

Instructor Information		Host Information		
Instructor/Lifeguard Name	ID#	Facility/Pool Name	Pool Location (i.e. city/town)	
Email	Telephone	Contact Name	Email	Telephone

Date (yyyy / mm / dd)

Type of Program (please check one)

Rec Swim
 Camp Swim
 School Program
 Special Event
 Other (please specify)

Instructor Worksheet



Candidate Name	Skills			Final Evaluation			Challenge Activities (optional)					
	Roll into Deep Water	Tread Water 1 minute	Swim 50 Metres	Achieved the S to S Standard	Achieved the S to S Standard in a PFD	Attempted the S to S Standard	Stride Entry	Shallow / Deep dive	Tread Water 2 min	Swim front crawl/ 50m	Swim back crawl / breaststroke 50m	50 meter timed swim
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Total

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