



Physical standard:
sprint challenge

September 2022

National Lifeguard

Item 6c

Pool option

Learning outcome

The candidate demonstrates the anaerobic fitness required to swim the distance within the required time.

Candidates' name

1 2 3 4 5 6 7 8 9 10 11 12

Must see

In-water start

Recognizable stroke(s) - any combination is acceptable

Distance completed within the time limit - less than 60 seconds

1 2 3 4 5 6 7 8 9 10 11 12

Has the candidate succeed? (✓ or F)

General remarks

Course information

Date: _____ Instructor : _____
 Location : _____ Member # : _____
 Affiliation: _____ Phone number : _____
 Phone number : _____

Remarks

1

2

3

4

5

6

7

8

9

10

11

12