



# Preliminary Swim Assessment 2023/2024

Complete this form for nippers who did NOT attain a 2022/23 S-Badge and return to:

- Club Office at [info@janjucsurfclub.com.au](mailto:info@janjucsurfclub.com.au); or
- PO Box 179, Torquay, 3228.

Family Last Name: \_\_\_\_\_

Age Group <sup>#</sup>	Minimum depth of safe aquatic environment	Floatation (minimum requirements)	Submersion (minimum requirements)	Propulsion (minimum requirements)	Continous Skill Sequence (mimum requirements)
U6	1 metre	Back or front float for minimum 5 seconds, recover to stand	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Push and glide from wall (distance 1-2 metres) recover to stand	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand
U7				Push and glide from wall, kick (distance 2-3 metres) recover to stand	
U8				Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 3-5 metres)	Swim on front through water any stroke 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)
U9	1.5 metres	Front to back float or back to front float - 5 seconds each side. Tread water and / or sculling for minimum 1 minute.	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for min 50 metres	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for min 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)
U10				Swim on front any stroke (distance 25 metres) followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for min 50 metres	
U11		Front to back float or back to front float - 5 seconds each side. Tread water and / or sculling for minimum 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front any stroke (distance 50 metres) followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for min 50 metres	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for min 2 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)
U12	1. 8 metres	Front to back float or back to front float - 5 seconds each side. Tread water and / or sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for min 50 metres	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for min 3 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task)
U13					

## Individual Nipper Certification Details

<b>Nipper Name</b>			
<b>Competency Yes / No</b>			
<b>Age Group</b>			

## Parent/Guardian Certification

I certify that the child/ren listed above are able to complete the corresponding activities, which is the minimum requirement for nippers as set by Surf Lifesaving Australia. I understand that they must be able to confidently swim their S-Badge distance to participate in the Nipper Program or to compete at any carnivals.

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Parent/Guardian Name

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Signature

## Qualified Endorser Certification

I certify that the child/ren I have confirmed above are able to complete the corresponding activities **in a pool** and that I am a qualified Swim Coach, Club Coach or Age Group Manager.

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Swim Coach, Club Coach or Age Group Manager Name

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Signature

Not both Parent/Guardian and Qualified Endorser certification is required

## **S-Badge Information**

To gain an S-Badge, a nipper must be able to swim the following distance in **open water**, in a **continuous freestyle** and **not stop**. You do not need to complete the S-Badge assessment before the Nippers season. There will be several opportunities for Nippers to gain their S-Badge within the Nipper Programs.

<b>Age Group</b>	<b>S-Badge Swim Distance</b>	<b>Time Limit</b>
U7	Nil	
U8	Nil	
U9	150 metres	12 mins
U10	150 metres	11 mins
U11	288 metres	12 mins
U12	288 metres	10 mins
U13	288 metres	9 mins

### NOTES:

- 1) Jan Juc SLSC takes safety very seriously and will not award an S-Badge unless the Nipper can confidently complete the S-Badge distance for their age group. This is in the best interest of your child.
- 2) It is recommended parents take their children for some open water swimming experiences before attempting their S-Badge.
- 3) Swimming lessons are highly recommended, as the Nipper Programs will not teach your child to swim.