

# Upstate Young Marines

## Awards Application

### Swimming Ribbon

**Eligibility Requirements:**

Awarded to Young Marines that meet swim qualification requirements.

**Criteria:**

1. There are three classes of qualification—Class I (Intermediate), Class II (Basic), and Class III (Beginner) swimmer. Annual re-qualification is left to discretion of unit commander based on available resources.

2. During the swim test,

**A. The Class III beginner swimmer must: (INT) \_\_\_\_\_**

- 1) Fully submerge face and body
- 2) Demonstrate buoyancy (must float for 1 minute)
- 3) Demonstrate basic breathing control
- 4) Float by using the flutter kick on front and back for 1 minute
- 5) Demonstrate how to enter and exit a pool safely
- 6) Demonstrate how to dogpaddle

**B. The Class II basic swimmer must: (INT) \_\_\_\_\_**

- 1) Meet the Class III criteria
- 2) Swim 25 yards using crawl stroke
- 3) Swim 25 yards using elementary backstroke
- 4) Tread water for 1 minute
- 5) Explain hypothermia

**C. The Class I intermediate swimmer must: (INT) \_\_\_\_\_**

- 1) Meet the Class III and II criteria
- 2) Swim 25 yards using crawl stroke
- 3) Swim 25 yards using elementary backstroke
- 4) Swim 25 yards using sidestroke
- 5) Swim 25 yards using breaststroke
- 6) Tread water for 2 minutes

**Young Marine Name** \_\_\_\_\_

\_\_\_\_\_  
Location of Swim Test

\_\_\_\_\_  
Coach Name

\_\_\_\_\_  
Phone number/email

\_\_\_\_\_  
Coach signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
UC Signature

\_\_\_\_\_  
Date Entered in Database