



SWIM EVALUATION PROFICIENCY RECORD – 2019/20 Season

This form can only be completed by;

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

Members Name: _____

Members Club: Salt SLSC

Location that Pool Swim was conducted: _____

Assessor / Swim Coach Name (please print): _____

Assessor / Swim Coach Signature: _____

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

Proficiency Requirements			
Age Group	Swim Distance (stroke)	Survival float duration	Proficient (tick box)
Under 6	Front Glide, return to standing	Back or Front float using buoyancy aid	
Under 7	Front Glide and kick for 3m, return to standing	Back or Front float for a few seconds	
Under 8	25 metre swim (any stroke)	1 minute	
Under 9	25 metre swim (any stroke)	1 minute	
Under 10	25 metre swim (freestyle)	1.5 minute	
Under 11	50 metre swim (freestyle)	2 minute	
Under 12	100 metre swim (freestyle)	2 minute	
Under 13	150 metre swim (freestyle)	3 minute	
Under 14	200 metre swim (freestyle)	3 minute	