

TOWN OF NAGS HEAD
DIVISION OF FIRE & RESCUE
OCEAN RESCUE UNIT

NOTE: This form should be completed and submitted with your application. You should have an licensed / certified athletic coach, physical education instructor, athletic club fitness coordinator, or personal trainer verify, that he/she witnessed you perform the following:

- 500 meter (or 550 yard) swim in 10:00 minutes or less!
- 1 mile run in 8:00 minutes or less! (on paved road or track; no treadmills)

*** Performances witnessed and verified by the Nags Head Ocean Rescue Captain or Supervisor are also acceptable. Or provide video of performances.**

NAME: _____

*** 500 Meter Swim (or 550 yards if performed in a yard pool):**

Location of Performance: _____

25 Meter Pool or 25 Yard Pool? _____

Date of Performance: ____ / ____ / ____

Performance Time: _____

*** One-Mile Run:**

Location of Performance: _____

Date of Performance: ____ / ____ / ____

Performance Time: _____

NOTE TO WITNESS: Knowing that the ocean lifeguard candidate listed above could be employed in a position where he/she will be responsible for protecting and preserving human life, I testify that he/she completed the above performances in the times indicated.

SIGNATURE: _____

DATE: _____

Printed Name: _____

Title: _____

Organization: _____

Certification #: _____

Contact #: _____

Option to certified witness: provide video verification of performances