

DEPARTMENT OF HOMELAND SECURITY  
U.S. COAST GUARD

**RESCUE SWIMMER TRAINING RECORD**

Name  _____	<h2 style="margin: 0;">Helicopter Rescue Swimmer Training Record</h2>					
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 (Completed within 12 min)						
25-yd Underwater swim (x4)						
200-yd Buddy Tow						
Lifesaving Drills (include Date)						
Administered By: (Sign and Date)	Grounded <input type="checkbox"/>	Grounded <input type="checkbox"/>	Grounded <input type="checkbox"/>	Grounded <input type="checkbox"/>	Grounded <input type="checkbox"/>	Grounded <input type="checkbox"/>
<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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<b>Semi-Annual Requirements:</b>						
Vector (Include Date)						
Litter (Include Date)						
Parachute Disentanglement (Include Date)						

