



2024/2025 INDIVIDUAL POOL SWIM FORM – Skills Maintenance Only

Bronze Medallion: 400m in 9mins or less / Surf Rescue Certificate: 200m in 5 mins or less
Note: This form can only be completed by an Endorsed Delegate. This includes the Club Chief Training Officer, current SLSA Bronze Medallion and SRC Trainers and Assessors, Level 1 Swim Coach or another person appointed by the Chief Training Officer.

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: _____

Endorsed Delegate's Name: _____

Endorsed Delegate's Signature: _____



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