



# Preliminary Skills Evaluation

Before a child can participate in any Nipper's event, they must complete the Preliminary Skills Evaluation. Nippers U6 to U14 are required to attend the Sandon Point Proficiency Swim. See season program for proficiency dates.

<b>Age Group</b>	<b>Attempt Distance</b>	<b>Minimum to be achieved</b>	<b>Float Time Required</b>
U6		From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position. Performed during first 2 weeks of nippers via wade activity at the beach.	
U7		From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position. Performed during first 2 weeks of nippers via wade activity at the beach	
Under 8	25m	25m any stroke	1 minute
Under 9	200m	25m any stroke	1 minute
Under 10	200m	25m freestyle	1.5 minute
Under 11	200m	50m freestyle	2 minute
Under 12	200m	100m freestyle	2 minute
Under 13	200m	150m freestyle	3 minute
Under 14	200m	200m freestyle	3 minute