

Mount Martha Life Saving Club



Junior Preliminary Skills Evaluation 2018/19

It is a requirement of Life Saving Victoria that ALL Nippers complete a preliminary skills evaluation prior to enrolling in the Nipper Program. If you are unable to attend any of our scheduled swim assessments, this form MUST be completed for each child wishing to participate and signed off by a qualified AUSTSWIM swimming coach/teacher or a qualified pool lifeguard.

Nipper Surname

Age Group (as at 30 Sept 2018)	Swim Requirement	Float Requirement	Nipper First Name	Passed (tick)
Under 6	From a standing position in waist deep water perform a front glide and recover to a secure position	Perform a 15 second back float whilst holding a buoyant aid and recover to a secure position		
Under 7	From a standing position in waist deep water perform a front glide, kick for 3 metre and recover to a secure position	Perform a 15 second back float whilst holding a buoyant aid and recover to a secure position		
Under 8	25 metre swim (any stroke)	1 minute survival float		
Under 9	25 metre swim (any stroke)	1 minute survival float		
Under 10	25 metre swim (freestyle)	1 1/2 minute survival float		
Under 11	50 metre swim (freestyle)	2 minute survival float		
Under 12	100 metre swim (freestyle)	2 minute survival float		
Under 13	150 metre swim (freestyle)	3 minute survival float		

Swim Coach/Teacher/Pool Lifeguard Name:.....

Place of employment/Swim Club Affiliation:.....

Contact Number:.....

Signature:..... Date:.....

When this form has been completed, you can scan and email it to juniordirector@mmlsc.com.au or drop it in to the Club on Tuesday, Thursday or Saturday mornings.

This form must be submitted by 30th October 2018 **THANK YOU**