



SLSA Junior Activities Preliminary Skills Evaluation

COVID-19 Exemptions

Due to the circumstances presented once again by COVID-19, these temporary changes which were endorsed for last season are able to be used again for the 2021/22 season to ensure that we are able to continue lifesaving activities. One such impacted process is the Junior Activities Preliminary Skills Evaluation, which due to limited access to pool facilities and clubs not being able to congregate in groups at a pool has become difficult to conduct. Therefore, it is necessary to provide some exemptions for conducting Junior Activities Preliminary Skills Evaluations for this season.

The pool evaluation conducted “in a safe constructed pool environment with a water safety ratio as per the SLSA Policy 1.01 – Water Safety – a 1:5 water safety ratio is to be implemented for all members under evaluation.” may now also be conducted in open water (ocean, rock pools and ocean baths) away from surf conditions for both new and returning nippers, effective immediately.

To ensure the safety of members, the following strategies should be followed:

- All Local, State and National Government restrictions must be abided by
- All state COVID-19 restrictions must be abided by
- This exemption will be available to returning members with a water safety ratio of 1:3, and new members will have a water safety ratio of 1:1.

This evaluation should be conducted in a safe aquatic environment with appropriate participant to water safety personnel ratios. A 1:1 water safety ratio is especially important for new members where clubs may not be familiar with the ability of the participant.

Please note that the below is the updated Preliminary Skills Evaluation for the 2021/22 season in line with the reviewed JDR to be released at the end of August.

Stage One: Under 6, Under 7, Under 8

Aquatic Play and Fundamental Aquatic Skills (FAS)

Minimum depth of safe aquatic environment – 1 metre

Minimum aquatic skill	U6	U7	U8
Floatation	Back or front float for minimum 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)		
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand	Push and glide from wall, kick (distance 2-3 metres) recover to stand	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 3-5 metres).
Continuous Skill Sequence	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.		Swim on front through water any stroke 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

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Stage Two: Under 9, Under 10, Under 11

Applied aquatic skills

Minimum depth of safe aquatic environment – 1.5 metres

Minimum aquatic skill	U9	U10	U11
Floatation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring)		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)
Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres
Continuous Skill Sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

Stage Three: Under 12, Under 13, Under 14

Junior/trainee lifesaver – pathway to SRC

Minimum depth of safe aquatic environment 1.8 metres

Minimum aquatic skill	U12	U13	U14 (SRC)
Floatation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g. dive ring)
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres		Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres

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Continuous Skill Sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 200 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).
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In instances where evaluations cannot be completed a qualified and accredited swim coach can be endorsed to sign off the preliminary skills pool assessment. Swimming coaches are required to provide their Australian Swimming Teachers and Coaches Associate (ASTCA) number, their name and email address and the name of the children who have successfully completed the swim.

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