



2025-2026 NIPPER PRELIMINARY EVALUATION PART 1 -POOL SWIM

CHILD'S NAME:AGE GROUP:.....

AGE GROUP	FLOTATION	SUBMERSION	PROPULSION	C = COMPETENT NYC = NOT YET COMPETENT
Under 6 (DOB: 1/10/19 - 30/09/20)	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 (DOB: 1/10/18 - 30/09/19)	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 (DOB: 1/10/17 - 30/09/18)	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 (DOB: 1/10/16 - 30/09/17)	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 (DOB: 1/10/15 - 30/09/16)	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 (DOB: 1/10/14 - 30/09/15)	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 (DOB: 1/10/13 - 30/09/14)	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 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13 (DOB: 1/10/12 - 30/09/13)		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 (DOB: 1/10/11 - 30/09/12)		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.	

ENDORSED AGE MANAGER:

ENDORSED AGE MANAGER SIGNATURE:

DATE CONDUCTED:.....

SWIM COACH NAME:

SWIM COACH SIGNATURE:

AUSTRALIAN SWIMMING TEACHERS &
COACHES ASSOCIATION NUMBER:

DATE CONDUCTED:

POOL EVALUATION SWIMS ARE TO BE COMPLETED & COMPETENT PRIOR TO COMMENCING NIPPERS. PLEASE BRING TO NIPPERS AND GIVE TO AGE MANAGER



2025-2026 NIPPER BEACH EVALUATIONS

These evaluations will be conducted at Sunday Nippers.

CHILD'S NAME: AGE GROUP:

NIPPER PRELIMINARY EVALUATION PART 2 - BEACH SWIM

Age Group	Evaluation Description	Attempt 1	Attempt 2	Attempt 3
		Enter a: C = COMPETENT or NYC = NOT YET COMPETENT		
Under 8	Run-Wade-Run 25m-25m-25m			
Under 9	Run-Swim-Run 50m-50m-50m			
Under 10	Run-Swim-Run 50m-50m-50m			
Under 11	Run-Swim-Run 50m-100m-50m			
Under 12	Run-Swim-Run 50m-100m-50m			
Under 13	Run-Swim-Run 100m-100m-100m			
Under 14	Run-Swim-Run 100m-100m-100m			
Assessor Name:				
Assessor Signature:				
Date:				

NIPPER COMPETITION EVALUATION

(Required to be completed if your child would like to compete at carnivals).

Age Group	Competition Evaluation	Attempt 1	Attempt 2	Attempt 3
		Enter a: C = COMPETENT or NYC = NOT YET COMPETENT		
Under 8	Nil (no water competition, except for wade which takes place in waist-deep water)			
Under 9	Minimum 150m open water swim (any recognised stroke)			
Under 10	Minimum 150m open water swim (any recognised stroke)			
Under 11	Minimum 200m open water swim (any recognised stroke)			
Under 12	Minimum 200m open water swim (any recognised stroke)			
Under 13	Minimum 200m open water swim (any recognised stroke)			
Under 14	Minimum 200m open water swim (any recognised stroke)			
Assessor Name:				
Assessor Signature:				
Date:				