

MOOLOOLABA NIPPERS

Junior Preliminary Skills – Evaluation Summary 2021/2022

The below outlines distances to pass the Skills Evaluation - required to become a Nipper.
These are performed at the pool and at the beach – by Age Group

Preliminary Evaluation - POOL			
AGE GROUP	CAP COLOUR	SWIM	FLOAT
Under 6	Fluro Green	Kick on wall with face in water & 6 metre swim (dog paddle)	30 seconds
Under 7	Fluro Green	Torpedo (push off wall) with face in water & 12 metre swim (dog paddle)	30 seconds
Under 8	Aqua	25 metre swim (freestyle)	1 minute
Under 9	Gold	50 metre swim (freestyle)	1 minute
Under 10	Purple	50 metre swim (freestyle)	1.5 minutes
Under 11	Dark Green	100 metre swim (freestyle)	2 minutes
Under 12	Dark Blue	100 metre swim (freestyle)	2 minutes
Under 13	Red	150 metre swim (freestyle)	3 minutes
Under 14	Club	200 metre (freestyle) in less than 5 mins	3 minutes

Preliminary Evaluation – OCEAN SWIMS - BEACH COMPETENCY		
AGE GROUP	CAP COLOUR	COMPETENCY BEACH EVALUATION
Under 6	Fluro Green	None - (shallow-water activities only)
Under 7	Fluro Green	None - (shallow-water activities only)
Under 8	Aqua	25m-25m-25m - Run-Wade-Run
Under 9	Gold	50m-50m-50m - Run-Swim-Run
Under 10	Purple	50m-50m-50m - Run-Swim-Run
Under 11	Dark Green	50m-100m-50m - Run-Swim-Run
Under 12	Dark Blue	50m-100m-50m - Run-Swim-Run
Under 13	Red	100m-100m-100m - Run-Swim-Run
Under 14	Club	100m-100m-100m - Run-Swim-Run

Pools – Mooloolaba Surf Life Saving Club is not affiliated with any particular pool or swimming club; therefore, we recommend finding a pool that suits your family. Local pools are Kawana Aquatic Centre, Cotton Tree Aquatic, Good Life, Kozzaquatics, Mountain Creek Pool, and Flinders Aquatic Academy. As well as swimming lessons and squads, many of these pools have school holiday intensive in the September school holidays. A Pool Evaluation Endorsement Form is available on our website, should you choose to complete the above POOL EVALUATION, please complete and return to our Operations Office, or at Nipper Sign on Day

Optional evaluations for Competitions and Club Endorsed Training			
AGE GROUP	CAP COLOUR	COMPETITION ADVANCED OCEAN SWIM – MID WEEK TRAINING	AGE AWARD
Under 6	Fluro Green	None – no competition	Surf Play 1
Under 7	Fluro Green	None – no competition	Surf Play 2
Under 8	Aqua	25m-25m-25m - Run-Wade-Run	Surf Aware 1
Under 9	Gold	Minimum 150m open water swim	Surf Aware 2
Under 10	Purple	Minimum 150m open water swim	Surf Safe 1
Under 11	Dark Green	Minimum 288m open water swim	Surf Safe 2
Under 12	Dark Blue	Minimum 288m open water swim	Surf Smart 1
Under 13	Red	Minimum 288m open water swim	Surf Smart 2
Under 14	Club	Minimum 288m open water swim	tbc