



Timed Prerequisite Swim – Compulsory Bronze Medallion

As part of the Bronze Medallion all candidates are required to achieve a prerequisite TIMED swim prior to the Bronze Medallion Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTRSwim Teacher or LSV Assessor.

Complete a 400-metre swim in nine (9) minutes or less, unaided (goggles/mask permitted), in a swimming pool of not less than 25 metres, or over a measured open watercourse, which will be observed prior to the candidate undertaking any water training or assessment activities. Evidence of which must be provided to the Assessor on the appropriate form prior to commencement of the assessment.

I, a qualified Pool

Lifeguard, AUSTRSwim Teacher or LSV Assessor (circle appropriate qualification)

With registration number declare

(candidate name) has

achieved swim of 400m continuous freestyle stroke unaided at

(venue)

in a time of minutes and seconds on this day ___/___/___.

Assessor Name

Assessor Signature