

It is hereby confirmed that

\_\_\_\_\_

full name

\_\_\_\_\_

identification number

has passed a proficiency requirement for lifeguards /swimming instructors/swim coaches in Iceland according to Article 15 and III. annex regulation no. 814/2010 on **sanitary and bathing facilities**.

**ABOVE-MENTIONED HAS PASSED AN EXAM IN FOLLOWING SEGMENTS:**

- Endurance swimming 600 meters in less than 21 minute (freestyle).
- Swimming 25 meters in less than 30 seconds.
- Underwater diving/swimming, 15 meters.
- Rescue swimming in long trousers and long-sleeved sweater, 25 meters with a peer.
- Rescuing an inactive peer with a floating belt or other floating rescue equipment, from the middle of the pool to the side of the pool, lift the peer up to the pool side with the help of a life guard.
- Retrieving 3 objects in the deepest part of a pool, to a maximum depth of 3,5 meters. Swim 5 meters on the surface, dive to retrieve an object, return it to the side of the pool, rest between dives is 10 seconds.
- Jump or dive into the pool, swim 25 meters, dive to retrieve a rescue training mannequin in the deepest part of the pool, swim with the mannequin to the surface and swim back 25 meters with the mannequin to the side of the pool and lift it up to the pool side with the help of a life guard.
- Life guards must attend annually a course in first aid and rescue and shall pass all parts of the course. Swimming instructors and swim coaches must finish this course every two years.
- Review of all safety details and equipment (safety and medical equipment) in the relevant site.

\_\_\_\_\_

Place, date

\_\_\_\_\_

Instructor

\_\_\_\_\_

Place, date

\_\_\_\_\_

Instructor

A copy shall be sent to local health inspectorate and the operator of the swimming and bathing facilities.