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Instructor Fitness Requirements Overview

GUE instructors are required to maintain a good state of mental and physical fitness. Beginning November 2015, GUE instructors must submit an annual Fitness Form documenting compliance with the following requirements.

1. Having passed a performance test comprised of:
 - a. **A 200-meter/220-yard walk in teaching configuration.** If instructors hold multiple teaching ratings, they must perform the test in the configuration of their highest teaching rating and with the appropriate cylinders. In other words, if sanctioned to teach both RB and Recreational 1, the test must be conducted in a RB unit with the appropriate cylinders (what one normally teaches in). This exercise is not timed but must be conducted at a consistent pace without stopping.
 - b. **A weighted carry of 200 meters/220 yards (stage or scooter).** This exercise is not timed but must be conducted at a consistent pace without stopping.
 - c. **Fifty (50) step-ups in teaching configuration.** This exercise must be conducted under the supervision of another diver and can employ, at one's own discretion, a box that can support the weight (e.g., Rogue), an aerobic stepper that can support the weight (Reebok), or stairs. The target should be to perform 25 step-ups per leg, unless not permitted by injury (knee). The exercise is not timed but must be conducted at a consistent pace without stopping.
 - d. **200-meter/220-yard diver tow in gear.** Both the person towing and person towed must be in basic configuration (no scooters or stages). This must be completed in 10 minutes or less. If instructors hold multiple teaching ratings, they must perform the test in the configuration of their highest teaching rating and with the appropriate cylinders. In other words, if sanctioned to teach both RB and Recreational 1, the test must be conducted in a RB unit with the appropriate cylinders.
 - e. **550-meter/600-yard swim without stopping (450 meters/500 yards for Recreational instructor candidates).** This must be completed in 14 minutes or less.
 - f. **21-meter/70-foot breath-hold swim (18 meters/60 feet for Recreational instructor candidates).** This must be completed while submerged.
2. **Maintaining a body/mass index (BMI) of 30 or less.** If an instructor's BMI score exceeds 30, body fat percentages must be submitted along with the BMI score. Body fat percentages cannot exceed 20 percent for men and 30 percent for women. See:
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

Additionally, instructors must submit a **medical exam** that documents that they are suitable for diving in line with procedures delineated by a competent medical authority. If such procedures are not specified, instructors must provide evidence that a medical examination not older than two years has been conducted and that the instructor is cleared for diving, unless the documentation specified a different validity. GUE HQ has a form available for instructors to provide their doctors for guidance.

Failure to meet these benchmarks means that instructors or candidates are not in compliance with GUE standards and are barred from teaching GUE classes or from training to be GUE instructors until they demonstrate compliance.