



NIPPER PRELIMINARY EVALUATIONS (POOL SWIM)

CHILD'S NAME: **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 (1-2 metres) and recover to stand.	
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (2-3 metres) and recover to stand.	
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.	Submerge to touch the bottom with hands.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 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 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 a minimum 10 metres.	
Under 10	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 a 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 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 a minimum 50 metres.	
Under 12		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	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 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 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14		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.	

JAAO/SURF COACH/BRONZE ASSESSOR NAME: JAAO/SURF COACH/BRONZE ASSESSOR SIGNATURE: DATE CONDUCTED:.....	SWIM COACH NAME: SWIM COACH SIGNATURE: AUSTRALIAN SWIMMING TEACHERS & COACHES ASSOCIATION NUMBER: DATE CONDUCTED:
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To be completed by 6 September 2023

Once completed email to: kate@caloundrasurfclub.com.au