

Darwin SLS Club 2021

Nipper Age Groups, Swimming Skills & Nipper Cap Colours

Age Group	Preliminary Skill Evaluation	Competition Skill Evaluation	Cap Colours
Under 6 Surf Play 1	Kick on wall with face in water Front glide. Ratio 1:1 30 second survival float with or without aid	<i>Ineligible to compete</i>	Light Blue
Under 7 Surf Play 2	Torpedo/Front glide, kick 3m with face in water. Ratio 1:1 30 second survival float with or without aid	<i>Ineligible to compete</i>	Dark Blue
Under 8 Surf Aware 1	25 metre swim, Ratio 1:1 (any recognised stroke) Prefer Freestyle 1 minute survival float	Not required Compete in Wade Race only in waist deep water	Orange
Under 9 Surf Aware 2	25 metre swim, Ratio 1:1 (any recognised stroke) Prefer Freestyle 150m 1.5 min survival float	Minimum 150m open water swim	Purple
Under 10 Surf Safe 1	25 metre swim (Freestyle) Prefer 150m. Ratio 1:3 1.5 minute survival float	Minimum 150m open water swim	Green
Under 11 Surf Safe 2	50 metre swim (Freestyle) Prefer 200m. Ratio 1:3 2 minute survival float	Minimum 200m open water swim	Yellow
Under 12 Surf Smart 1	100 metre swim (Freestyle) Prefer 200m. Ratio 1:3 2 minute survival float	Minimum 200m open water swim	Red
Under 13 Surf Smart 2	150 metre swim (Freestyle) Prefer 200m. Ratio 1:3 3 minute survival float	Minimum 200m open water swim	Comp Cap
Under 14 Surf Rescue Certificate or SRC	200 metre swim, (Freestyle, in less than 5 minutes). Ratio 1:3 3 minute survival float	Minimum 200m open water swim	Comp Cap
Starfish	Judged at the time Ratio 1:1	Distance Depending on each competitor.	Pink