



**2023/2024 INDIVIDUAL POOL SWIM FORM – Skills Maintenance Only**

**Bronze Medallion: 400m in 9mins or less**

**Surf Rescue Certificate: 200m in 5 mins or less**

**Note:** This form can only be completed by an Endorsed Delegate. This includes the Club Chief Training Officer, current SLSA Bronze Medallion and SRC Trainers and Assessors, Level 1 Swim Coach or another person appointed by the Chief Training Officer.

**Members Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Members Club:** \_\_\_\_\_

**Location that Pool Swim was conducted:**

*I certify that the member named above completed a pool swim in a pool no less than 25m in length in the time detailed below.*

**Distance (please tick):**  400m  200m      **Swim Time:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Endorsed Delegate’s Name:** \_\_\_\_\_

**Endorsed Delegate’s Signature:** \_\_\_\_\_



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