



Bronze Medallion Classes Swimmer Assessment

Swimmers wishing to participate in Bronze Medallion will need to complete a swimming assessment:

Swimmers Name: _____

Criteria	✓/✗	Comments
Straddle Jump in to deep water		
Pencil Jump in to deep water		
Surface dive head first and recover object from 2m water and carry for 5 m		
Demonstrate a feet first surface dive		
Swim 2 lengths Front crawl (good technique)		
Swim 1 length Back crawl (good technique)		
Swim 2 lengths Breaststroke (good technique)		
Additional comments		

Recommendation following assessment:

Accepted for Bronze Medallion _____

Or

NPTS Stage _____

(indicate which group)

Assessed by: _____ Date: _____

Please return form to Rita Shah on completion of assessment