

Water Confidence Explanation of Events

Note: Practicing sub surface water confidence is highly encouraged, but practicing without a swim buddy is dangerous and not condoned by Special Tactics.

Underwaters

Candidates will go subsurface, and without pushing off the wall or the bottom of the pool, will swim without breaking the surface the prescribed distance. If it is a 50 meter, candidates will be allowed to push off the wall at the 25 meter point (if it is not a 50 meter pool). If the candidate is completing a 25 meter underwater, they will touch the crack where the wall and the bottom of the pool meet and push off at a 45 degree angle to the surface and begin surface swimming back to the start point. Candidates will complete the exercise by saying “I feel fine Dive Sup” while simultaneously holding up the “OK” hand signal. Candidates should expect to perform multiple underwaters at an interval up to 1:30. Candidates should expect that underwaters may be completed slick (black and tans), with booties, or a combination of the issued field uniform up to full fields.

Fail Criteria: Candidate breaks the surface of the water with any part of the body, or comes up for breath.

Mask and Snorkel Recovery

Candidates snorkels will be secured with the mask by wrapping the snorkel in the strap and will either throw their mask and snorkel to the deep end of the pool, or Cadre will place them on the bottom of the pool. On the Cadres command, candidates will go subsurface, and without pushing off the wall or the bottom of the pool, will swim without breaking the surface the prescribed distance to their mask and snorkel. Candidates will reach the mask and snorkel, and while keeping the legs and feet in contact with the bottom of the pool, pull the snorkel out of the mask strap, secure the snorkel in between the legs, and then clear the mask of water. Candidates will then trace the straps on the back of their head to ensure that there are no twists. Candidates will then place the snorkel in their mouth and without pushing off the bottom of the pool, egg-beat to the surface. Candidates will complete the exercise by saying through the snorkel “I feel fine Dive Sup” while simultaneously holding up the “OK” hand signal, and doing a 360 in place to be checked off by the Cadre. Candidates should expect to do up to 35 meter mask and snorkel recovery. Candidates should expect that mask and snorkel recoveries may be completed slick (black and tans), with booties, or a combination of the issued field uniform up to full fields.

Fail Criteria: Candidate breaks the surface of the water with any part of the body, or comes up for breath. Candidate has tangles in their mask strap, and/or excess water in their mask.

Candidate pushes off the bottom of the pool, and/or candidate fails to egg-beat from the bottom of the pool.

Buddy Breathing

Candidates will pair up, and use one snorkel between them while the other snorkel is secured in their waistband. Candidates will begin to breathe on the snorkel, using it as the only source for air and pass it between each other while only taking one breath per pass. Buddy breathing will be executed in 2:00. Candidates should expect light harassment (Cadre will not take breaths but may splash, dunk, remove the mask, and grip check), moderate harassment (Cadre may take one breath. Cadre may cap the snorkel, splash, gator-roll, remove the mask, grip check, and dunk no more than 5 feet), full harassment (Cadre may take two breaths, Cadre may cap the snorkel, splash, dunk to the bottom of the pool, remove the mask and gator roll). Candidates should expect that buddy breathing may be completed slick (black and tans), with booties, or a combination of the issued field uniform up to full fields.

Fail Criteria: Candidates break grip on the snorkel or with their partner. Candidate takes a breath off of the snorkel. Candidate takes more than one breath on the snorkel.

Treading

Candidates will form up in the prescribed number of lines/columns and begin to tread water. Candidates will keep their wrists and head (up to their ears) above the surface, for the prescribed amount of time. Candidates should expect to pass weights of up to 25 lbs to each other throughout the exercise. Candidates should expect that treading may be completed slick (black and tans), with booties, or a combination of the issued field uniform up to full fields.

Fail Criteria: Candidates wrist or ears touch the surface of the water.

Drown Proofing

Candidates will form up in buddy teams on the pool deck at the deep end of the pool. Utilizing ropes, one of the partners will assist the other in tying their hands behind their back, and both their feet together. The candidates mask will be dropped into the deep end of the pool. The candidate with their hands and feet bound will enter the pool while simultaneously doing a 180 to face the wall of the deep end. Candidates will then “bob” for the prescribed amount of time by pushing off the bottom of the pool and taking one breath at the surface. Candidates will then travel on the surface of the pool the prescribed amount of laps on the Cadres command. Once candidates have completed the travel and are back at the deep end, they will have a maximum of five bobs to complete a front flip. Candidates will then have a maximum of 5 bobs to complete a back flip. Candidates will complete a maximum of five bobs before picking up their mask from the bottom of the pool with their teeth, and then must bob five times with the mask. Candidates will then “request to break restraints,” after which receiving the affirmative, will break their hands and feet free from the ropes and swim to the wall. Drown proofing may be done in depths up to 13 feet. Candidates should expect that drown proofing may be completed slick (black and tans), with booties, or a combination of the issued field uniform up to full fields.

Fail Criteria: Candidates break restraints before being authorized by the Cadre. Candidates exceed the maximum amount of bobs allowed. Candidates fail to complete the travel.

Ten-Ups

Candidates will split into two groups on either side of the deep end of the pool and assume the push-up position. Candidates will designate a “high side” and a “low side” with the high side being closer to the surface, and the low side being closer to the bottom of the pool to prevent collisions during underwaters. Candidates will then perform push-ups on the Cadres count, and when instructed, enter the pool and perform an underwater to the other side of the pool without breaking the surface of the water. The candidates will touch the wall before breaking the surface of the water and then exit the pool and go immediately into the push-up position to await the Cadres count for push-ups. Ten-ups begin with one push-up and increase by one with each iteration of the exercise. Candidates should expect that ten-ups may be completed slick (black and tans), with booties, or a combination of the issued field uniform up to full fields

Fail Criteria: Candidates break the surface of the water while performing the underwater.
Candidate cannot perform the required amount of push-ups.