

Junior Preliminary Skills Evaluation Process (U6-U14)



The distances below are the minimum requirements for SLSC South Coast Branch Clubs.



	Preliminary Evaluations		Competition Evaluation	Age Award
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)		
Under 6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 2
Under 8	50 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	Run - Wade - Run (25m x 25m x 25m)	Surf Aware 1
Under 9	50 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
Under 10	100 metre swim (freestyle) 1.5 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
Under 11	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
Under 12	200 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
Under 13	300 metre swim (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 2 AND Basic Resuscitation Certificate
Under 14	400 metre swim (freestyle, in less than 9 minutes) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Rescue Certificate
Notes	<p>Every junior member must successfully complete the Pool Evaluation prior to undertaking competency beach evaluation. This is a minimum standard water proficiency requirement. No water activities permitted until successful</p> <p>Every junior member must successfully complete the Beach Evaluation prior to undertaking the competition evaluation. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities.</p> <p>The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a minimum standard open water proficiency requirement. Distances may be adjusted by the Chief Assessor dependent on risk assessment.</p> <p>If a child wishes to compete in a Branch and/ or State Championship event, their respective age award must be completed prior to close of nominations.</p>			
Assessor	Bronze Accred Swim Coach: OR SLSA Level 1 Surf Coach: OR AUSTSWIM Instructor: OR Assessor (SRC/Bronze).			
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