

Competencies and Surf Education

Age Group	Pool Swim Competency	Surf Competency (Run-Swim-Run)	Surf Education Award
Under 6	Kick on wall with face in the water 30 second float	No test applies	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 sec float	No test applies	Surf Play 2
Under 8	25m freestyle, 1 minute survival float	25m run, 25m wade, 25m run	Surf Awareness 1
Under 9	50m freestyle, 1 minute survival float	25m run, 25m swim, 25m run	Surf Awareness 2
Under 10	50m swim freestyle 2 minute survival float	50m run, 50m swim, 50m run	Surf Safety 1
Under 11	200m freestyle, 2 minute survival float	50m run, 100m swim, 50m run	Surf Safety 2
Under 12	200m freestyle, 2 minute survival float	50m run, 100m swim, 50m run	Surf Smart 1
Under 13	200m < 5 minutes freestyle, 3 minute float	100m run, 100m swim, 100m run	Surf Smart 2 Resus. & Basic First Aid
Under 14	200m < 5 minutes freestyle, 3 minute float	100m run, 100m swim, 100m run	Surf Rescue Certificate

Nippers must demonstrate a minimum level of competency before they can participate in any water activities and children must complete a pool swim before attempting the surf competency. Due to the nature of the surf at Peregian Beach, the minimum level of competency for Peregian Nippers is slightly higher than that set by SLSA. Children who do not achieve the pool competency will be restricted to shallow water activities in the surf until they are competent.

Surf education – To be eligible for this award and/or to compete at the Branch Carnival and beyond, nippers must complete the surf ed. program by the end of January. Training for this award is included in the Nippers program every Sunday and involves learning about general beach and surf safety as well as the development of local knowledge about our beach and surf conditions.