

Catho SLSC Junior Proficiency Form

To participate on Nipper days, all Nippers must complete a Preliminary Proficiency Evaluation. To compete at surf carnivals all Nippers must complete the competition evaluation and an ocean proficiency swim.

This form may be completed by an accredited swim school.

Childs Name; _____ **Date;** ___/___/___

Childs DOB; ___/___/___

Circle below whichever applies

Age Group	Preliminary evaluation	Competition evaluation
Under 6	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.	n/a
Under 7	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 and recover to a secure position.	n/a
Under 8	25m continuous swim (any recognised stroke) 1 minute survival float	n/a
Under 9	25m continuous swim (any recognised stroke) 1 minute survival float	Minimum 150m continuous swim (any recognised stroke).
Under 10	25m continuous swim (any recognised stroke) 1.5 minute survival float	Minimum 150m continuous swim (any recognised stroke).
Under 11	50m continuous swim (any recognised stroke) 2 minute survival float	Minimum 200m continuous swim (any recognised stroke).
Under 12	100m continuous swim (any recognised stroke) 2 minute survival float	Minimum 200m continuous swim (any recognised stroke).
Under 13	150m continuous swim (any recognised stroke) 3 minute survival float	Minimum 200m continuous swim (any recognised stroke).
Under 14	200m continuous swim (any recognised stroke) 3 minute survival float	Minimum 200m continuous swim (any recognised stroke).

Recognised Stroke; (eg Front crawl, breast stroke, back stroke, side stroke, survival back scull, butterfly) may be demonstrated using one or more combination of strokes.

Both the preliminary and competition evaluation should be undertaken in a continuous manner.

Name of Swim School _____

Name of Instructor _____

Signature _____

Date _____