

**3RD/2ND/1ST CLASS SWIM TEST/SWIM
TESTER STUDENT SCREENING SHEET**

Name (Last, First MI)		SSN	Date	Rate	Age	Male
Branch Service		Parent Command	Date Last Physical	Medical Status		
				UP	Down	
1. Have you been physically ill in the past two weeks?				Y	N	
2. Have you taken any medication in the last 24 hours?				Y	N	
3. Do you have any problems clearing your ears or sinuses during flights or dives?				Y	N	
4. Have you had any symptoms in the past two weeks of sinusitis of hay fever?				Y	N	
5. Are you presently under medical treatment or have been grounded in last 30 days?				Y	N	
6. Have you had any shots or immunizations in the past 12 hours?				Y	N	
7. Have you had any dental (not cleaning) in the last seven days?				Y	N	
8. Have you donated blood in the past seven days?				Y	N	
9. Have you had less than your normal amount of sleep in the last two nights?				Y	N	
10. Have had any alcohol in the last 12 hours?				Y	N	
11. Have you changed your eating habits in the last 24 hours?				Y	N	
12. Do you have any physical condition, which might be aggravated by our training?				Y	N	
13. Have you had any history of back trouble/joint problems in the past 30 days?				Y	N	
14. For women are you pregnant?				Y	N	
15. Have you suffered a heat injury?				Y	N	
16. Do you have any physical condition not noted above?				Y	N	
17. Have you ever had a traumatic experience in the water?				Y	N	
18. Do you have any fear associated with being in the water?				Y	N	
19. Do you have any open sores or cuts?				Y	N	
19. Is there any reason why you should not participate in training today?				Y	N	
20. Have you previously requested to "DOR" from any Swim Test/Swim Tester training?				Y	N	

NOTE: If you marked any of the above question "yes" please provide explanation in the remarks section identifying by number the question to which the reference is made.

REMARKS: _____

If my medical status should change during the course of training, I will immediately report my status to the primary instructor.

Signature

Date

DROP ON REQUEST (DOR) AND TRAINING TIME OUT (TTO) POLICY

Swim Tests are voluntary. Accordingly, you have the option to individually request termination of testing. Any time you make a statement such as "I quit", "DOR" or words to that effect, you shall be immediately removed from the testing environment and referred to the appropriate division or testing officer for administrative action.

Basic TTO Test Participant Briefing:

A Training Time Out (TTO) may be called by any student or instructor in any training situation where they are concerned for their own or another's safety, or they request clarification of procedures or requirements. TTO is also an appropriate means for one to obtain relief if he or she is experiencing pain, heat stress, or other serious physical discomfort. The purpose of the TTO is to correct the situation of concern, provide clarifying information, or remove the test participant or tester from the possible hazardous environment. A TO may be signaled with the abbreviation TTO, the words Time Out, crossed hands in a (T), a raised clenched fist, or other specific signals which will be briefed prior to a specific lab, test, or exercise. If the TTO signal is not acknowledged, the signaler shall shout "Time Out" (or other action as required by the training class). The tester shall attempt to relieve and remove the student from the possible hazardous environment. If an adequate number of testers/lifeguards are available to allow training to continue safely, the lead instructor may elect to do so. However, if this is not practical, testing will be stopped until the situation is corrected.

Drop On Request (DOR) Test Participant Briefing:

1. Policy. In all cases where test participant states a desire to DOR from voluntary testing based on concern for personal well-being, appropriate action shall be initiated, including removal from training, referral of the test participant for medical, counseling, or remedial action as appropriate, and review of the testing environment, including testing techniques. The scope and depth of these actions shall be determined by the nature of the complaint and the risk incurred in the training. A written summary of actions taken shall be made a permanent entry to the student's service record. In no case shall a student be coerced or threatened to induce him or her to return to testing following a DOR.
2. Procedures. After removal from voluntary testing, the test participant shall submit a written request detailing the reasons for DOR. The request should clearly indicate that the student wants to DOR (e.g., I, (name), desire to be removed from testing for the following reason(s): ...). A standard Special Request / Authorization Form (NAVPERS 1336/3 (Rev. 9-75)) may be used. The request shall be submitted directly to the testing or division officer and shall become a part of the student's service record. The student shall be removed from training.
 - a. Training or Division Officer's Interview. The loss of an able person from testing represents a waste of valuable resources, assets, time, and effort. Often, test participant who DOR do not give the real or complete reasons for their requests. The interviewer, using no overt or implied coercion or threats, shall make a reasonable effort to determine:
 - (1) The real motivation for the request.
 - (2) If the decision to DOR is the result of some testing factor which may lead other test participant to DOR. If so, can testing be changed to alleviate this factor without adversely affecting program objectives?
 - (3) If the test participant desires to reenter the program.
 - (4) If test participant retention is warranted, are there actions (counseling, change of tester, or special assistance) which might cause the test participant not to DOR? Are such actions justified in view of the impact upon the overall testing program and upon other test participants?
 - b. The interview need only be detailed enough to satisfy the CO or OIC that the test participant understands the gravity of DOR, and that the reasons for the DOR are known or that further questioning is unlikely to reveal additional information.
 - c. No one in the DOR chain shall refuse to forward a request or to remove the test participant from testing, nor shall anyone delay a request in an effort to arrive at the cause of the DOR, or threaten/coerce a student to reconsider.
3. Post-Interview Procedure. If, after the interview, a test participant still desires to DOR, the interviewer shall refer the him/her to the reviewing officer for further interviews or administrative action. A signed, written summary of the interview and recommended actions shall be provided by the interviewing officer to the reviewing officer.

STATEMENT OF UNDERSTANDING

I, Print Name, having been thoroughly briefed on the SWIM TEST/SWIM TESTER COURSE, DOR and TTO policies, do fully understand the policies and their implication.

Signature

Date

PRIVACY ACT STATEMENT

Under the authority of title 10 U.S.C., 1071-87 and 5031, 6 U.S.C. 301, Executive order 9397, and the Manual of the Medical Department, Article 4-5, information is required to screen you for training. The personal information will be used to determine the presence of any condition which would contraindicate participation in water survival training. The Social Security Number (SSN) is used only for report filing. Disclosure of requested information is voluntary to prevent illness or injury. Failure to provide the requested information may preclude participation in water training and may warrant further medical evaluation.