



Wye River SLSC Nippers/SRC 2024-25 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.

Please note, we are **unable** to assess children at Wye River so all children **MUST** be assessed by a qualified swimming instructor prior to attending nippers. We asked that forms are returned to us by **20th December 2024** at the latest so that the competency can be added to our online system and processed by Life Saving Victoria prior to nippers commencing.

There are three areas of proficiency that need to be passed; submersion, flotation and propulsion. For a child to be signed off as competent they must meet each of these three requirements for their **CORRECT** age group (please note the 30 September cut-off date on the table below).

The form must be signed off by a qualified and currently accredited swimming instructor. Swimming instructors are required to provide their current Australian Swimming Teachers and Coaches Associate (ASTC) number, name and email address and the name of children who have successfully completed their competencies. We suggest you take this form along to your swimming lessons or local pool for completion.

Completed forms should be scanned/clear photograph emailed to wyerivernippers@gmail.com

Children who do not complete their skills assessments, regardless of their ability will be required to wear a wrist band when participating in nippers and will be subject to 1:1 supervision ratios.

Please do not leave this until the last minute.

Nipper Date of Birth Range	Age Group
1 Oct 2017 – 30 Sept 2018	Under 7
1 Oct 2016 – 30 Sept 2017	Under 8
1 Oct 2015 – 30 Sept 2016	Under 9
1 Oct 2014 – 30 Sept 2015	Under 10
1 Oct 2013 – 30 Sept 2014	Under 11
1 Oct 2012 – 30 Sept 2013	Under 12
1 Oct 2011 – 30 Sept 2012	Under 13
Aged 13 on assessment date	Under 14 / SRC

Child's Name has completed assessment for relevant age.

Name of Assessor:.....ASTCA Number:.....

Email Address:

Place of Employment/Swim School

Age Group (DOB)	Flotation Requirement	Submersion Requirement	Propulsion Requirement	Competency Achieved
Under 7 (1/10/17 - 30/6/18)	Back or front float for minimum 10 seconds, recover to stand	Submerge to touch the pool bottom with hands	From a standing position in waist deep water perform a front glide (2-3 metres) recover to stand	
Under 8 (1/10/16 - 30/9/17)	Back or front float for minimum 15 seconds, recover to stand	Submerge to touch the pool bottom with hands	Swim on front any stroke 20 metres followed by swim underwater 2-3 metres	
Under 9 (1/10/15 - 30/6/16)	Front to back float or back to front float 5 seconds each side. Tread water and/or sculling for a minimum 1 minute	Submerge to touch the pool bottom with hands	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 (1/10/14 - 30/9/15)	Front to back float or back to front float 5 seconds each side. Tread water and/or sculling for a minimum 1 minute	Submerge to touch the pool bottom with hands	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 (1/10/13 - 30/9/14)	Front to back float or back to front float 5 seconds each side. Tread water and/or sculling for a minimum 2 minutes	Submerge to perform forward/backward roll/somersault underwater, recover to surface, submerge to touch the pool 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 (1/10/12 - 30/9/13)	Front to back float or back to front float 5 seconds each side. Tread water and/or sculling for a minimum 3 minutes	Submerge to perform forward/backward roll/somersault underwater, recover to surface, submerge to touch the pool bottom with both hands.	Swim on front any stroke 75 metres followed by survival stroke breaststroke and/or sidestroke for minimum 50 metres	
Under 13 (1/10/11 - 30/9/12)	Front to back float or back to front float 5 seconds each side. Tread water and/or sculling for a minimum 3 minutes	Submerge to perform forward/backward roll/somersault underwater, recover to surface, submerge to touch the pool bottom with both hands.	Swim on front any stroke 100 metres followed by survival stroke breaststroke and/or sidestroke for minimum 50 metres	
SRC	Front to back float or back to front float 5 seconds each side. Tread water and/or sculling for a minimum 3 minutes	Submerge to perform forward/backward roll/somersault underwater, do not recover to surface, submerge to touch the pool bottom with hands.	Swim on front any stroke 100 metres followed by survival stroke breaststroke and/or sidestroke for minimum 50 metres	

Signature: Date:

complete, scan or take a clear photo of this form and email it to wyerivernippers@gmail.com **prior to 20 December 2024.**