



## Junior Proficiency

To participate on Nipper days, all Nippers must complete a Preliminary Proficiency Evaluation.  
 To compete at surf carnivals all Nippers must complete a timed pool swim followed by a run/swim/run at Catherine Hill Bay SLSC.

**This form may be completed by an accredited swim school.**

Childs Name:.....

DOB:.....

Is proficient in the following (please circle which applies):

AGE	Preliminary Proficiency	Competition Proficiency
U6	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position	NA
U7	From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position	NA
U8	25m swim + 1 min survival float	No Additional Requirement
U9	25m swim + 1 min survival float	200m Pool Swim < 6minutes
U10	25m swim + 1.5 min survival float	200m Pool Swim < 6minutes
U11	50m swim + 2 min survival float	200m Pool Swim < 5minutes
U12	100m swim + 2 min survival float	200m Pool Swim < 5minutes
U13	150m swim + 3 min survival float	200m Pool Swim < 5minutes
U14	200m swim (in less than 5 minutes) +3 min survival float	SRC completed at surf club

Signed.....Name.....

Name or stamp of Swim School