



SWIM TEST RECORD

Name	
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Reason for swim test:

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PART A: Swimming ability

Dive or Jump into the Pool in Deep Water	Pass/Fail
Swim 50 meters under 60 seconds	Pass/Fail
Swim 100 metres continuous in a recognised front stroke	Pass/Fail
Swim 100 meters continuous on back	Pass/Fail
Tread Water in Deep Water for 30 seconds	Pass/Fail
Surface dive to the Deepest Part of the Pool to recover a brick and bring to the surface. NOTE: Please remember that diving deeper then 1.5metres may develop slight pressure within the ears.	Pass/Fail
Climb out of the Pool unaided – without using steps or a ladder.	Pass/Fail
Comments:	

Pass/fail	Supervisor	Sign: Date:
Pass/fail	Trainer assessor	Sign: Date:
Review date, if failed:		