



Timed Pool Swim for Lifeguard Candidates

Prerequisite for Course Application

Minimum Requirements for Lifeguard Exam:

Award	Distance	Time Required	Underwater Swim		TIME	Date
JUNIOR LIFEGUARD AWARD (JLA) (14 & 15 years)	400m	Under 9 Minutes	12.5m	Y/N		
LIFEGUARD AWARD (LA) (16 years & older)	400m	Under 8 Minutes	25m	Y/N		

Name of Lifeguard Candidate: _____

I, the undersigned swim coach/gym instructor, herewith certify that in my presence the lifeguard candidate completed the 400m pool swim in the required time and completed the required underwater distance.

Name of Time Keeper: _____

Institution: _____

Signature: _____

Phone Number: _____

Email Address: _____

Clifton Surf Lifesaving Club & the Club's Instructor would like to thank you for your time & effort in taking the Candidate's 400m Pool Swim Time