



## SHELLHARBOUR SLSC SWIM FORM 2016/2017 SEASON

This is to certify that.....of Shellharbour SLSC can swim .....metres and complete a survival float of ..... minutes.

TIME TO COMPLETE (for 200m U/14's only) .....

DOB.....AGE.....

SIGNED.....

COACH'S NAME (Please Print) ..... ASC No. ....

DATE.....

CONTACT TEL NO.....

**Must be signed by accredited swim coach -ALL DETAILS MUST be filled in or the proficiency will not be accepted.**

**Min requirement is 25m plus 1min survival float**

Age Group	Pool Swim required	Survival Float Required	Open water swim required
Under 8's	25m—Any stroke	1 minute	NIL
Under 9's	25m—Any stroke	1 minute	150m open water
Under 10's	25m—Freestyle	1.5 minutes	150m open water
Under 11's	50m – Freestyle	2 minutes	200m open water
Under 12's	100m—Freestyle	2 minutes	200m open water
Under 13's	150m—Freestyle	3 minutes	200m open water
Under 14's	200m—Freestyle in less than 5 minutes	NIL	200m open water

### PLEASE NOTE:

If anyone is to compete, they **MUST** also complete open water swim relevant to their own age group to be eligible to compete.

**The pool swim needs to be completed and signed off by a certified swim coach prior to Registration . It is your responsibility to find an instructor and have your child signed off before they can commence Nipper activities. Certified club members may also make themselves available at times convenient to them to witness the above pool swims.**