



**ROYAL CANADIAN MARINE
SEARCH & RESCUE**
Saving Lives on the Water

17 August 2017

RCM-SAR Annual Physical Fitness Testing Policy

Physical Fitness Guide

The annual test will consist of five common tests as indicated below and in accordance with the in-water Training policy, RCM Policy Manual OPS-115. Members are to be tested while wearing PPE. It is recommended dry tests be conducted first before entering the water.

Five common tasks:

1. Throw a Kisby ring 20 feet, should include as many practises tries as needed, maximum of two attempts during the test;
2. Raise anchor by hand - minimum of 5 lbs anchor, properly secured to the vessel, raised by hand, with feet secured, up a minimum of 20 feet.
3. Lift a de-watering pump off the vessel deck using the legs and safeguarding the back, move it over the vessels tubes in a safe manner to a dock or another vessel. The member then walks the de-watering pump the equivalent length of the station vessel;
4. Individual simulated man-over-board with a two-person recovery using lines; and
5. PFD competency test - member enters the water, proceeds under the PFD competency testing structure, egresses under the mock tubes using the beckett lines as a guide and orientates him or herself to surface while facing the mock over turned vessel. The member does a self rescue as per the preferred method based on the class of boat and equipment, for example over the tubes, swim grid, or a re-boarding device;



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Throw a Kisby ring 20 feet, should include as many practises tries as needed, maximum of two attempts during the test.



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Raise anchor by hand - minimum of 5 lbs anchor, properly secured to the vessel, raised by hand, with feet, up a minimum of 20 feet.



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Lift de-watering pump off the deck using the legs and safeguarding the back, move it over boat tubes in a safe manner to a dock or another vessel. The member then walks the pump the equivalent length of the stations boat.



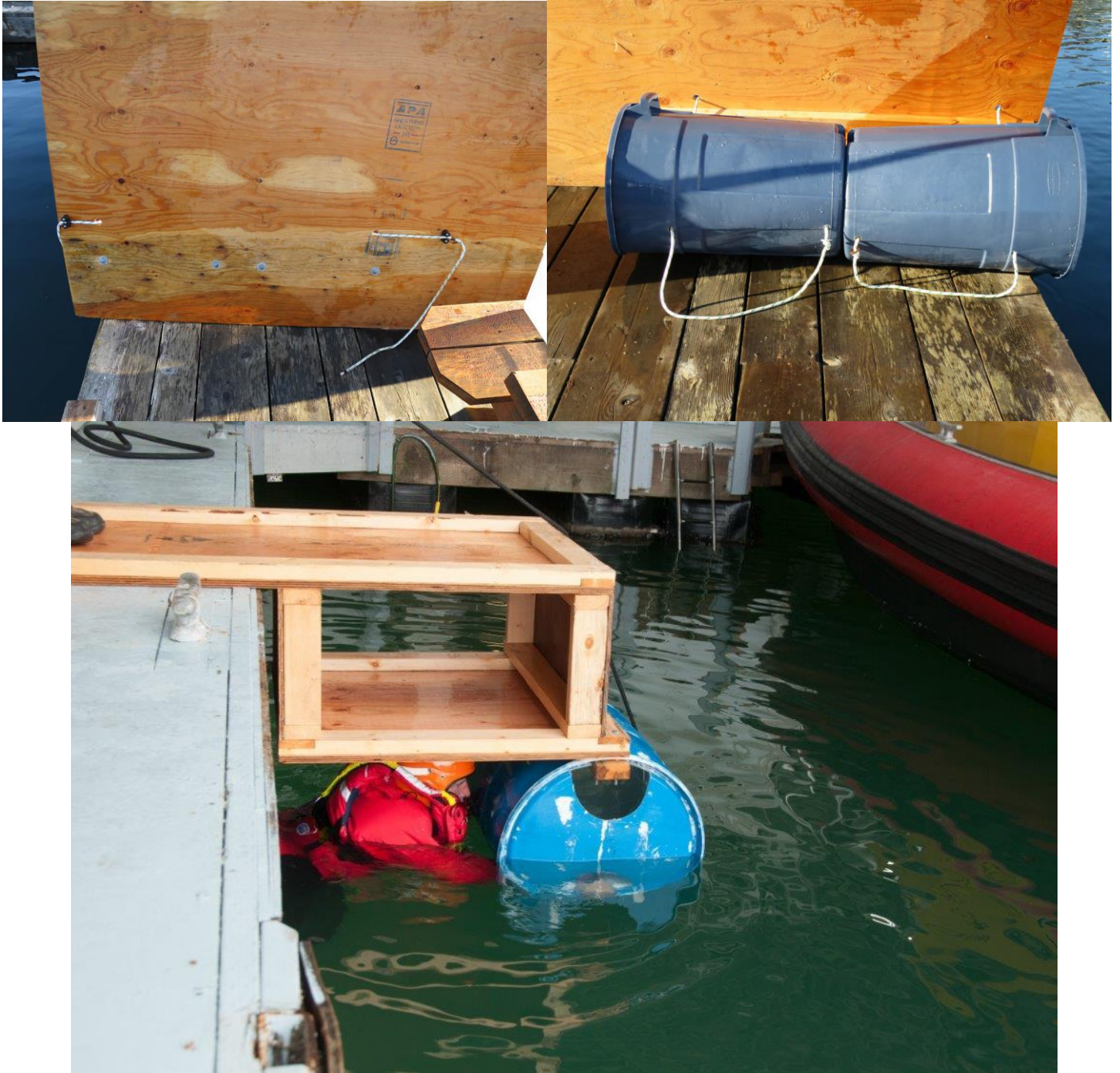
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Individual simulated man-over-board with a two-person recovery.



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PFD competency test - member enters the water, proceeds under the PFD Competency Structure, egresses under the mock tubes using the beckett lines as a guide and orientates him or herself to surface while facing the mock over turned vessel. The member does a self rescue as per the preferred method based on the class of boat and equipment, for example over the tubes, swim grid, or re-boarding ladder.



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Recovery Type 2



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Self recovery tube.