



WATER RESCUE ACADEMY

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Recommended and Required Equipment List

<u>Student Equipment Requirements</u>	Got it
Thermal protection (wet suit / dry suit – Dry suit preferred) (MANDATORY)	
Personal Flotation Device (PFD) minimum type V (Rescue) (MANDATORY)	
Quick draining plastic helmet (MANDATORY)	
Whistle attached to PFD (MANDATORY)	
Water shoe or boot (MANDATORY)	
Knife, attached to PFD (MANDATORY)	
Gloves – Water Gloves and or Work Gloves (MANDATORY)	
Sun glasses	
SPF protection	
Towel	
Swim Goggles	
Swim Suit	
Lunch <i>Please pack a lunch daily, we will be at remote sites most days with little to no food options. Snacks and water will be provided.</i>	
Prescribed medicine	
Comfort items; Weather Dependent- winter gloves, face mask, watch cap, thermos	



Snohomish County FIRE DISTRICT 7

Earning Trust Through Action

Swim Test

Swim test is a NFPA requirement to prove ability to swim in Class II-III rapids
Those that do not pass the swim test will not be able to continue in the class, all components of the test must be passed.

Name:	Date	
Swim 60 meters in PFD in reasonable time	Pass	Fail
Remove PFD while in water	Pass	Fail
Dive 10ft and retrieve 5lb weight	Pass	Fail
Swim 15 meters with 5lb weight in reasonable time	Pass	Fail
Swim 25 meters without weight in reasonable time	Pass	Fail
Tread Water 2 minutes	Pass	Fail
Evaluator:	Pass	Fail