

WOODSIDE NIPPER PRELIMINARY EVALUATIONS – THIRD PARTY DECLARATION

Child Name: _____

Age Group: _____

Club: [Secret Harbour Surf Life Saving Club](#)

Instructions to Assessors: Based on the child's age group, please ensure they can complete the tasks outlined in the table below. Initial and comment in relevant box and then sign, date and identify the organization you represent below the table. Thank you for your assistance.

Age Group	Flotation	Submersion	Propulsion	Continuous Skill Sequence	Task Complete/Comments
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)	Push and glide from pool wall (distance 1-2m) recover to stand	Wade through water (5m) float on back or front (5 sec) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.	
Under 7			Push and glide from pool wall, kick (distance 2-3m) recover to stand		
Under 8			From pool wall swim on front any stroke (20m) followed by swim underwater (3-5m)	Swim on front through water any stroke 20m, followed by back or front float (5 sec) followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 9	Front to back float or back to front float – 5 sec each side.	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)	Survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 1 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 10	Tread water and/or sculling for minimum 1 min		Swim on front through water any stroke for 25m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m		
Under 11	Front to back float or back to front float – 5 sec each side. Tread water and/or sculling for minimum 2 min	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim on front through water any stroke for 50m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 2 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 12	Front to back float or back to front float – 5 sec each side.	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim on front through water any stroke for 100m followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50m	Swim on front through water using a combination of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/or sculling for minimum 3 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	
Under 13	Tread water and/or sculling for minimum 3 min				

Assessor's Name: _____ Organisation: _____

Assessor's Signature: _____ Date: _____