

Age	Junior Participation Skill Evaluation (To participate at Nippers)		Junior Competition Skill Evaluation (To participate at carnivals and board training)
	Swim	Survival Float	200 m pool swim
U/8	25m (any stroke)	1 min	N/A see below*
U/9	25m (any stroke)	1 min	in 6 minutes
U/10	25m (freestyle)	1.5 min	in 6 minutes
U/11	50m (freestyle)	2 min	in 5 minutes
U/12	100m (freestyle)	2 min	in 5 minutes
U/13	150m (freestyle)	3 min	in 5 minutes
U/14	200m (freestyle less than 5mins)	3 min	in 5 minutes

Nippers not able to attend proficiency day will be considered proficient if signed and dated documentary evidence from a certified swimming coach in relation to the above required swimming proficiencies is submitted to the Age Manager.

We will also accept the following certificate, completed by a certified swimming coach indicating that your child is proficient to swim the required distance relative to their age group as set out below.

PROFICIENCY CERTIFICATE

NAME OF SWIM SCHOOL: _____

This certificate states that _____
who attends Warriewood Junior SLISA Nippers

has completed proficiency swim: Distance: _____ Time: _____ Age: _____

NAME OF CERTIFIED SWIM COACH: _____

SIGNATURE: _____

DATE: _____ CONTACT NO: _____