



## **WATER FITNESS TEST**

**January to December 2008**

### **Background**

CFT's Medical Commission has introduced a Certificate of Water Fitness certification as a pre-requisite to annual registration.

This Certificate of Water Fitness refers to both new trainees and experienced divers who are re-registering.

All diving members must demonstrate, without difficulty, the ability to complete three in-water exercises. The exercise can be carried out in a swimming pool or in a sheltered open water setting.

### **Exercises**

- 1 Snorkel with fins and mask or swim 200m without stopping
- 2 Snorkel dive with fins and mask and fin a distance of 25m underwater (or surface dive to 3 m in sheltered open water)
- 3 Tow a snorkel diver a distance of 50m

### **Instructions for Diving Officer**

- 1 The test may be carried out by the Diving Officer or by his/her nominee
- 2 Repeat testing should be at the discretion of the Diving Officer
- 3 If any person becomes unusually breathless the pool test must be stopped
- 4 On completion of this test, the Diving Officer should sign each candidate's Annual Self Declaration / Fitness Form CFT 409A

**CFT Operating  
Procedures Manual**

Document Reference: 409B



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Issued By: Medical Commission

Approved By: Executive

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This document has been produced to assist with Club records only and should not be sent to Head Office

	LAST NAME	FIRST NAME	CFT NO
1			
2			
3			
4			
5			
6			
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8			
9			
10			
11			
12			

I confirm that the above list of Club members have completed CFT's water fitness test to my satisfaction.

Signed by DO: \_\_\_\_\_

Print Name: \_\_\_\_\_

Club: \_\_\_\_\_

Date: \_\_\_\_\_

