



REDCLIFFE PENINSULA SLSC
Pool Swim
Proficiency Sheet 2019-20

Name		DOB
Age Group		Male/Female
Email		Adult Members Name
	Pool Evaluation	Pool Evaluation – if pool evaluation is assessed outside of the Surf Lifesaving movement an accreditation number must be supplied <i>Signature</i> <i>Assessor</i> <i>Date</i> <i>Accreditation Number (if applicable)</i> This sheet is the responsibility of the above named nipper or parent/guardian. Please hand this completed sheet to the registrar (or a member of the admin team). Your child will not be able to enter the water if this form is not submitted.
Under 6	Kick on wall face in water 30 sec float	
Under 7	Torpedo (push off wall) with face in water 30 sec float	
Under 8	25 metre swim (freestyle) 1 min survival float	
Under 9	50 metre swim (freestyle) 1 min survival float	
Under 10	50 metre swim (freestyle) 1.5 min survival float	
Under 11	100 metre swim (freestyle) 2 min survival float	
Under 12	100 metre swim (freestyle) 2 min survival float	
Under 13	150 metre swim (freestyle) 3 min survival float	
Under 14	200 metre swim (freestyle in less than 5 mins) 3 min survival float	

AGE CALENDAR

AGE GROUP	1 OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	30 SEP
U6	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	2014
U7	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	2013
U8	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	2012
U9	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	2011
U10	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	2010
U11	2008	2008	2008	2009	2009	2009	2009	2009	2009	2009	2009	2009
U12	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	2008
U13	2006	2006	2006	2007	2007	2007	2007	2007	2007	2007	2007	2007
U14	2005	2005	2005	2006	2006	2006	2006	2006	2006	2006	2006	2006
U15	2004	2004	2004	2005	2005	2005	2005	2005	2005	2005	2005	2005
U16	2003	2003	2003	2004	2004	2004	2004	2004	2004	2004	2004	2004