Important Steps and Information for Taking the Northwest Test

1. Advance registration is required for each test. The test is capped at 60 people and cancelled if there are fewer than 10.
   - To register please go to our web site at www.seattle.gov/parks and click on Activities.
   - Register online using the barcode that corresponds to the test you want to take.
   - You may also call any pool for assistance if you don’t have access to a computer.

2. You must be at least 15 years old and have current American Red Cross Lifeguard Certification to take the test.

3. Grading criteria and test information is available at all City of Seattle Pools, Covington Aquatic Center or Federal Way Community Center and Pool. It is also available at www.seattle.gov/parks/aquatics/lifeguardtest.htm.

4. There are two certified versions of the NW Test. The full/beach certification, and modified/indoor pool certification. Scoring of the timed Head High 50 Yard Swim and the Underwater Swim in the Medley will determine your certification level. Please check online or call your nearest pool for details.

5. Bring a pocket mask, swim suit and towel.

6. Use of goggles, nose plugs, swim caps or fins is not allowed during the test.

7. The test takes approximately 3 – 4 hours depending on number of candidates.

8. There is no charge to take the test. If a card is lost there is a $5.00 replacement fee.

9. The NW Test Certification is valid for 2 years from the date of issue.

The NW Test is sponsored by Seattle Parks and Recreation, the City of Federal Way, and the City of Covington.