



INDIVIDUAL POOL SWIM FORM

Surf Rescue Certificate: 200m in 5 mins or less
Bronze Medallion: 400m in 9mins or less
Gold Medallion: 800m in 14 mins or less

Note: This form can only be completed a current SLSA Bronze Medallion Trainer or Assessor, SLSA/ SAL Development Swim Coach or higher. For skills maintenance/ proficiency ONLY an Endorsed Delegate can complete.

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: 800m 400m 200m Swim Time: _____ Date: _____

New Award Skills Maintenance Proficiency

Witness Name: _____

Witness Qualification & Number*: _____

* Swimming Australia Coach - Please attach a copy of your qualification

Witness Signature: _____



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