



Surf Life Saving Far North Coast Branch Inc.

Pool Swim Assessment Form

Members Club: _____

Location that Pool Swim was conducted: _____

I certify that the member named above completed the pool swim as indicated below;

- SMAR: 400m in 8 minutes or less
- Bronze Medallion: 400m in 9 minutes or less,
- Surf Rescue Certificate: 200m in 5 minutes or less

in a pool of at least 25m in length in the time listed below.

Award [please circle]

Bronze Medallion	Surf Rescue Certificate	SMAR
-------------------------	--------------------------------	-------------

Candidate Name	Time	Candidate Name	Time

Trainer/Assessor/Coach/Delegate Name [please print]: _____

Trainer/Assessor/Coach/Delegate Signature: _____

Position held: _____ Award #: _____