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Instructor Fitness Form

Instructor or Candidate Name: _____

Walk	On _____ I witnessed the above named person walk 200 meters/220 yards in the gear configuration of their highest qualification at a consistent pace and without stopping.
	Signature of Witness: _____ Print Name: _____

Carry	On _____ I witnessed the above named person walk 200 meters/220 yards carrying a stage or scooter at a consistent pace and without stopping.
	Signature of Witness: _____ Print Name: _____

Step-Ups	On _____ I witnessed the above named person complete 50 step-ups in the gear configuration of their highest qualification at a consistent pace and without stopping.
	Signature of Witness: _____ Print Name: _____

Diver Tow	On _____ I witnessed the above named person complete a 200-meter/220-yard diver tow in _____ minutes, using _____ tanks. (size)
	Signature of Witness: _____ Print Name: _____

Surface Swim	On _____ I witnessed the above named person swim 550 meters/600 yards in _____ minutes.
	Signature of Witness: _____ Print Name: _____

Breath-Hold Swim	On _____ I witnessed the above named person swim 21 meters/70 feet while submerged and on a breath hold.
	Signature of Witness: _____ Print Name: _____

BMI	Weight _____ Height _____ BMI _____
	*If your BMI is above 30, please attach body fat percentages. Body fat percentages cannot exceed 20% for men and 30% for women.