



Physical standard:
endurance challenge

September 2022

National Lifeguard

Item 6d

Pool option

Learning outcome

The candidate demonstrates the aerobic fitness required to swim the distance in the required time.

Must see

Continuous swim

Recognizable stroke(s) - any combination is acceptable

Distance completed within the time limit - 10 minutes or less

Has the candidate succeed? (✓ or F)

General remarks

Course information

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

Remarks

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