

SOUTH BRIGHTON SURF LIFE SAVING CLUB

200m SWIM BADGE

This form is to be used if members complete their 200m Swim Badge within their own swim squad/swim programme.

Take this to your coach/instructor and ask them to complete the assessment for you.

Test requirements

- Swim 200 meters (using any stroke) in the pool in under 7 minutes
- Tread water for one minute

ASSESSMENT FORM

SWIM SCHOOL/CLUB: _____

CHILD NAME: _____

ASSESSMENT DATE: _____

I, _____ certify that the child named above has completed their 200m swim in the pool in a time of _____ followed by at least 1 minute of treading water totalling 7 mins.

Please return this form to juniorsurf@sbsc.co.nz or bring it to Sunday surf and give it to your coach.