

Pool swim competence record

This form may be photocopied and distributed to candidates prior to the competition day.

The form below may be used to record proficiency pool swims. Swims must be in a pool of at least 25 metres in length, or over a measured open water course. must be witnessed and endorsed by a current SLSA assessor, a Club Captain, a Chief Officer or an accredited swim coach.

Print name of candidate: _____
completed a 200/400 (circle distance measured) metre pool swim
_____ / _____ / _____ in a swim time of _____ mins _____.
SLSA minimum requirement for a Bronze Medallion holder is 400 metres in 9
SLSA minimum requirement for a Surf Rescue Certificate holder is 200 minutes.
Witness name: _____ (print)
Signature: _____
Accreditation/Assessor number: _____
Valid until _____ / _____ / _____