



# BIG BAY SURF LIFESAVING CLUB

www.bigbaylifesaving.co.za

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11 Hang Ten Drive, Eden on the Bay, Big Bay

## NIPPER SWIMMING PROFICIENCY

Nipper's Name: \_\_\_\_\_ & Age: \_\_\_\_\_

Length & Location of Pool: \_\_\_\_\_

Number of Lengths Swum: \_\_\_\_\_  
(consecutively and continuously)

Time Taken: \_\_\_\_\_ & Date: \_\_\_\_\_

Swimming Club: \_\_\_\_\_  
(which squad does the Nipper swim with)

Swimming Coach's Name: \_\_\_\_\_

Swimming Coach's Signature: \_\_\_\_\_

*U/10s must swim a distance of 300m, in a 25m pool  
i.e. 12 lengths, in under 8 minutes.*

*U/12s must swim a distance of 400m, in a 25m pool  
i.e. 16 lengths, in under 10 minutes.*

*U/14s must swim a distance of 400m, in a 25m pool  
i.e. 16 lengths, in under 9 minutes.*

All Nippers are to swim continuously and with a degree of proficiency in the stroke of their choice, ideally crawl. Please note: these minimum requirements are set for safety reasons and are Lifesaving South Africa's (LSA) entry requirements to compete in Nipper Competitions (in the Ocean). Parents may not take times for their own children, even if they are a coach.

By signing this document you are declaring this child competent to swim in the ocean and that they meet the minimum standards as set by LSA & Western Province Lifesaving. Thank You.