





## Schweizerischer Rettungsschwimmtest 1–4

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Bitte halten Sie sich genau an die Abnahmebedingungen!

Veranstalter:

Daten

| X = erfüllt<br>0 = nicht erfüllt |   | Test 5  |                        |   |                             |   |   | Test 6  |   |   |   |                 |                        | Test 7  |   |   |   |   |   | Test 8  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
|----------------------------------|---|--|------------------------|---|-----------------------------|---|---|---|---|---|---|-----------------|------------------------|--|---|---|---|---|---|--|---|-----------------|--------------------------------------|-------------------|---|--|--|--|--|--|--|-----------------|---|--------------|--|--|--|--|--|--|--|
|                                  |   | 1  | 2                      | 3   | 4                           | 5 | 6 | 1   | 2 | 3 | 4 | 5               | 6                      | 1  | 2   | 3 | 4 | 5 | 6 | 1  | 2 | 3               | 4                                    | 5                 | 6   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 1–4                              | <b>Pflichtprogramm</b>  |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 5 + 6                            | <b>Wahlprogramm</b><br>zwei Übungen aus ABC-Tauchen,<br>Wasserspringen,<br>Hindernisschwimmen;<br>Rettungsschwimmen |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| Name, Vorname                    |   | 500 m Schwimmen  | 100 m Kleiderschwimmen | Tauchen 20 m und Bergen eines Gewichtsrings | 2 x 25 m Hindernisschwimmen |   |   |   |   |   |   | 500 m Schwimmen | 50 m Rettungsschwimmen | 8 Teller tauchen   | 2 x 25 m Hindernisschwimmen und Stabtauchen |   |   |   |   |  |   | 600 m Schwimmen | je 50 m Kleider- / Rettungsschwimmen | 10 Teller tauchen | 2 x 25 m Hindernisschwimmen und Stabtauchen |  |  |  |  |  |  | 600 m Schwimmen | 100 m Kleider- / 50 m Rettungsschwimmen | 25 m Tauchen | 2 x 25 m Hindernisschwimmen und -tauchen |  |  |  |  |  |  |
| 1                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 2                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 3                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 4                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 5                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 6                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 7                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 8                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 9                                |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 10                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 11                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 12                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 13                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 14                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 15                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 16                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 17                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 18                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 19                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 20                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 21                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |
| 22                               |   |  |                        |   |                             |   |   |   |   |   |   |                 |                        |  |   |   |   |   |   |  |   |                 |                                      |                   |   |  |  |  |  |  |  |                 |   |              |  |  |  |  |  |  |  |