

BARWON HEADS 13TH BEACH SLSC

Timed Swim Confirmation

In order to complete your Surf Rescue Certificate (SRC) Course, you are required to be able to swim 200m in less than 5 minutes. Your Timed Swim Form needs to be signed by your Swim Coach or a Pool Lifeguard who has witnessed you swim 200m in less than 5 minutes.

Surf Rescue Timed Swim Confirmation

I, _____ (name of coach or lifeguard)(phone _____) of _____ (name of club or swimming pool) have witnessed _____ (name of SRC Candidate) successfully complete a swim of 200m freestyle in a time of _____ (mins/seconds).

Signed

Date
