

Nipper Proficiency

Every Nipper from U8 – U14's is required to participate in a preliminary water skills evaluation conducted by the Club to be able to participate in Nipper activities on a Sunday.

For safety and development reasons, all junior activity participants that want to compete for our Club in either Beach or Water Competition, must successfully complete:

1. Newcastle SLSC Junior Participation Skills Evaluation (Proficiency swim)

This is required to be completed prior to participation in any junior activity each season by all Junior Activities members (including participating in an ocean swim and SurfEd training).

Under 6 & 7	Nil (no requirement)
Under 8	50 metre swim (any stroke), 1 minute survival float
Under 9	100 metre pool swim, 2 minute survival float
Under 10	150 metre pool swim, 5 minute survival float
Under 11	200 metre pool swim, 5 minute survival float
Under 12	200 metre pool swim, 5 minute survival float
Under 13	200 metre pool swim (freestyle), 5 minute survival float
Under 14	200 metre pool swim, (freestyle in less than 5 minutes) 5 minute survival float

2. Junior Competition Skill Evaluation (Timed Pool Swim and Ocean Swim)

For junior activity members who wish to compete in events at recognised carnivals a timed pool swim and an Ocean Swim must be successfully completed before their first carnival. (This is even if the child only wants to compete on the sand.)