



# SURF LIFE SAVING SYDNEY

## Swim Time Proof Form Gold Medallion Assessment

As per Branch Circular Evidence of successful timed pool swim (800m in under 14 minutes) (Proof of timed swim is to be signed off signed by Chief Training Officer or Endorsed Assessor) and is to be emailed to Branch Office [lifesaving@surflifesavingsydney.com.au](mailto:lifesaving@surflifesavingsydney.com.au) prior to Assessment date.

Club

Assessment Date

**Candidate Name**

*duplicate the form if more space is required for more names*

**800m Swim Time**

Assessor Signature

Name of member submitting this form

Position Held : Club Chief Training Officer

Endorsed Assessor

Date submitted to Branch

Save this form and email to Branch office [lifesaving@surflifesavingsydney.com.au](mailto:lifesaving@surflifesavingsydney.com.au)

prior to Assessment date.