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LIFESAVING SOCIETY® The Lifeguarding Experts									
Lifeguard Fitness Skills Side 2: Please print each lifeguard's name, and contact information legibly	Date of Birth (mandatory)	Prerequisites Checked (✓or N)	Management of Submerged Manikin	Deep Water Spinal Management	50 m Manikin Carry	100 m Obstacle Swim	Object Support	Result (✓or N)	
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