



POOL SWIM ASSESSMENT PROFICIENCY RECORD – 2020/21 Season

This form can only be completed by;

- Austswim Qualified Swim Coach,
- Level 1 Training Officer (SRC / Bronze)
- Assessor (SCR / Bronze)

Nipper's Name: _____

Nipper's Club: Windang SLSC

Location that Pool Swim was conducted: _____

Assessor / Swim Coach Name (please print): _____

Assessor/ Swim Coach Qualification: _____

Assessor / Swim Coach Signature: _____

I certify that the member named above completed a pool swim proficiency 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	Back or Front float	
Under 7	Front Glide and kick for 3m	Back or Front float	
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	

Please scan and email completed form through to windangnippers@hotmail.com