



State of Rhode Island
 Department of Environmental Management
Division of Parks & Recreation
 1100 Tower Hill Road, North Kingstown, RI 02852

PROOF OF ENDURANCE SWIM FORM

An endurance swim may be performed in a pool, in any state in which an individual resides or attends school, and will satisfy the requirement for lifeguard certification if:

1. An individual, without stopping, resting on the pool wall or standing in the shallow end, and while using the forward-facing swim stroke (Breaststroke or Freestyle) can swim the distance of 450 yards in ten (10) minutes or less; and
2. The endurance swim is performed between March 1st and the date the individual attends the Rhode Island State Certification Test; and
3. The endurance swim is performed in the presence of an Approved Aquatics Examiner (see below); and
4. This form is completed in full by both the individual and the Approved Aquatics Examiner and presented at the time of the individual's State Certification Test.

APPROVED AQUATICS EXAMINERS

- Designated Rhode Island State Park Staff
- Recreation and Athletic Directors
- Certified Lifeguard Instructors or Supervisors
- Pool Facility Managers
- Athletic Coaches
- Beach Managers

For questions regarding this form, the lifeguard certification process, or Approved Aquatics Examiners please contact Rhode Island State Parks at 401-667-6200 or DEM.RIiparks@dem.ri.gov.

CANDIDATE INFORMATION

Name (First, MI, Last): _____

Address: _____

DOB: _____ Telephone: _____ Email: _____

AQUATIC EXAMINER INFORMATION

Name (First, MI, Last): _____

Title: _____ Organization/Entity: _____

Address: _____

Telephone: _____ Email: _____

ENDURANCE SWIM TEST RESULTS:

Testing Location: _____

Recorded Swim Time (Minute: Seconds): _____

I certify under penalty of perjury that the forgoing statements are correct.

Date of Endurance Swim: _____ Aquatic Examiner's Signature: _____

Candidate Signature: _____