



**ELOUERA**  
SURF LIFE SAVING CLUB



**Elouera  
Nippers**

**Pool Swim Proficiency  
Accredited Swim Coach Assessment**

As permitted by Surf Life Saving Australia in instances where the pool swim proficiency evaluations cannot be completed by the Elouera Nippers coaching staff due to COVID-19 restrictions, a qualified and accredited swim coach can sign off the pool swim proficiency. Swimming coaches are required to provide their Australian Swimming Teachers and Coaches Associate (ASTCA) number, name and email address. The completed form is to be scanned and emailed to the Elouera Nippers Surf Sports Director at [eloueranipperssurfsports@gmail.com](mailto:eloueranipperssurfsports@gmail.com)

**Elouera Nippers Pool Swim Proficiency Minimum Requirements**

Age Group	Attempt Distance	Minimum to be achieved	Float Time Required
Under 8	25m	25m any stroke	1 minute
Under 9	200m	25m any stroke	1 minute
Under 10	200m	25m freestyle	1.5 minutes
Under 11	200m	50m freestyle	2 minutes
Under 12	200m	100m freestyle	2 minutes
Under 13	200m	150m freestyle	3 minutes
Under 14	200m	200m freestyle	3 minutes

**Coach to complete**

<b>Full Name of Child</b>	
<b>Date of Birth</b>	
<b>Age Group</b>	
<b>200m (25m U8) Swim Completed (If not completed, distance achieved)</b>	
<b>200m Swim Time</b>	
<b>Float Completed (Laying on back)</b>	
<b>Coach's Name</b>	
<b>ASTCA Number</b>	
<b>Coach's Email</b>	
<b>Date of Evaluation</b>	
<b>Coach's Signature</b>	