



Physical standard:
object recovery

September 2022

National Lifeguard

Item 6b

Pool option

Learning outcome

The candidate demonstrates sufficient strength and speed to retrieve a submerged 20 lbs weight and carry it 5 m within the required time.

Must see

In-water start

15 m approach into surface dive

Object recovery from depth

Head above surface during 5 m carry

Time limit met (40 seconds or less)

Has the candidate succeed? (✓ or F)

General remarks

Course information

Date: _____

Location: _____

Affiliation: _____

Phone number: _____

Instructor: _____

Member #: _____

Phone number: _____

Remarks

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