

**REDHEAD SLSC PROFICIENCY 2019
SWIM COACH TO COMPLETE**

I certify that _____ (child's name) is able to swim the following distance in the allocated time without stopping/ changing stroke/ putting feet down or holding lane rope.

Age category	Requirement	Coach signature
Under 8	25m pool swim Untimed	
Under 9	200m pool swim Untimed, continuous freestyle	
Under 10	200m pool swim Untimed, continuous freestyle	
Under 11	200m pool swim Under 6 minutes	
Under 12	200m pool swim Under 5 minutes	
Under 13	200m pool swim Under 5 minutes	
Under 14	200m pool swim Under 5 minutes	

Coach name: _____

License number: _____

Date assessed: _____

Coach signature: _____