



ALLEGHENY COUNTY PARKS AQUATICS TEST

Prerequisite for Aquatics Test

- Candidate must obtain a valid physical and submit form prior to taking the Aquatics Test. Candidates who do not present a physical will not be permitted to participate in the water skills portion of the test.

Requirements for Taking Aquatics Test

- Each test will be pass/fail
- Candidate must pass all 5 in-water tests to qualify for employment.
- Candidate will be given 2 chances to attempt each test per testing session.

TEST 1: 10 Question Written Exam

- Candidate must demonstrate sufficient knowledge of First Aid, CPR and Lifeguarding skills.

TEST 2. Swim-Tread-Swim Sequence (150/50 yards). Swim Goggles Allowed

- Candidate will begin at the edge of the pool, jump in and fully submerge to the bottom (7ft or more), resurface and swim 150 yards continuously, then without stopping, the candidate will tread water for 2 minutes, then continue by swimming another 50 yards.
- Candidate can swim using a front crawl, breaststroke, or a combination of both.
- While treading, candidate must maintain a body position that is near-vertical with head above the surface of the water. Hands must be under your armpits. Must use legs only.

TEST 3. Timed Event – Brick Retrieval. Swim Goggles NOT Allowed

- Candidate must complete timed event within **1 MINUTES AND 40 SECONDS**
- A 10-lb object will be placed in the deep end of the pool between 7-10 feet. Candidate will begin in the water, about 20 yards away from the object. Candidate must swim towards the brick, submerge to retrieve object, resurface with object, the candidate will then swim on back with object on their chest to return to the starting point. Candidate must exit water WITHOUT using ladder or steps.
- **While swimming towards the brick, face can be in or out of the water. Once brick is retrieved, face must be out of the water.**
- When submerging, candidate can use either feet or headfirst approach.

TEST 4. Rescue Ready with a Random Scenario

- Candidate will begin out of the water, near the edge of the pool, demonstrating a rescue ready position.
- Candidate will be given a randomize rescue scenario and must demonstrate the ability to proficiently perform the rescue. Scenarios may involve:
 - Front Rescue
 - Rear Rescue
 - Distressed Person
 - Active Drowning Person
 - Passive Drowning Person
 - Reach & Assist
 - Different entry styles (i.e., compact jump, stride jump, and slide-in entry)

TEST 5: Passive Submerge Drowning Person with approach

- A volunteer will act as the drowning person
- Candidate will demonstrate the ability to perform a passive submerge rescue scenario.

TEST 6: Multiple-Rescuer Team Response – Adult Passive Submerged

- Candidates will work in groups of 5 to demonstrate proper skills to perform a multiple-rescuer team response.
- Each candidate will be randomly assigned a role and evaluated on individual performance and team performance:
 - Rescuer
 - Assisting Rescuer
 - Two Additional Rescuers
 - One Drowning Person

Test 6 (Alternative): Timed Response – 3 Minutes Single Rescuer CPR – Adult Person

- Candidate will perform a water rescue, extrication, and rapid assessment (including the delivery of 2 initial ventilations) and must not exceed **1 minute, 30 seconds**.
- Following the rapid assessment, the candidate in the role of **Rescuer** will provide **3 minutes** of single-rescuer CPR for an adult
