



To complete your Bronze Camp application you need to complete the pre requisite timed swim.

The form is a required piece of evidence to show us that the candidate is able to swim, and will be able to safely swim in the ocean in a timed situation.

Please have a qualified pool lifeguard time you and complete the form below when you finish your 400m swim in a pool in under 8 minutes.

The person signing this form must:

- Be impartial and not a relative or friend.
- Be a qualified pool lifeguard.

You only have to do one timed swim, but may include several if you wish to better that time.

Once completed, please scan the swim evidence form and send it with your SLSA PAYMENT RECEIPT to: chief_instructor@lornesurfclub.com.au

PLEASE RETURN THIS EVIDENCE FORM AS SOON AS POSSIBLE.

SWIM FORMS MUST BE RETURNED BY THE 10th NOVEMBER

I, _____, the lifeguard of _____ pool,
on the ___/___/____, witnessed the following timed swims:

Name	Distance	Time mm:ss
	400m	
	400m	
	400m	

(multiple lines provided if a second or third attempt is required)

And hereby certify the above to be true. Signed _____ Date ___/___/___

Pool contact number: _____

Thank You! Lorne SLSC Camp Team.