



POOL SWIM ASSESSMENT TEST FORM

This form can only be completed by a **Level 1 Swim Coach, Auswim Accredited Instructor, or an Assessor (SCR/Bronze)**

Members Name:

Members Club:

Location that Pool Swim was conducted:

I certify that the member named above completed a pool swim proficiency for **Under** _____

Assessor / Swim Coach Name (please print):

Assessor / Swim Coach Signature:

Assessor No. / Accreditation No.: _____ **Date:** _____

Under 6 - Kick on wall with face in water and 30 second float

Under 7 - Torpedo (push off wall) with face in the water and 30 second float

Under 8 - 25 metre swim, (freestyle), 1 minute survival float

Under 9 - 50 metre swim, (freestyle), 1 minute survival float

Under 10 - 100 metre swim, (freestyle), 1.5 minute survival float

Under 11 - 100 metre swim, (freestyle), 2 minute survival float

Under 12 - 200 metre swim, (freestyle), 2 minute survival float

Under 13 - 300 metre swim, (freestyle), 3 minute survival float

Under 14 - 400 metre swim, (freestyle, in less than 9 minutes), 3 minute survival float