

Men cant in Unison aloud. Try to avoid self-consciousness

In swimming men who cant swim goes in the same as others. Have lost so many men by drowning, that a full swimming program is carried out. Have 4 parts. 50-100 men at each part.

Classification

- will probably survive.
- A - must do tests of B + swim $\frac{1}{2}$ mile in 20 min.
 - (B) - must know all strokes, get in small group + swim with 50 men.
 - C - must swim 200 ft. using 4 different strokes (El. breast, back, side, crawl) (Each 50 ft.)
 - D - can swim 100 ft. or more
 - E. - stays afloat water 5 min.
 - F. - men who cant swim (none at end of training)

Teach men how to undress (wear low shoes) kick off shoes
Take off pants, tie legs, fill legs with air + make a float of water wings. Mattress covers will support men when wet. Float on backs because water explosions cause guts to be blown out. Many men were picked up in early battles with guts blown out.

(Bentinel)

Swim 42 ft. under water with push off. (about all average men can do.)

Swim 100 ft. with 8 lb. gas pipe held out of water with one hand.

make all the approaches + breaks.

Swim 100 ft. + do tired swim back.

Take 200 yd. speed swim with 4 strokes back, side, breast crawl.

Swim 440 yd. in 10 min with any strokes

Get a lot of Abandon ship

must know how to get off ship. Ropes + cargo nets hang down sides of ship.

Teach you how to go down ropes with hands + feet
Learn to jump off platform, with + without clothes + with life jacket on.