

# RESCUE SWIMMER TRAINING RECORD

Name		Helicopter Rescue Swimmer Training Record					
Unit	Year						
<b>Monthly Requirements:</b>		<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>
Shoulder Width Pushups (50 min)							
Sit-ups (60 min)							
Pull-ups (5 min)							
Chin-ups (5 min)							
500-yd Crawl Swim ( <i>Completed within 12 min</i> )							
25-yd Underwater swim (x4)							
200-yd Buddy Tow							
Lifesaving Drills ( <i>include Date</i> )							
Administered By: ( <i>Sign and Date</i> )		Grounded	Grounded	Grounded	Grounded	Grounded	Grounded
<b>Monthly Requirements:</b>		<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>
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Lifesaving Drills ( <i>include Date</i> )							
Administered By: ( <i>Sign and Date</i> )		Grounded	Grounded	Grounded	Grounded	Grounded	Grounded
<b>Semi-Annual Requirements:</b>							
Vector ( <i>Include Date</i> )							
Litter ( <i>Include Date</i> )							
Parachute Disentanglement ( <i>Include Date</i> )							