



Timed Prerequisite Swim – Compulsory Surf Rescue Certificate

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

Complete a 200-metre swim in five (5) 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, AUSTSwim Teacher or LSV Assessor (circle appropriate qualification)

With registration number declare

(candidate name) has

achieved swim of 200m continuous freestyle stroke unaided at

(venue)

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

Assessor Name

Assessor Signature