

BARWON HEADS 13TH BEACH SLSC

Timed Swim Confirmation

In order to complete your Bronze Medallion Course, you are required to be able to swim 400m in less than 9 minutes.

Your Timed Swim Form needs to be signed by your Swim Coach or a Pool Lifeguard who has *witnessed* you swim 400m in less than 9 minutes.

Bronze Medallion Timed Swim Confirmation

I, (name of coach or lifeguard) (phone) of (name of club or swimming pool) have witnessed..... (name of Bronze Candidate) successfully complete a swim of 400m freestyle in a time of (mins/seconds).

Signed Date