



PACIFIC PALMS SLSC

ELIZABETH BEACH NSW

Nipper Proficiency Form 2016

Name: _____

Date of Birth: _____

Gender Male Female

Nipper Age

U/

Office Use Only

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition be undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club. - Surf Life Saving Australia.

Proficiency can be done at the YMCA Aquatic Centre at Forster. Ask the Lifeguard there.

Age Group	FLOAT	OK	SWIM	OK	200m TIME
U/8	1 minute survival float		25m (any stroke)		
U/9	1 minute survival float		25m (any stroke)		
U/10	1.5 minute survival float		25m (freestyle)		
U/11	2 minutes survival float		50m (freestyle)		
U/12	2 minutes survival float		100m (freestyle)		
U/13	3 minutes survival float		150m (freestyle)		
U/14 SRC	3 minute survival float		200m (freestyle, Under 5 minutes)		

Whenever possible, Nippers (U/9+) are encouraged to complete a time recorded 200m swim to further assist Age Managers & Water Coaches in assessing each child's swimming and water survival capabilities.

Assessor to please complete this section

Facility where evaluation was conducted		Date of Assessment
Person conducting proficiency test		
Signature		
Comments:		