



Swim Proficiency Form 2011-2012

Members Name

Swim Time..... Distance

Survival Float Duration (Nippers Only).....

Age Group (Nippers Only).....

Accredited Swim Coach's Name.....

Accredited Swim Coach's Signature.....

Accreditation Number Date.....

Detailed below are the Preliminary Assessment Requirements

Under 6 – Kick on wall with face in water & 30 second float.

Under 7 – Torpedo (push off wall) with face in water & 30 second float.

Under 8 - 25 metre swim (any stroke) & 1 minute survival float.

Under 9 – 25 metre swim (freestyle) & 1 minute survival float.

Under 10 – 25 metre swim (freestyle) & 1.5 minute survival float.

Under 11 – 50 metre swim (freestyle) & 2 minute survival float.

Under 12 – 100 metre swim (freestyle) & 2 minute survival float.

Under 13 – 150 metre swim (freestyle) & 3 minute survival float.

Under 14 – 200 metre swim freestyle in less than 5 minutes) & 3 minute survival float.

Assessor – Level 1 Coach.