

**2023/2024 INDIVIDUAL POOL SWIM FORM**

Bronze Medallion: 400m in 9mins or less

Surf Rescue Certificate: 200m in 5 mins or less

Note: This form can only be completed by a current SLSA Bronze Medallion and SRC Trainers and Assessors, or a Level 1 Swim Coach.

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 (please tick): 400m 200m Swim Time: _____ Date: _____

Trainer/Assessor/Swim Coach Name: _____

Trainer/Assessor/Swim Coach Signature: _____

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