



**KILLCARE
SURF
LIFE SAVING
CLUB**

Swim Proficiency - Preliminary Evaluation

It is a requirement that we have on record an evaluation of each nipper's swimming ability before taking on water activities. If you are in a learn to swim program, this can be signed off by your swimming teacher, or you can go to any public pool (e.g. Peninsula Leisure Centre) and ask one of the officials present (as long as they are properly qualified) to certify your ability.

The requirements for each age group are...

- U/6 From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.
- U/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 or front float for a few seconds and recover to a secure position
- U/8 25 metre swim (any stroke) & 1 minute survival float
- U/9 & U/10 25 metre swim (any recognised stroke) & 1 ½ minute survival float
- U/11 50 metre swim (any recognised stroke) & 2 minute survival float
- U/12 100 metre swim (any recognised stroke) & 2 minute survival float
- U13 150 metre swim (any recognised stroke) & 3 minute survival float
- U14 200 metre swim (any recognised stroke) under 5 minutes & 3 minute survival float

Note that not completing the preliminary evaluation DOES NOT mean that you can't take part in nippers, however it does mean that you may not be able to do some of the water based activities and won't be able to compete at carnivals.

I _____
(Assessor's Name)

Representing _____
(Assessor's Organisation)

Certify that _____
(Nipper's Name)

Meets the requirements set out above appropriate to their age group

Signed _____
(Assessor's Signature)

Date _____