



## Lifeguards in Training

Starfish • MicroNippers • Nippers

### Nipper Swimming Proficiency

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

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

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

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

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

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

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

Parent / Legal Guardian's Signature : \_\_\_\_\_

€ **ALL NEW or Unqualified Nippers** must be able to swim a distance of 200m in under 6 minutes  
( this can be judged at the Club by a qualified Coach and is FHSLC Nippers' minimum requirement for safety reasons )

€ **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

( please tick the corresponding box above )

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 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.