

Nippers Preliminary Swim Assessments

Information for swim schools and swim teachers



The key message: This is a skills assessment, not a pass or fail test. Its purpose is to help the child's lifesaving club understand their current swimming ability and plan the right level of supervision for water-based Nippers activities.

Why the assessment is required

Every child must complete a preliminary swim assessment for their age group before taking part in water-based Nipper's activities. The assessment gives the club practical information about the child's current skills so it can plan appropriate support in the context of each child.

What we ask swim schools to do

- Use the LSV assessment form and observe the child completing the skills listed for their Nippers age group.
- Record whether each skill was completed or not and add comments where needed, including any support provided or skills still developing.
- Complete the swim teacher details, accreditation or qualification information, signature and assessment date on the form.
- Return the completed form to the parent or guardian so they can provide it to their local lifesaving club.

What happens if a child does not meet the listed skills?

They can still participate in Nippers. The assessment helps the club identify any additional water safety support required while the child continues to build confidence and ability.

Assessment outcome	Guide for water-based Nipper's activities
Listed skills are not yet demonstrated	The club provides 1:1 water safety support for water-based activities.
Listed skills are demonstrated	The club applies a water safety ratio of 1 water safety person to 5 participants (1:5).

Important: The swim teacher is only being asked to assess and record the skills observed on the date of the assessment in a particular context. The assessment is not a guarantee of the child's future performance or safety in an open-water environment. The club will continue to confirm each participant's arrangements, complete its local risk assessment and apply appropriate supervision in accordance with relevant LSV and SLISA water safety requirements.

Thank you for supporting Nippers families

By completing the assessment in a familiar pool environment, swim schools help families prepare for the season and give clubs the information they need to provide safe, inclusive and well-supported activities.

Questions? Contact the child's local lifesaving club or Life Saving Victoria at nippers@lsv.com.au.

JUNIOR PRELIMINARY SWIM EVALUATIONS – SWIM COACH TO COMPLETE



CHILDS NAME: _____ AGE GROUP: _____ CLUB: _____

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7	Back or front float for a 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 a 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.	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 minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	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.	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.	
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim teacher/coach name: _____ ASTCA Number: _____

Swim teacher/coach email: _____ Date conducted: _____

Swim teacher/coach signature: _____