



NIPPER SWIM ASSESSMENT FORM

To ensure that all nippers have appropriate supervision to allow them to safely participate in aquatic activities, Surf Life Saving Australia has developed a Junior Preliminary Skills Assessment for each age group.

Every nipper must participate in this evaluation, prior to participating in any water activity. The evaluation consists of a swim and a float which is progressively increased by age group. Nipper age groups are based on their current age on 30 September e.g. if 9 years old on the 30 September they will be in Under 10's, if 9 after 30 September they will be in Under 9's.

Any child that does not meet the required assessment level can still fully participate in nippers but will require a higher level of supervision when involved in water based activities. This form assists in determining water safety ratios.

This assessment is to be conducted in a pool by a qualified swimming teacher or coach who must sign and date the bottom of the form.

Child's name (please print clearly):			
Completed a:		metre swim	C / NYC
Swim time:		minutes on the (date)	C / NYC
Successfully floated for:		minutes on the (date)	C / NYC
This is a proficiency swim for the under:		Age Group	
Full Name of: <ul style="list-style-type: none"> • Accredited Swim Coach / Teacher; or • SLSA Training Officer (SRC / Bronze); or • SLSA Assessor (SRC / Bronze); or • Age Manager 			
Signature:			
Date:			

C = Competent / NYC = Not yet Competent

Required Swim and Flotation Times:

Under 6 - From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back float for 15 seconds whilst holding a buoyant aid and recover to a secure position.

Under 7 - From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back float for 30 seconds whilst holding a buoyant aid and recover to a secure position.

Under 8 - 25m swim (any stroke) plus 1 minute survival float (on back)

Under 9 - 25m swim (any stroke) plus 1 minute survival float (on back)

Under 10 - 25m swim (freestyle / front crawl) plus 1 1/2 minute survival float (on back)

Under 11 - 50m swim (freestyle / front crawl) plus 2 minute survival float (on back)

Under 12 - 100m swim (freestyle / front crawl) plus 2 minute survival float (on back)

Under 13 - 150m swim (freestyle / front crawl) plus 3 minute survival float (on back)

Under 14 - 200m swim (freestyle / front crawl) in less than 5 minutes plus 3 minute survival float (on back)

Please return this completed form via email to The Venus Bay SLSC Nipper Team - nippers@vbslsc.org.au