



## Swim Proficiency Form 2009/2010

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.