

Woodside Nipper Entry Requirements

SLSWA requires nipper participants to demonstrate proficiency within 2 weeks of commencement with club activities. This is intended to show a base level of competency before they are permitted to enter the ocean. Nippers from Under 8 and above, are required to meet a minimum level, as follows:

Age	Preliminary Evaluation	Competition Evaluation
Under 6 1 Oct 14 - 30 Sept 15	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	Not Applicable
Under 7 1 Oct 13 - 30 Sept 14	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	Not Applicable
Under 8 1 Oct 12 - 30 Sept 13	25 metre swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 9 minutes
Under 9 1 Oct 11 - 30 Sept 12	25 metre swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 8 minutes – <i>Under 10 Team Events ONLY.</i>
Under 10 1 Oct 10 - 30 Sept 11	25 metre swim (freestyle) 1.5 minute survival float	Minimum 150m open water swim in less than 12 minutes
Under 11 1 Oct 09 - 30 Sept 10	50 metre swim (freestyle) 2 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
Under 12 1 Oct 08 - 30 Sept 09	100 metre swim (freestyle) 2 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.
Under 13 1 Oct 07 - 30 Sept 08	150 metre swim (freestyle) 3 minute survival float	Minimum 288m open water swim (competition course as stated in competition manual) in less than 9 minutes.

* **State Carnival** competitors will need to have completed a timed swim to be eligible. (This does not include club or local area carnivals). The open water swim will approximate a competition swim course.

Competitors for beach events only, do not need to have completed the timed swim.