



## 2020-21 Sorrento SLSC Nipper Requirements



<b>Age Group</b>	<b>Preliminary Assessment (Pool or Water)</b>	<b>Competition Skills Evaluation (Surf Open Water) *Only required if Nipper wants to Compete</b>
<b>Under 8</b>	25 metre swim (anystroke) 1 minute survival float (on back)	Not required (no water competition, except for wade which takes place in waist deep water)
<b>Under 9</b>	25 metre swim (anystroke) 1 minute survival float (on back)	150m open water swim within 12 minutes (continuous freestyle)
<b>Under 10</b>	25 metre swim (freestyle/frontcrawl) 1 1/2 minutes survival float (on back)	150m open water swim within 11 minutes (continuous freestyle)
<b>Under 11</b>	50 metre swim (freestyle/frontcrawl) 2 minutes survival float (on back)	288m open water swim within 12 minutes (continuous freestyle)
<b>Under 12</b>	100 metre swim (freestyle/frontcrawl) 2 minutes survival float (on back)	288m open water swim within 10 minutes (continuous freestyle)
<b>Under 13</b>	150 metre swim (freestyle/frontcrawl) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)
<b>Under 14</b>	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)