2023/24 Woodside Nipper Preliminary Evaluations

Preliminary Evaluations are a risk management procedure to appraise the swimming capabilities of participants and must be done as part of club's duty of care. Preliminary Evaluations must be conducted before Woodside Nippers participate in any water-based activities at your club. These evaluations, **which have new components in 2023/24,** can be completed either in a swimming pool or in open water. Preliminary Evaluations can be conducted by appropriately qualified third-party aquatic education providers, including private and government learn to swim providers. Where signed off by a third party a written declaration will be required, signed by the person that conducted the assessment and including the organisation that they represent (page 8 can be used for this purpose). Evaluation sessions should be held regularly and then entered within a week of completion. **All Preliminary Evaluation must be entered prior to 30 November 2023.**

TABLE 2: 2023/24 WOODSIDE NIPPER PRELIMINARY EVALUATIONS

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands. (1m depth)	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
Under 8	Back or front float for minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Under 9	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands. (1.5m depth)	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth)	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m)	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres

Note: Under 6 & Under 7 Preliminary Evaluation do not need to be entered

There are two (2) options for entering the preliminary evaluations:

Option 1 is via the Nipper App – a detailed manual is available in the Document Library of the Members Area. Select Surf Life Saving WA as the Organisation and Nippers as the Category.

Option 2 as below:
- Log onto SurfGuard
- Scroll to Assessments and click on **"New Assessment Request"**
Who will be running the assessment
  - Organisation - Select club

2023/24 Woodside Nippers Program Requirements Summary

The Woodside Nipper Program requirements are summarised in the table below, across the four key areas of age, Preliminary Evaluations, Competition Evaluations and Participation Certificates. Further details on each specific area can be found later in this Circular.

TABLE 1: 2023/24 WOODSIDE NIPPER PROGRAM REQUIREMENTS SUMMARY

Age Group	Birth Date	Preliminary Evaluations	Competition Evaluations	Participation Certificate
Under 6	1/10/2017 – 30/09/2018	Stage One: Aquatic Play and Fundamental Skills. Minimum depth – 1m Please refer to Table 2 for details on flotation, submersion and propulsion.	n/a	Surf Play One
Under 7	1/10/2016 – 30/09/2017		n/a	Surf Play Two
Under 8	1/10/2015 – 30/09/2016		Minimum 100m open water swim in 6 minutes	Surf Aware One
Under 9	1/10/2014 – 30/09/2015	Stage Two: Applied Aquatic Skills Minimum depth 1.5m Please refer to Table 2 for details on flotation, submersion and propulsion.	Minimum 100m open water swim in 6 minutes	Surf Aware Two
Under 10	1/10/2013 – 30/09/2014		Minimum 150m swim in open water in less than 8 minutes	Surf Safe One
Under 11	1/10/2012 – 30/09/2013		Minimum 200m open water swim in less than 8 minutes	Surf Safe Two
Under 12	1/10/2011 – 30/09/2012	Stage Three: Junior/Trainee Lifesaver Minimum depth – 1.8m Please refer to Table 2 for details on flotation, submersion and propulsion.	Minimum 200m open water swim in less than 8 minutes	Surf Smart One
Under 13	1/10/2010 – 30/09/2011		Minimum 200m open water swim in less than 7 minutes	Surf Smart Two

2023/24 Woodside Nippers Program Age Requirements

The minimum age for children to participate in Woodside Nippers is 5 years (U6) up to a maximum age of 12 years (U13). Nippers are to be appointed to a particular age group based on their age on 30 September as detailed in table 1 above. It is highly recommended that birth certificates are sighted upon a Nipper member registering with a club.

Please note:
- If the clubs Woodside Nippers Program commences prior to 30 September, then Nippers are still to be grouped into age groups according to the 30 September of the corresponding year
- A child cannot be classed as a Nipper member until they turn 5 years of age (e.g., if a child turns 5 on 1 November, they cannot partake in the Woodside Nippers Program until that date
- Children who turn 5 years of age after 30 September will be required to join as a U/6 for the 2023/24 and 2024/25 seasons.