



The life of the beach.

## DARWIN SURF LIFE SAVING CLUB

PO Box 42771 Casuarina NT 0811

Darribah Road Brinkin NT 0810

Phone 0459 837 578

A.B.N 58 452 374 895



# 2022 Nipper Season Swim Skill Evaluation & Certificate (Required Annually) U8 – U14

**A Swim Skill Evaluation** is required by all applicants (**U8 – U14**) wishing to register as a Nipper. This is a compulsory requirement to participate in **any** activity throughout the season.

Swimming Skills to be undertaken:

- |                 |  |
|-----------------|--|
| <b>Under 6</b>  | From a standing position in waist-deep water, perform a front glide and recover to a secure position. Kick on wall with face in water. Perform a <b>back</b> and <b>front float</b> with/without holding a buoyant aid and recover to a secure position. |
| <b>Under 7</b>  | From a standing position in waist-deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a <b>back</b> and <b>front float</b> for a few seconds and recover to a secure position.                                      |
| <b>Under 8</b>  | 25m swim (any recognized stroke) <b>Prefer Freestyle</b><br>1 minute survival float.   |
| <b>Under 9</b>  | 25m swim (any recognized stroke) with 1 minute survival float<br>Competition swim <b>150m</b> open water swim. ( <b>Prefer Freestyle</b> )   |
| <b>Under 10</b> | 25m swim (freestyle) 1.5 minute survival float<br>Competition swim <b>150m</b> open water swim. ( <b>Prefer Freestyle</b> )  |
| <b>Under 11</b> | 50m swim (freestyle) 2 minute survival float<br>Competition swim <b>200m</b> open water swim. ( <b>Prefer Freestyle</b> )  |
| <b>Under 12</b> | 100m swim (freestyle) 2 minute survival float<br>Competition swim <b>200m</b> open water swim. ( <b>Prefer Freestyle</b> )   |
| <b>Under 13</b> | 150m swim (freestyle) 3 minute survival float<br>Competition swim <b>200m</b> open water swim. ( <b>Prefer Freestyle</b> )   |
| <b>Under 14</b> | 200m swim (freestyle) in less than 5 mins – 3 min survival float<br>Competition swim <b>200m</b> open water swim. ( <b>Prefer Freestyle</b> )  |

Your child can attend any of the Darwin Surf Life Saving Club **organized** swim test at various pools/Open Water venues. Please see dates and times advertised per facebook/Newsletters/emails.

**Or**

This Form can be completed by your child's **swim coach** and returned to the surf club via email [nippers@darwinsurfclub.com.au](mailto:nippers@darwinsurfclub.com.au)



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**SWIMMING ACHIEVEMENT CERTIFICATE**

This Swimming Certificate is for \_\_\_\_\_ aged \_\_\_\_\_ years.  
*(Please print clearly)*

I have assessed the above named child and confirm that he/she is able to swim **distance/or**  
**Meters** \_\_\_\_\_ **Stroke** \_\_\_\_\_ and float for the required minutes.

Assessor's Name: *(please print)* \_\_\_\_\_

Assessor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Swim Coach/Club: \_\_\_\_\_

**Note:**

Freestyle is the preferred stroke.

Distance needs to be noted as participants will be swimming in the ocean.

If not a strong swimmer extra supervision will be required.

Thank you for your time and your support for our complimentary skills for life in and around our water ways.

**Courtney Wicks and Lauren Gear**

Nipper Coordinators

Darwin Surf Life Saving Club

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WE ARE A PROUD  
**LEVEL 3 ACCREDITED  
GOOD SPORTS CLUB.**

Committed to a healthier  
and more family-friendly  
club environment.