

DIXON PARK SLSC - Nippers Pool Proficiency 2020-21

All U8-U14 participants must complete the proficiency swim for their age group.

Age Group	Notes	Proficiency Measure
U8		Children to swim 25 metres any stroke and perform survival float for 1 minute.
U9 & U10	<i>For carnival proficiency</i>	Children attempt to swim 200 metres (8 x 25m laps) within 6 minutes.
If <u>unsuccessful</u> children will be required to swim:		
U9		25 metres any stroke and perform survival float for 1 minute.
U10		25 metres freestyle and perform survival float for 1.5 minutes.
U11 – U14	<i>For carnival proficiency</i>	Children attempt to swim 200 metres (8 x 25m laps) within 5 minutes.
If <u>unsuccessful</u> children will be required to swim:		
U11		50 m freestyle & perform survival float for 2 minutes.
U12		100 m freestyle & perform survival float for 2 minutes.
U13		150 m freestyle & perform survival float for 3 minutes.
U14		200m freestyle & perform survival float for 3 minutes.
Alternative arrangements should you be unable to attend one of the above dates.		

Please print this form, have an accredited swim coach assess your child, complete the schedule below and return a copy to the Dixon Park registrar via email

Nipper Full Name	
Birth Date	
Assessment Date	
Pool Attended	
Instructor Name	
Swim Accreditation Details	
Signature	
Distance swum (in metres)	
Stroke swum	
Time Achieved	
Survival float time	