



POOL SWIM PROFICIENCY RECORD – 2019/20 Season

This form can only be completed by -

- An Age Manager
- Level 1 Swim Coach,
- Level 1 Training Officer (SRC / Bronze)
- Assessor (SCR / Bronze)

Members Name: _____

Location that Pool Swim was conducted: _____

Assessor / Swim Coach Name (please print): _____

Assessor / Swim Coach Signature: _____

I certify that the member named above completed a pool swim proficiency for the following age group (please tick box for the age group):

Age Group	Swim Distance	Survival float	Proficient (Tick)
Under 7	Front glide and kick for 3m	Back or front float	
Under 8	25m any stroke	1 minute	
Under 9	25m any stroke	1 minute	
Under 10	25m freestyle	90 seconds	
Under 11	50m freestyle	2 minutes	
Under 12	100m freestyle	2 minutes	
Under 13	150m freestyle	3 minutes	
Under 14	200m freestyle (5 min)	3 minutes	

Please return this form to registrar.nippers@byronbaysurfclub.org or bring to uniform collection day 15/09/2019 at the surf club.