



NYC SWIM

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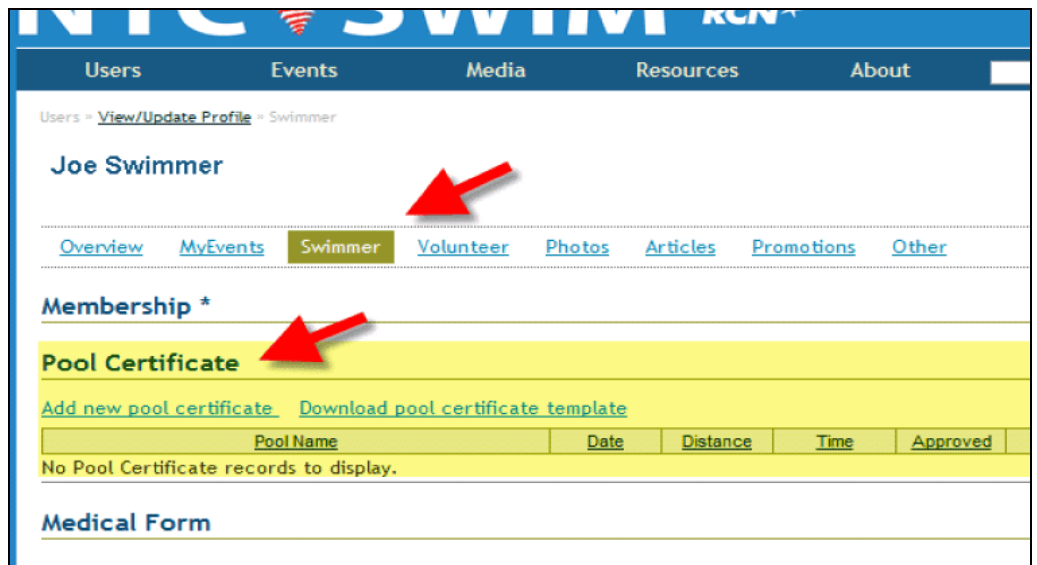
WWW.NYCSWIM.ORG

Pool Certificate Template

All pool certification swims must take place in a traditional swimming pool; “Endless Pool” swims are not acceptable for qualification purposes. Pool certifications and qualifying swim information must conform to the “Experience Requirements” outlined on the individual swim overview pages and must be received by NYC Swim by the appropriate deadline.

All pool certificates must be submitted on the pool management stationery* and signed by the witnessing lifeguard following the format on the next page.

Completed pool certificates may be uploaded as a PDF by clicking “Add new pool certificate” from within the “Swimmer” section of your nycswim.org user profile (see image below) or faxed to 212-784-6850.



Tips

- For qualification requirements and deadlines for each swim, see the appropriate race overview page on www.nycswim.org.
- A lap is a single, one-way length of the pool.
- The pool qualification standards are based on the competitive pool “mile,” which is 1650 yards/1500 meters.
- Most of our swims allow either a 1, 2, or 3-mile pool swim to fulfill the experience requirement. This translates to 1650 yards (66 laps in a 25-yard pool), 3300 yards, or 4950 yards, respectively or 1500 meters (60 laps in a 25-meter pool), 3000 meters, or 4500 meters.
- You may do a qualifying swim at the pool of your choice, provided the lifeguard or aquatics manager will complete the form.

* If letterhead is not available, a business card for the pool’s or club’s main contact person should be submitted along with the completed pool certificate.

[Pool Letterhead]

Pool Information	
Pool Name:	
Pool Length: Specify Yards or Meters	
Pool Size: Number of Lanes	
Pool Specs: Indoor or Outdoor	
Pool Address:	
Pool Telephone Number:	
Pool Website:	
Lifeguard Name:	
Lifeguard's Work Email:	
Lifeguard's Cell Number (if available):	

Swim Information	
Swimmer Name:	
Pool Swim Date:	
Distance Completed: (Pool length x laps = distance - specify yards or meters)	
Number of Laps (Lengths) Completed:	
Time to Complete Swim: (HH:MM:SS format)	
On a scale of 1-6, what intensity did you swim at?	<input type="checkbox"/> 1-Easy <input type="checkbox"/> 2-Slight Pulse <input type="checkbox"/> 3-Moderate <input type="checkbox"/> 4-Some Intensity <input type="checkbox"/> 5-Hard <input type="checkbox"/> 6-All Out

Lifeguard Signature _____