



**Wye River SLSC Nippers/SRC 2023-24
Junior Preliminary Skills Assessment**

It is a requirement of Life Saving Victoria that ALL Nippers complete a preliminary skills evaluation **prior** to commencing the Nipper Program. This form is to be completed for each child wishing to participate by a qualified swimming teacher or a qualified pool lifeguard.

The minimum swim requirements are detailed over page.

Signing this form confirms that the nipper has met all the minimum requirements for their age group. **Please ensure both pages are signed.**

Nipper Date of Birth Range	Age Group
1 Oct 2016 – 30 Sept 2017	Under 7
1 Oct 2015 – 30 Sept 2016	Under 8
1 Oct 2014 – 30 Sept 2015	Under 9
1 Oct 2013 – 30 Sept 2014	Under 10
1 Oct 2012 – 30 Sept 2013	Under 11
1 Oct 2011 – 30 Sept 2012	Under 12
1 Oct 2010 – 30 Sept 2011	Under 13

Nipper Name :

Age Group:

Swim Teacher/Pool Lifeguard Name:

Australian Swimming Teachers and Coaches Associate (ASTCA) Number:

Email address:

Place of Employment/Swim Club Affiliation:

Contact Number:.....

Signature:

Date:

When complete, scan or take a clear photo of this form (**both sides**) and email it to wyerivernippers@gmail.com **prior to 20 December 2023.**

Age Group	Flotation	Minimum Requirements Submersion	Propulsion	Qualified Endorser Yes/No
Under 7	Back or front float for minimum 10 seconds, recover to stand	Submerge to touch the bottom with hands	From a standing position in waist deep water perform a front glide (2-3 metres) recover to stand	
Under 8	Back or front float for minimum 15 seconds, recover to stand		Swim on front any stroke 20 metres followed by swim underwater 2-3 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 1 minute		Swim on front any stroke 25 metres followed by survival stroke breaststroke and/or sidestroke and/or back sculling for minimum 10 metres	
Under 10			Swim on front any stroke 25 metres followed by survival stroke 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 a minimum 2 minutes	Submerge to perform forward/backward roll/somersault underwater, recover to surface, submerge to touch the bottom with both hands.	Swim on front any stroke 25 metres followed by survival stroke breaststroke and/or sidestroke 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 a minimum 3 minutes		Swim on front any stroke 75 metres followed by survival stroke breaststroke and/or sidestroke for minimum 50 metres	
Under 13			Swim on front any stroke 100 metres followed by survival stroke breaststroke and/or sidestroke for minimum 50 metres	
SRC		Submerge to perform forward/backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke 100 metres followed by survival stroke breaststroke and/or sidestroke for minimum 100 metres	

Nipper Name

Assessor Signature