

## Bondi Nippers Proficiency Requirements 2023

Age Group	Swim requirement	Skills evaluation: floatation/ submersion / propulsion
<b>U6</b>	No swim requirement	In minimum 1 metre water depth: <ul style="list-style-type: none"> <li>● back or front float for 5 seconds, recover to stand;</li> <li>● submerge to touch the bottom with hands;</li> <li>● from standing position in waist deep water, perform a front glide (1-2m) &amp; recover to stand.</li> </ul>
<b>U7</b>	No swim requirement	In minimum 1 metre water depth: <ul style="list-style-type: none"> <li>● back or front float for 5 seconds, recover to stand;</li> <li>● submerge to touch the bottom with hands;</li> <li>● from standing position in waist deep water, perform a front glide (2-3m) &amp; recover to stand.</li> </ul>
<b>U8</b>	50m swim (*any recognised swim stroke) (no touching sides or lane ropes) (no water competition, except for wade, which takes place in waist deep water)	<ul style="list-style-type: none"> <li>● back or front float for 5 seconds, recover to stand;</li> <li>● submerge to touch the bottom with hands;</li> <li>● swim on front any stroke for 20m followed by swim underwater for 2-3m</li> </ul>
<b>U9</b>	100m swim (freestyle - not timed) <i>Competition evaluation min 150m open water swim - not timed</i>	<ul style="list-style-type: none"> <li>● front to back float or back to front float for 5 seconds each side. Tread water and/or sculling for minimum 1 minute;</li> <li>● submerge to touch the bottom with hands</li> <li>● swim on front through water any stroke for 25m followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10m</li> </ul>
<b>U10</b>	150m swim (freestyle - not timed) <i>Competition evaluation min 150m open water swim - not timed</i>	<ul style="list-style-type: none"> <li>● front to back float or back to front float for 5 seconds each side. Tread water and/or sculling for minimum 1 minute;</li> <li>● submerge to touch the bottom with hands</li> <li>● swim on front through water any stroke for 25m followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25m</li> </ul>
<b>U11</b>	200m swim (freestyle - not timed) <i>Competition evaluation min 150m open water swim - not timed</i>	<ul style="list-style-type: none"> <li>● front to back float or back to front float for 5 seconds each side. Tread water and/or sculling for minimum 2 minutes;</li> <li>● submerge to to perform forward or backward roll / somersault underwater, recover to surface, submerge to touch the bottom with hands;</li> <li>● swim on front through water any stroke for 25m followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50m</li> </ul>
<b>U12</b>	200m swim (freestyle - not timed) <i>Competition evaluation min 200m open water swim - not timed</i>	<ul style="list-style-type: none"> <li>● front to back float or back to front float for 5 seconds each side. Tread water and/or sculling for minimum 3 minutes;</li> <li>● submerge to to perform forward or backward roll / somersault underwater, recover to surface, submerge to touch the bottom with hands;</li> <li>● swim on front through water any stroke for 100m followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50m.</li> </ul>
<b>U13</b>	200m swim (freestyle - not timed) <i>Competition evaluation min 200m open water swim - not timed</i>	<ul style="list-style-type: none"> <li>● front to back float or back to front float for 5 seconds each side. Tread water and/or sculling for minimum 3 minutes;</li> <li>● submerge to to perform forward or backward roll / somersault underwater, recover to surface, submerge to touch the bottom with hands;</li> <li>● swim on front through water any stroke for 100m followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50m.</li> </ul>

<b>U14</b>	<p>TIMED 200m swim in 5 mins (time must be recorded)</p> <p><i>Competition evaluation min 288m open water swim - not timed</i></p>	<ul style="list-style-type: none"> <li>● front to back float or back to front float for 5 seconds each side. Tread water and/or sculling for minimum 3 minutes;</li> <li>● submerge to to perform forward or backward roll / somersault underwater, do not recover to surface, submerge to touch the bottom with hands;</li> <li>● swim on front through water any stroke for 100m followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 100m.</li> </ul>
------------	------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

\* Recognised (swim) stroke definition: freestyle / breaststroke / backstroke