

JUNIOR PRELIMINARY SKILLS EVALUATION TABLE

Preliminary Evaluations Both Pool and Competency Beach Evaluations							
Pool Evaluation (To be completed in a pool)					Competency Beach Evaluation (Run-Swim-Run) (To be completed on first day of Nippers)	Competition Evaluation (Required before competing in any carnival)	Age Award
Floatation	Submersion	Propulsion	Continuous Skill Sequence				
Water Safety					1:5	1:5	1:5
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands. (Minimum depth of safe aquatic environment - 1 metre)	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	Wade through water (5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.	Nil (shallow water activities only)	N/A (No Competition)	Surf Play 1
Under 7	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	Wade through water (5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.	Nil (shallow water activities only)	N/A (No Competition)	Surf Play 2
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	Swim on front through water any stroke 20metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)	25m-25m-25m Run-Wade-Run	25m-25m-25m Run-Wade-Run	Surf Aware 1
Under 9	Front to back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands. (Minimum depth of safe aquatic environment - 1.5 metre)	Survival breaststroke and/or sidestroke and/or back sculling for minimum 50 metres	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 pool with hands. (do not recover to stand in between each task)	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
Under 10			Swim on front through water any stroke for 25 metres followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50 metres	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 pool with hands. (do not recover to stand in between each task)	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring) (Minimum depth of safe aquatic environment - 1.5 metre)	Swim on front through water any stroke for 50 metres followed by survival breaststroke and/or sidestroke and/or back sculling for minimum 50 metres	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 pool with hands. (do not recover to stand in between each task)	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
Under 12	Front to back float or back to front float – 5 sec each side. Tread water and/or sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring) (Minimum depth of safe aquatic environment - 1.8 metre)	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50m	Swim on front through water using a 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)	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
Under 13			Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50m	Swim on front through water using a 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)	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 2
Under 14			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). (Minimum depth of safe aquatic environment - 1.8 metre)	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	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).	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)