

Junior Preliminary Skills – Evaluation Summary 2022/2023

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	Pink	Kick on the wall - face in the water	30 seconds
Under 7	Fluro Green	Torpedo (push off wall) - face in water	30 seconds
Under 8	Red	25 metre swim (freestyle)	1 minute
Under 9	Aqua	50 metre swim (freestyle)	1 minute
Under 10	Gold	50 metre swim (freestyle)	1.5 minutes
Under 11	Purple	100 metre swim (freestyle)	2 minutes
Under 12	Dark Green	100 metre swim (freestyle)	2 minutes
Under 13	Dark Blue	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	Pink	None - (shallow-water activities only)
Under 7	Fluro Green	None - (shallow-water activities only)
Under 8	Red	25m-25m-25m - Run-Wade-Run
Under 9	Aqua	50m-50m-50m - Run-Swim-Run
Under 10	Gold	50m-50m-50m - Run-Swim-Run
Under 11	Purple	50m-100m-50m - Run-Swim-Run
Under 12	Dark Green	50m-100m-50m - Run-Swim-Run
Under 13	Dark Blue	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 via Nippers@mooloolabaslsc.com.au

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