Wamberal Nippers Swim Proficiency Evaluation

This one's quick! Before your nipper hits the water this season, we need a simple swim check signed off by a qualified swim coach or teacher. It's how we make sure every nipper is set up to have a safe, fun season. Get it filled in, then email it to **nippers@wamberalslsc.com**. That's the last box to tick, see you on the sand!

Child's Name: _____ **Age Group:** _____ **Club:** Wamberal SLSC

Instructions for Evaluation: confirm the nipper can complete the tasks outlined below for their age group.

Age Group	Flotation	Submersion	Propulsion	Task Complete / Comments
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1 to 2 metres) and recover to stand.	
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2 to 3 metres) and recover to stand.	
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2 to 3 metres).	
Under 9	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.	
Under 11	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	
Under 12	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim Coach's Name: _____ **ASTCA Number:** _____

Swim Coach's Email: _____ **Signature:** _____ **Date:** _____

IMPORTANT

Please return this completed form by email to

nippers@wamberalslsc.com