

# BRONTE

SURF LIFE SAVING CLUB • 1903

## Bronte Nippers Proficiency Requirements

| Age group   | Swim requirement (continuous freestyle)                | Skills evaluation: continuous sequence   |
|-------------|--|--|
| U6*         | No swim requirement                                    | In minimum 1 metre water depth: <ul style="list-style-type: none"><li>wade through water for 5 metres;</li><li>float on back or front for 5 seconds, recover to stand;</li><li>submerge to retrieve object (eg. a dive ring) from bottom of water with hands and recover to stand;</li><li>push and glide from wall for 1-2 metres and recover to stand.</li></ul>       |
| U7*         | No swim requirement                                    | In minimum 1 metre water depth: <ul style="list-style-type: none"><li>wade through water for 5 metres;</li><li>float on back or front for 5 seconds, recover to stand;</li><li>submerge to retrieve object (eg. a dive ring) from bottom of water with hands and recover to stand;</li><li>push and glide from wall, kick for 2-3 metres and recover to stand.</li></ul> |
| U8          | 50m swim (2 laps) including swim underwater 2-3 metres | <ul style="list-style-type: none"><li>5 second back or front float;</li><li>submerge to retrieve object (ie. dive ring) from bottom of water with hands.</li></ul>   |
| U9          | 150m pool swim in 6 min<br>150m ocean swim, untimed    | <ul style="list-style-type: none"><li>10 second float: 5 seconds on back and 5 seconds on front;</li><li>1 minute: treading water/sculling;</li></ul>  |
| U10         | 200m pool swim in 6 min<br>150m ocean swim, untimed    | <ul style="list-style-type: none"><li>submerge to retrieve object (ie. dive ring) from bottom of water with hands.</li></ul>   |
| U11         | 200m pool swim in 5:30 min<br>200m ocean swim, untimed | <ul style="list-style-type: none"><li>10 second float: 5 seconds on back and 5 seconds on front;</li><li>2 minutes: treading water/sculling;</li><li>forward or backward roll / somersault underwater;</li><li>submerge to retrieve object (ie. dive ring) from bottom of water with hands.</li></ul>  |
| U12         | 200m pool swim in 5 min<br>200m ocean swim, untimed    | <ul style="list-style-type: none"><li>10 second float: 5 seconds on back and 5 seconds on front;</li><li>3 minutes: treading water / sculling;</li></ul>   |
| U13 and U14 | 200m pool swim in 4.30 min<br>200m ocean swim, untimed | <ul style="list-style-type: none"><li>forward or backward roll / somersault underwater;</li><li>submerge to retrieve object (ie. dive ring) from bottom of water with hands.</li></ul>   |

\*U6 and U7 skills evaluation will be done in Bronte Pool on the first day of Nippers.