



POOL SWIM ASSESSMENT PROFICIENCY RECORD – 2025/26 SEASON

This form can only be completed by: An Age Manager, Level 1 Swim Coach, Level 1 Training Officer (SRC/Bronze) or Assessor (SRC/Bronze)

Nipper Name: _____ **Age Group:** _____ **Club:** CUDGEN HEADLAND SLSC

Assessor/Swim Coach Name (please print): _____ **Assessor/Swim Coach Signature:** _____

Aust. Swim Coach Association Number: _____ **Location that Pool Swim was conducted:** _____

I certify that the member named above completed a pool swim proficiency for the following age group (Please tick box for the age group)

Age Group	Flotation	Submersion	Propulsion	Tak Complete/Comments
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	
Under 9	Front to back float or back o front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum of 10 metres.	
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum of 25 metres.	
Under 11	Front to back float or back o front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum of 50 metres.	
Under 12	Front to back float or back to front float – 5 second each side. Tread water and/or any stroke sculling for a minimum of 3 minutes	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	