



NIPPER POOL SWIM ASSESSMENT TEST FORM

You will note that one of the changes to the Junior Activities Information Booklet was the re-introduction of Accredited Swim Coaches as assessors for the Competency Pool Swim/Survival Float (Preliminary Assessment).

Below is a form that is to be filled out when persons other than assessors perform this assessment. This form is to be forwarded to the assessor performing the preliminary assessment tests so they can sign them off for their preliminary assessments.

The form is then to be filed in the Club records, as Branch Junior Directors of Lifesaving will be performing random checks on clubs this season to ensure that this process is being enforced.

This process must be performed in a pool with adequate water safety and the accredited coach must place their accreditation number, date and signature at the bottom of the form.

If coaches are unsure of their accreditation number, they are to contact their respective sporting body. This test will become invalid if the coach is not accredited or does not attach their accreditation number.

Child's name (please print clearly):	
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Completed a:		metre swim competently (over-arm stroke)
Swim time:		minutes on the / / (date)
Successfully floated for:		minutes on the / / (date)
This is the proficiency swim for Under:		Age Group

<ul style="list-style-type: none"> Accredited Swim Coach Name & Number with Validity Date Chief Training Officer or delegate SLSA Assessor 	
Signature	
Print Name	

Required Swim and Flotation Times:

- Under 8 50m swim (any stroke) plus 1 minute survival float
- Under 9 50m swim (freestyle) plus 1 minute survival float
- Under 10 100m swim (freestyle) plus 1½ minute survival float
- Under 11 100m swim (freestyle) plus 2 minute survival float (record time)
- Under 12 200m swim (freestyle) plus 2 minute survival float (record time)
- Under 13 300m swim (freestyle) plus 3 minute survival float (record time)
- Under 14 400m swim (freestyle) plus 3 minute survival float (record time)

Under 14's who wish to compete must complete the swim in nine (9) minutes.

Under 14's who are **not** competing and but only obtaining their SRC need to do a 200m freestyle swim in five (5) minutes or less.

Any U11-U14 who wishes to compete in an endurance event throughout the season must complete a timed 400m swim as well.