

**Chestermere Fire Services**  
**2021 Firefighter Recruitment**  
**Minimum Swimming Assessment**



## Preamble

Welcome to the 2021 Chestermere Fire Services Minimum Swimming Assessment. Below is important and required information for you to know and understand. Should you have any questions, please send an email to [recruitment@chestermere.ca](mailto:recruitment@chestermere.ca).

- Failure to successfully complete the Chestermere Fire Services Minimum Swimming Assessment will result in elimination from the recruitment process.
- The candidate with the fastest time in the 250-meter freestyle swim will earn the most points. Points will cascade based on completion time.
- One attempt per candidate.

## Minimum Swimming Assessment Preparation

- Required Documentation:
  - **Appendix D - PAR-Q.** Print and complete this document prior to arriving to your scheduled swimming assessment. The candidate will sign in front of a CFS witness prior to commencing assessment. A CFS member will sign as the witness the day of the attempt.
- Candidates are required to arrive for their swim assessment 15 minutes ahead of their scheduled attempt.
- Candidates must bring one piece of government issued ID to verify their identity (E.G. Driver's License)
- COVID-19 Screening:
  - Candidates must provide proof of COVID-19 vaccination OR negative COVID-19 test result (within 72 hours) of physical attempt
  - Candidates will be screened upon arrival for COVID-19. If you answer YES to any of the following questions, you will not be permitted to attempt the swim assessment and will be disqualified from the process:
    - *Have you been outside of the country in the past 14 days?*
    - *Has anyone in your household been outside of the country in the past 14 days?*
    - *Are you feeling ill?*
    - *Are you experiencing any of the following symptoms?*
      - *Fever, dry cough, difficulty breathing, shortness of breath, sore throat, runny or stuffy nose, chills, painful swallowing, headache, muscle or joint ache, feeling unwell, fatigue or severe exhaustion, nausea, vomiting, diarrhea or unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (pink eye).*
    - *Is anyone in your household feeling ill?*
    - *Have you called 811 for consultation or testing?*
- Change / Shower rooms are available, and candidates will shower prior to entry into pool area as per facility rules.
- Upon passing the COVID screening, a CFS member will obtain a set of vitals from the candidate. Candidate will **not** be permitted to attempt their swim assessment should their vital signs exhibit 1 or more of the following:
  - × BP greater than 140 mmHg systolic or greater than 100 mmHg diastolic
  - × Heart rate greater than 100bpm
  - × Respiratory rate greater than 24 per minute
  - × SpO2 less than 94% on room air
  - × Temperature greater than 38°C or less than 36°C
- Vitals will be obtained by a CFS member after your swim assessment. You are required to remain in the designated area for 15 minutes after your attempt prior to leaving.

## Permitted Dress

- Swimming aids (goggles, swim caps, etc.) of any type are not permitted.
- Candidates will be required to bring their own towel(s).
- Deck coats, or warm dress for poolside is permitted.
- Candidates will be required to wear provided procedure mask when not in the pool.

## Station 1: 250 Meter Freestyle Swim

**Objective: Demonstration of swimming ability and water confidence.**

**The swim will start once a CFS judge/lap counter counts you down from 3-2-1-GO!**

Swim 250 meters (10 lengths of the pool) using the freestyle swim stroke.

Candidates will fail if they:

- × Tread water
- × Stand up in the pool
- × Hold onto lane markers
- × Utilize lane markers to pull themselves forward
- × Hold onto or grab the pool sides
  - A push-off the end or push-off with turns are permitted.
- × Any intervention from the facility lifeguard

Candidates must keep making progress toward the end(s) of the pool.



## Station 2: 5 Minutes Treading Water

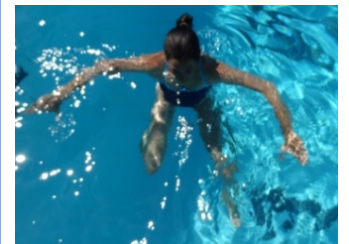
**Objective: Demonstration of water confidence.**

After completing the 250-meter swim test the candidate will be instructed to move from the pool end to the deep end of the pool.

Once in position the timer will start and the candidate will tread water unassisted for 5 minutes. The candidate must remain vertical and keep their head completely above water.

Failure for Tread Water:

- × Candidate cannot tread water for 5 consecutive minutes.
- × Candidate touches the pool wall
- × Candidate touches the lane markers
- × Candidate touches another participant
- × Candidate floats on their back
- × Candidate submerges underwater
- × Candidate starts swimming



**MINIMUM SWIMMING ASSESSMENT ATTEMPT COMPLETE**