



# OCEAN GROVE SURF LIFE SAVING CLUB

## Junior Preliminary Skills Evaluation

In accordance with LSV requirements, all Nippers must complete a Junior Preliminary Skills Evaluation and achieve the age group requirements to be able to participate in water-based activities at training sessions.

Please print this form, fill in the relevant details, and send the completed form to nipper@oceangroveslsc.asn.au or bring it to your first Nippers session.

Nipper name: \_\_\_\_\_ Age group (upcoming season) \_\_\_\_\_

from the Ocean Grove SLSC has completed the following swim, float, and submersion requirements.

Age Group	Swim	Float	Submersion	Achieved
U08	Swim on front any stroke (distance 25 metres)	1 minute survival float	Submerge to touch the pool bottom with both hands	
U09	Swimming freestyle for 25 metres followed by a survival stroke breaststroke/sidestroke/back sculling for minimum 25 metres.	Tread water and/or sculling for minimum 1 minute	Submerge to touch the pool bottom with both hands	
U10	Swim freestyle for 50 metres followed by a survival stroke breaststroke/sidestroke/back sculling for minimum 25 metres.	Tread water and/or sculling for min 1 ½ minutes.	Submerge to perform a forward or backward somersault, recover to surface, submerge to touch the pool bottom with both hands	
U11	Swim freestyle for 75 metres followed by a survival stroke breaststroke/sidestroke/back sculling for minimum 25 metres.	Tread water and/or sculling for min 2 minute.	Submerge to perform a forward or backward somersault, recover to surface, submerge to touch the pool bottom with both hands	
U12	Swim freestyle for 100 metres followed by survival stroke(s) breaststroke/sidestroke/back sculling for minimum 25 metres.	Tread water and/or sculling for min 2 ½ minutes.	Submerge to perform a forward or backward somersault, recover to surface, submerge to touch the pool bottom with both hands	
U13	Swim freestyle for 125 metres followed by a survival stroke breaststroke/sidestroke/back sculling for minimum 25 metres.	Tread water and/or sculling for min 3 minutes.	Submerge to perform a forward or backward somersault, recover to surface, submerge to touch the pool bottom with both hands	

Name of Assessor: \_\_\_\_\_ Qualification: \_\_\_\_\_

Signature : \_\_\_\_\_ Date : \_\_\_\_/\_\_\_\_/\_\_\_\_