



2009/10 Season PROFICIENCY DATES

Sunday 30th August
Sunday 27th September
Sunday 15th November

Please make note of these dates on your calendar.
Sign on for proficiencies will be
from 7.30am
with proficiency commencing
at 8am sharp.

Pool Swims must be signed off on the form below
prior to proficiency day

POOL SWIM COMPETENCY RECORD

This form is to be used to record proficiency pool swims.
Swims must be performed in a pool of at least 25 metres in length,
or over a measured open water course.
The swim must be witnessed and endorsed by a current SLSA assessor,
Club Captain, Chief Training Officer or an accredited swim coach.

Print name of candidate: _____

Completed a 200/400 (circle distance measured) metre pool swim on
____ / ____ / 2009 in a swim time of _____ mins _____ secs.

SLSA minimum requirement for a **Bronze Medallion** holder is 400 metres in 9 minutes.
SLSA minimum requirement for a **SRC** holder is 200 metres in 5 minutes.

Witness name: _____ (print)

Signature: _____

Accreditation/Assessor number: _____

Valid until _____ / _____ / _____