

POOL SWIM PROFICIENCY

NAME:	DATE OF BIRTH:
DATE:	SURVIVAL FLOAT:
SWIM DISTANCE:	SWIM TIME:
<i>Pool Swim Proficiency will not be accepted unless printed name, signature & Accreditation Number of Swim Coach is completed</i>	

To allow each child to be eligible to register, return current completed pool swim proficiency at time of registration.

BRIBIE ISLAND NIPPER AGE REQUIREMENTS 2020/2021 SEASON

NB: (25 Metre Pool) POOL SWIM IS UNDERTAKEN BEFORE COMMENCING ANY JUNIOR ACTIVITY TRAINING OR COMPETITION. TIMES POOL SWIM AND COMPETENCY TEST MUST BE ACHIEVED BEFORE BEING ELIGIBLE TO COMPETE IN ANY CARNIVALS.

Preliminary Evaluation				Competition Evaluation	Age Award
Age Group		Pool Evaluation	Run-Swim-Run		
Under 6	1 Oct 14 – 30 Sep 15	Kick on wall with face in the water – 30 sec float	Not applicable	Not Applicable	Surf Play 1
Under 7	1 Oct 13 – 30 Sep 14	Torpedo (push off wall) with face in water – 30 sec float	Not applicable	Not Applicable	Surf Play 2
Under 8	1 Oct 12 – 30 Sep 13	25 metre swim (freestyle) 1 minute survival float	Run-Wade-Run 25m-25m-25m	Run-Wade-Run 25m-25m-25m	Surf Aware 1
Under 9	1 Oct 11 – 30 Sep 12	50 metre swim (freestyle) 1 minute survival float	Run-Swim-Run 50m-50m-50m	Min. 150m open water swim	Surf Aware 2
Under 10	1 Oct 10 – 30 Sep 11	50 metre swim (freestyle) 1.5 minute survival float	Run-Swim-Run 50m-50m-50m	Min 150m open water swim	Surf Safe 1
Under 11	1 Oct 09 – 30 Sep 10	100 metre swim (freestyle) 2 minute survival float	Run-Swim-Run 50m-50m-50m	Min 288m open water swim	Surf Safe 2
Under 12	1 Oct 08 – 30 Sep 09	100 metre swim (freestyle) 2 minute survival float	Run-Swim-Run 50m-50m-50m	Min. 288 open water swim	Surf Smart 1
Under 13	1 Oct 07 – 30 Sep 08	150 metre swim (freestyle) 3 minute survival float	Run-Swim-Run 100m-100m-100m	Min. 288 open water swim	Surf Smart 2
Under 14	1 Oct 06 – 30 Sep 07	200 metre swim (freestyle) Under 5 mins 3 minute survival float	Run-Swim-Run 100m-100m-100m	Min. 288 open water swim	Surf Rescue Certificate
Under 15	1 Oct 05 – 30 Sep 06	200 metre swim (freestyle) Under 5 mins			Proficiency
Bronze		400 metre swim (freestyle) Under 9 mins			Proficiency

NB: (25 Metre Pool) POOL SWIM IS UNDERTAKEN BEFORE COMMENCING ANY JUNIOR ACTIVITY TRAINING OR COMPETITION. TIMES POOL SWIM AND COMPETENCY TEST MUST BE ACHIEVED BEFORE BEING ELIGIBLE TO COMPETE IN ANY CARNIVALS.

POOL SWIM NAME/SIGNATURE:	
ACCREDITATION NUMBER:	
BEACH SWIM & RUN COACH SIGNATURE:	

