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Recreational Instructor Candidate

Fitness Form

Candidate Name: _____

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| 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: _____ |
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| 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: _____ |
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| 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: _____ |
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| 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: _____ |
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| Surface Swim | On _____ I witnessed the above named person swim 450 meters/500 yards in _____ minutes. Signature of Witness: _____ Print Name: _____ |
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| Breath-Hold Swim | On _____ I witnessed the above named person swim 18 meters/60 feet while submerged and on a breath hold. Signature of Witness: _____ Print Name: _____ |
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| 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. |
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