**SWIM TEST REQUIREMENTS**

To enable you to pass the water test and to allow you to enrol on to an NPLQ course you need to be able to meet the following minimum requirements:

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| Safe entry – jump / dive into deep water |
| Swim 50 metres in no more than 60 seconds |
| Swim 100 metres continuously on front |
| Swim 100 metres continuously on back |
| In deep water, tread water for 30 seconds |
| Surface dive to the floor of the pool |
| Climb out of the pool unaided without ladder/steps and where the pool design permits |