



## 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
<b>Under 6</b> (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.	
<b>Under 7</b> (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.	
<b>Under 8</b> (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).	
<b>Under 9</b> (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.	
<b>Under 10</b> (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.	
<b>Under 11</b> (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.	
<b>Under 12</b> (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.	
<b>Under 13</b> (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.	
<b>Under 14</b> (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		
<b>Under 8</b>	Run-Wade-Run 25m-25m-25m			
<b>Under 9</b>	Run-Swim-Run 50m-50m-50m			
<b>Under 10</b>	Run-Swim-Run 50m-50m-50m			
<b>Under 11</b>	Run-Swim-Run 50m-100m-50m			
<b>Under 12</b>	Run-Swim-Run 50m-100m-50m			
<b>Under 13</b>	Run-Swim-Run 100m-100m-100m			
<b>Under 14</b>	Run-Swim-Run 100m-100m-100m			
<b>Assessor Name:</b>				
<b>Assessor Signature:</b>				
<b>Date:</b>				

**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		
<b>Under 8</b>	Nil (no water competition, except for wade which takes place in waist-deep water)			
<b>Under 9</b>	Minimum 150m open water swim			
<b>Under 10</b>	Minimum 150m open water swim			
<b>Under 11</b>	Minimum 200m open water swim			
<b>Under 12</b>	Minimum 200m open water swim			
<b>Under 13</b>	Minimum 200m open water swim			
<b>Under 14</b>	Minimum 200m open water swim			
<b>Assessor Name:</b>				
<b>Assessor Signature:</b>				
<b>Date:</b>				