



2026/27 NIPPER PRELIMINARY EVALUATION

Part 1 - Pool Swim

CHILD'S NAME:

DATE OF BIRTH:

AGE GROUP:

ASSESSMENT DATE:

AGE GROUP	FLOTATION	SUBMERSION	PROPULSION	RESULT
Under 6 DOB: 01/10/20 - 30/09/21	Back or frontfloat for a minimum of 5 seconds, then recover to stand.	Submerge to touch the bottom with both hands.	From standing in waist-deep water, perform a front glide for 1-2 metres and recover to stand.	C ☐ NYC ☐
Under 7 DOB: 01/10/19 - 30/09/20	Back or frontfloat for a minimum of 10 seconds, then recover to stand.	Submerge to touch the bottom with both hands.	From standing in waist-deep water, perform a front glide for 2-3 metres and recover to stand.	C ☐ NYC ☐
Under 8 DOB: 01/10/18 - 30/09/19	Back or frontfloat for a minimum of 15 seconds, then recover to stand.	Submerge to touch the bottom with both hands.	Swim 20 metres on the front using any stroke, followed by an underwater glide for 2-3 metres.	C ☐ NYC ☐
Under 9 DOB: 01/10/17 - 30/09/18	Front-to-back or back-to-front float for 5 seconds on each side. Tread water and/or scull for at least 1 minute.	Submerge to touch the bottom with both hands.	Swim 50 metres freestyle continuously.	C ☐ NYC ☐
Under 10 DOB: 01/10/16 - 30/09/17	Front-to-back or back-to-front float for 5 seconds on each side. Tread water and/or scull for at least 1 minute.	Submerge to touch the bottom with both hands.	Swim 50 metres freestyle continuously.	C ☐ NYC ☐
Under 11 DOB: 01/10/15 - 30/09/16	Front-to-back or back-to-front float for 5 seconds on each side. Tread water and/or scull for at least 2 minutes.	Submerge and perform a forward or backward roll/somersault underwater, recover to the surface, then submerge to touch the bottom with both hands.	Swim 100 metres freestyle continuously.	C ☐ NYC ☐
Under 12 DOB: 01/10/14 - 30/09/15	Front-to-back or back-to-front float for 5 seconds on each side. Tread water and/or scull for at least 3 minutes.	Submerge and perform a forward or backward roll/somersault underwater, recover to the surface, then submerge to touch the bottom with both hands.	Swim 100 metres freestyle continuously, followed by at least 25 metres using any stroke, including a survival stroke, continuously.	C ☐ NYC ☐
Under 13 DOB: 01/10/13 - 30/09/14	Front-to-back or back-to-front float for 5 seconds on each side. Tread water and/or scull for at least 3 minutes.	Submerge and perform a forward or backward roll/somersault underwater, recover to the surface, then submerge to touch the bottom with both hands.	Swim 100 metres freestyle continuously, followed by at least 50 metres using any stroke, including a survival stroke, continuously.	C ☐ NYC ☐
Under 14 DOB: 01/10/12 - 30/09/13	Front-to-back or back-to-front float for 5 seconds on each side. Tread water and/or scull for at least 3 minutes.	Submerge and perform a forward or backward roll/somersault underwater. Without returning to the surface, continue touching the bottom with both hands.	Swim 100 metres freestyle continuously, followed by at least 100 metres using any stroke, including a survival stroke, continuously.	C ☐ NYC ☐

Assessment expectations and interpretation are provided below on page 2

C = Competent | NYC = Not Yet Competent

ENDORSED AGE MANAGER / SLSQ CLUB ASSESSOR:

QUALIFIED SWIM COACH NAME: QUALIFICATION / REGISTRATION NUMBER:

SIGNATURE:

SIGNATURE:

POOL EVALUATION REQUIREMENTS MUST BE COMPLETED COMPETENTLY BEFORE PARTICIPATION IN NIPPER WATER ACTIVITIES.

POOL SWIM EVALUATION EXPECTATIONS

The evaluation is not a race or a learn-to-swim lesson. Competency requires safe, controlled completion of every listed component for the child's age group.

GOOD FREESTYLE TECHNIQUE

- A visible, continuous flutter kick that contributes to forward movement.
- Alternating arm action, with the arms and hands clearly clearing the water during recovery.
- The head is predominantly down and in the water, with controlled breathing as required.
- A reasonably horizontal and streamlined body position, with steady forward progress.
- The stroke remains recognisable, controlled and safe for the full required distance.

GENERAL ASSESSMENT CONDITIONS

- The freestyle expectations apply to the freestyle component for Under 9 to Under 14. Under 6 to Under 8 are assessed against the specific float, glide and any-stroke requirements in the table.
- A dive start and race-standard tumble turns are not required. A controlled push-off from the wall is acceptable.
- Goggles and a swim cap may be worn. Fins, kickboards, flotation aids and other propulsion or support equipment are not permitted.
- For the additional any-stroke or survival-stroke distance, the child may use a recognised safe stroke, but must remain unsupported and continue progressing.
- The assessor may stop an attempt at any time if the child shows distress, fatigue that compromises safety, or loss of effective control.

CONTINUOUS / NON-STOP SWIMMING

- The child should maintain continuous forward progression from the start to completion of the required distance.
- A normal touch, turn and push-off at the wall is acceptable and is not counted as a stop.
- Club operational interpretation: an assessor may accept no more than one brief pause per 25 metres, lasting no longer than 5 seconds, provided the child remains safe and resumes with good technique.
- Standing or walking on the pool floor, receiving physical assistance, or using a lane rope or equipment for support means the swim is not continuous.
- If the stroke deteriorates to an unsafe, ineffective or unrecognisable action, the child is Not Yet Competent even if the distance is completed.

COMPETENCY DECISION

- Competent (C): every age-group component is completed safely, independently and to the required standard.
- Not Yet Competent (NYC): any required component is incomplete, unsafe, requires assistance, includes excessive rests, or cannot be sustained with effective technique.
- The decision is based on demonstrated ability on the day, not effort alone. Children assessed as NYC may practise and complete another evaluation at a later agreed point.
- **Only two opportunities to pass the pool evaluation will be provided.**