



**MATLACHA PINE ISLAND FIRE CONTROL DISTRICT  
5700 PINE ISLAND ROAD  
BOKEELIA, FLORIDA 33922-3132**

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## **Pre-Employment Swim Evaluation**

This swim test is designed to evaluate an Applicants ability to perform basic swim techniques that simulate the functions needed as a firefighter. The evaluation is designed to be completed by an Applicant in a continuous fashion without breaks or rest between stages. The swim evaluation is graded on a **Pass/Fail** system and no points are awarded for completion times. All exercises should be performed utilizing safety.

### **Stage One:**

The Applicant will tread water for 5 minutes without touching the bottom of the pool or the sides of the pool. The applicant will be told when 5 minutes has expired. This will end Stage One.

### **Stage Two:**

The Applicant will then retrieve a 5lb weight from the bottom of the pool and return it to the side of the pool designated by the proctor. This completes Stage Two. The Applicant will have three (3) attempts to retrieve the weight from the bottom of the pool. The Applicant is allowed to “kick off” the bottom of the pool.

### **Stage Three:**

The Applicant will swim 100 meters without touching the bottom of the pool or stopping. This completes Stage Three and the swim evaluation.