



## POOL SWIM ASSESSMENT FORM - 2017/2018 Season

This form can only be completed by an Auswim Instructor, SLSA Level 1 Surf Coach or an Assessor (SRC/Bronze)

Members Name: \_\_\_\_\_ Date: \_\_\_\_\_

Pool Location: \_\_\_\_\_

I certify that the member named above successfully completed a pool swim proficiency for Under \_\_\_\_\_

Assessor / Swim Coach Name (please print): \_\_\_\_\_

Assessor / Swim Coach Signature: \_\_\_\_\_ Accreditation No: \_\_\_\_\_

- Under 6 - Kick on wall with face in water and 30 second survival float
- Under 7 - Torpedo (push off wall) with face in the water and 30 second survival float
- Under 8 - 25 metre swim, (freestyle), 1 minute survival float
- Under 9 - 50 metre swim, (freestyle), 1 minute survival float
- Under 10 - 50 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 – *for competitor*
- Under 14 - 200 metre swim (freestyle in less than 5 minutes), 3 minute survival float – *for NON competitors. Surf Rescue Certificate*



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