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# Instructor Fitness Form

Instructor Name: \_\_\_\_\_

<b>Walk</b>	<p>On _____ I witnessed the above named instructor walk <b>200 meters/220 yards</b> in the gear configuration of their highest qualification at a consistent pace and without stopping.</p> <p>Signature of Witness: _____ Print Name: _____</p>
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<b>Carry</b>	<p>On _____ I witnessed the above named instructor walk <b>200 meters/220 yards</b> carrying a stage or scooter at a consistent pace and without stopping.</p> <p>Signature of Witness: _____ Print Name: _____</p>
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<b>Step-Ups</b>	<p>On _____ I witnessed the above named instructor complete <b>50 step-ups</b> in the gear configuration of their highest qualification at a consistent pace and without stopping.</p> <p>Signature of Witness: _____ Print Name: _____</p>
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<b>Diver Tow</b>	<p>On _____ I witnessed the above named instructor complete a <b>200-meter/220-yard</b> diver tow in _____ minutes, using _____ tanks. (size)</p> <p>Signature of Witness: _____ Print Name: _____</p>
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<b>Surface Swim</b>	<p>On _____ I witnessed the above named instructor swim <b>550 meters/600 yards</b> in _____ minutes.</p> <p>Signature of Witness: _____ Print Name: _____</p>
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<b>Breath-Hold Swim</b>	<p>On _____ I witnessed the above named instructor swim <b>21 meters/70 feet</b> while submerged and on a breath hold.</p> <p>Signature of Witness: _____ Print Name: _____</p>
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<b>BMI</b>	<p>Weight _____ Height _____ BMI _____</p> <p>*If your BMI is above 30, please attach body fat percentages. Body fat percentages cannot exceed 20% for men and 30% for women.</p>
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