

2021/22 Woodside Nippers Program Requirements Summary

Table 1 below summarises the Woodside Nipper Program requirements 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: 2021/22 WOODSIDE NIPPER PROGRAM REQUIREMENTS SUMMARY

| Age Group | Birth Date | Preliminary Evaluations | Competition Evaluations | Participation Certificate |
|-----------|------------------------|---|---|---------------------------|
| Under 6 | 1/10/2015 – 30/09/2016 | From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position. | n/a | Surf Play One |
| Under 7 | 1/10/2014 – 30/09/2015 | From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position. | n/a | Surf Play Two |
| Under 8 | 1/10/2013 – 30/09/2014 | 25m swim (any stroke) 1 minute survival float | Minimum 100m open water swim in 9 minutes | Surf Aware One |
| Under 9 | 1/10/2012 – 30/09/2013 | 25m swim (any stroke) 1 minute survival float | Minimum 100m open water swim in 8 minutes | Surf Aware Two |
| Under 10 | 1/10/2011 – 30/09/2012 | 25m swim (freestyle) 1 ½ minute survival float | Minimum 150m swim in open water in less than 12 minutes | Surf Safe One |
| Under 11 | 1/10/2010 – 30/09/2011 | 50m swim (freestyle) 2 minute survival float | Minimum 288m swim in less than 9 minutes | Surf Safe Two |
| Under 12 | 1/10/2009 – 30/09/2010 | 100m swim (freestyle) 2 minute survival float | Minimum 288m swim in less than 9 minutes | Surf Smart One |
| Under 13 | 1/10/2008 – 30/09/2009 | 150m swim (freestyle) 3 minute survival float | Minimum 288m swim in less than 9 minutes | Surf Smart Two |

2021/22 Woodside Nippers Program Age Requirements

To participate in the Nippers Program through the 2021/22 season, participants must:

1. Be 5 - 12 years of age by the 30 September;
2. **Be in the appropriate age group** as detailed in Table 1 above;