are given prior to entering the water.



Candidates enter the ocean on their way to the in-water start for the distance swim.



Candidates have completed their warm-up and are awaiting an in-water start of the 500 meter swim.



Captain Arbin awaits the start of the distance swim.



Sgt. Bouloucon prepares to start the clock.



Swimmers incorporate the overhead crawl stroke, the only stroke allowed in this evaluation.



This candidate gets his bearing on the pier on his way to completing the distance swim.



Candidates are assigned lanes sometimes shared with a second swimmer.





Rescue personnel are assigned "swim-duty" to ensure the safety of all candidates during any water portion of the test.



This candidate needed the assistance of the rescue personnel.



Testing officers communicate with candidates throughout the swim



Running to the finish line up to the beach is important after the swim



Testing officers keep track of the laps for each candidate.



A crowd watches as this candidate completes his swim in qualifying time.



Candidate is congratulated after completing the 500 meter swim in less than 10 minutes.



Other candidates give it their all but are disappointed when they don't complete the swim. (candidates are encouraged to train and re-test at a later time)



Exhausted candidates catch their breath after successfully completing the swim.





Captain Arbin collects information from this candidate



Each candidate is assigned an individual testing officer to count laps and record time.