

## REDHEAD SLSC PROFICIENCY 2021/2022

### SWIM COACH TO COMPLETE

I certify that \_\_\_\_\_ (child's name) is able to demonstrate the following:

AGE CATEGORY	REQUIREMENT	COACH SIGNATURE
Under 6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	
Under 7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a front or back float for a few seconds and recover to a secure position.	

*Coach name:* \_\_\_\_\_

*License number:* \_\_\_\_\_

*Date assessed:* \_\_\_\_\_

*Coach signature:* \_\_\_\_\_