

Mentone Lifesaving Club

Official Timed Swim Confirmation Form



Bronze Medallion. Swim 400m non-stop freestyle under 9 minutes
Under 15yrs Surf Rescue Certificate: Swim 200m non-stop freestyle under 5 minutes

Your Timed Swim Confirmation Form needs to be signed by an SLSA Assessor/trainer, Swim Coach or a Pool Lifeguard who has physically seen you swim in a pool no less than 25m.

Timed Swim Confirmation

Members Name:.....

Location that the pool swim was conducted:.....

I certify that the member named above completed a pool swim (Bronze Medallion: 400m in 9mins or less, Surf Rescue Certificate: 200m in 5 mins or less) in the time detailed below.

Swim Time:.....(mins/seconds) Distance (please tick) 400m 200m

Assessor/Swim Coach Name (please print).....

Assessor/Swim Coach Signature:.....

Assessor in/Accreditation level.....

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