

This is an Extract from the last page of the BS J1 Online Training Course – often overlooked !!

It has been abbreviated for Scottish Swimming Candidates.

On Completion of the Course:

Congratulations you have successfully completed the online learning

Scottish Swimming Members, you need to upload a copy of your certificate via <https://www.surveymonkey.co.uk/r/J1registerSS>

All Candidates:

You are now ready to begin your mentored poolside practice. This will enable you to demonstrate that you can apply your knowledge in a poolside environment. You will receive your log book through the post and the SS National STO Convenor will be advised that your Certificate has been uploaded.

Please email the District STO Area Convenor for your Club, [information here](#), who will be able to make suggestions for gaining suitable poolside practice.

You will also need to complete the Contemporary Issues course before you can be issued with a licence

On completion of the workbook **Scottish Swimming**, candidates should upload the sign off page to:

<https://www.surveymonkey.co.uk/r/J1PracticalSS>

and a British Swimming licence will be issued. The sign off page should also be forwarded to the District STO Area Convenor for your Club, [information here](#), for forwarding to the National STO chair, who will issue a Scottish STO certificate card.